

COMMUNITY SERVICE PROJECT

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

BY

GANDEM PAVANKUMAR

2222001566004

Semester 2 (mcic)

Batch 2022-2025

Under the supervision of

D. SANTHI PRIYA

Lecturer in chemistry

GOVERNMENT DEGREE COLLEGE(Men), SRIKAKULAM



Website: www.gcmssklrn.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. SANTHI PRYA, 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 GANDEM PAVAN KUMAR, studying BSC MCIC 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:

PRIYA

Srikakulam


Project guide:

D. SANTHI PRIYA

Lecturer in chemistry
GDC (M).

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-MCIC is a record of bonified project work carried out by me under the guidance of D. SANTHI PRIYA 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: SRIKAKULAM

G. Anitha Kumar
Signature of the candidate

CONTENTS

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

INTRODUCTION

Food habits and Nutritional Problems:

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

CONCLUSION

I'm GANDEM. PAVAN KUMAR , studying in B.SC first year BZC 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
GANDEM PAVAN KUMAR

Problem - Identified

Problem:-

- * In our village have insufficient access to purified water and drinking water as drainage in our village
- * Due to impact of low income and child education communication.
- * And Industrial waste water contribution from agricultural industries and water disposal
- * Lack of sustainable developing of drinking water
- * In standing water water health problems attacks.

Rebut:- Implementation of street, borewell recharge or Govt. tap of water for drinking
=> divert excess of water and improve drainage system in our village

Signature of the Student:-

G. Anand Kumar

Sweets
0-3 SERVINGS

**Meat, Poultry
and Eggs**
0-7 SERVINGS



OPTIONAL WEEKLY

- Daily Tea
- Alcohol in moderation

Vegetable Oils and Condiments

(low sodium soy sauce, miso paste, Chinese herbs and spices)

SPARINGLY, 1-2 TABLESPOONS



Omega-3 Foods
1-3 SERVINGS

EAT DAILY

Flavonoid Foods
2-4 SERVINGS

Calcium Foods
2-4 SERVINGS



**Rice, Noodles,
Beans and Other
Whole Grains**
7-13 SERVINGS



Vegetables
7-13 SERVINGS







GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY CONSOLIDATION REPORT

Name of the student : *Gr. PAWAN kumar*
 Group : *(M.C.C)*
 Name of the Mentor : *Dr. D. SATHI PRIYA*
 Name of the Project : *Socio-Economic Survey Consolidation Report*

Ward/ Habitat	<i>Shivanipuram</i>	Panchayat	<i>Shivanipuram</i>	Post Office	<i>Shivanipuram</i>
Mandal	<i>Pondur</i>	District	<i>Sri Kalyandurg</i>	Pin Code	<i>532 402</i>

1. Total Number of Houses in the Habitat/Ward: *25*
 2. Number of Houses Caste-wise:
 SC _____ ST _____ OC _____ BC-A BC-B _____ BC-C _____ BC-D _____

3. Common Health problems in the Habitat/Ward:

(i) *fever problem*

(ii)

(iii)

4. Number of White Ration Cards: *25*

5. Number of Illiterates in the Ward/ Habitat/ Village: *40%*

6. Number of Graduates in the Ward/ Habitat/ Village: *30%*

7. Number of Job Holders: *50%*

8. Number of PWD People: *1*

9. Number of DWACRA Groups in the Ward/ Habitat/ Village: *2*

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

11. Bus facility available: Yes / No

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

(i) *Drainage problem*

(ii) *Road problem*

(iii) *water problem*

(iv)

Sathi
Signature of the Mentor

Gr. Pawan Kumar
Signature of the Student



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



Name of the student : G. PAVAN KUMAR
Group : 1st BSC (MCIC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-193	S. Nagaraju	Anurupam	Andhra	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

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

G. PAVAN Kumar
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR
Group : 1st BSC (MCC)
Registration Number : 222200566004
Area of the Survey conducted: Dharmapattanam

House No.	1-79	Habitat /Ward	Dharmapattanam	Panchayat /Municipality	Dharmapattanam
Post office	Dharmapattanam	Mandal	Dornakota	District	Dharmapattanam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	G. Nageswara		M	63	Labourer	5000
2	G. Raju		M	17		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: 9441851455

(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

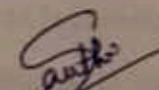
(ii) Water problem

(iii)

Place: Brahmanapuram

Date: 14/09/2023

I. DAV Anand
Signature of the Student


Signature of the Mentor



GOVT DEGREE COLLEGE MENI, SRIKAKULAM
COMMUNITY SERVICE PROJECT
PROJECT: FOOD HABITS



Name of the student : Gr. PAVAN KUMAR
 Group : B.E BSC (MLIC)
 Name of the mentor : DR. D. SANKHAR PRASA
 Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
<u>1-111</u>	<u>meela Venkatesh</u>	<u>Shadamba Puram</u>	<u>Proddur</u>	<u>Sri Kakulam</u>

- 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? yes

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems? *NO*
11. Do you know your current body mass index? *✓*
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 | <input checked="" type="radio"/> No impact. | B. little impact | c. big impact. | D. none |
| Health | <input checked="" type="radio"/> No impact. | B. little impact | c. big impact. | D. none |
| Weight. | <input checked="" type="radio"/> No impact. | B. little impact | c. big impact. | D. none |
| Mental condition. | <input checked="" type="radio"/> No impact. | B. little impact | c. big impact. | D. none |

G. Praveen Kumar
 Signature of the Student

[Signature]
 Signature of the Mentor



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

Name of the Student : G. PAVAN Kumar
Group : STB-SC (MCCO)
Registration Number : 2222 00 4566 only
Area of the Survey conducted: Shatrum Pudem

House No.	L-1069	Habitat /Ward	Shatrum Pudem	Panchayat /Municipality	Shatrum Pudem
Post office	Shatrum Pudem	Mandal	Pondur	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	M. Kemanna	M	68		Lab. work	17000
2	M. Phoolakumar	F	66			15000

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: Low B.P ✓

(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

(ii) Transport problem

(iii)

Place: Dharampuram

Date: 15/09/2023

L. Ravi Kumar
Signature of the Student

Rajeev
Signature of the Mentor



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



Name of the student : R. PAVAN Kumar
Group : 25+BSC (MCIC)
Name of the mentor : DR. D. SANTHI PRITHA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-198	Gurukulali Gullidigh	Chhotamullam	Pondur	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? yes

- 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

G. PAVAN KUMAR

Signature of the Student

Sauha

Signature of the Mentor



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

Name of the Student : G. PAVAN KUMAR
Group : 15+ BS (MCI)
Registration Number : 2222001561004
Area of the Survey conducted: Dharamapuram

House No.	1-55	Habitat /Ward	Dharamapuram	Panchayat /Municipality	Dharamapuram
Post office	Dharamapuram	Mandal	Pondur	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. Gopal Reddy	M	41		Labour	15000
2	G. Anjali	F	24		"	10000
3	G. Anjali	M	15	6th grade		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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:

Adulteration . (Drinking Too much alcohol)

(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: 1372838288

(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

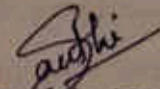
(ii) medical service Problem

(iii)

Place: Muthamparam

Date: 13/09/2023

G. PAVAN Kumar
Signature of the Student


Signature of the Mentor



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



Name of the student : G. PAVAN KUMAR
Group : 1st B.Sc (MED)
Name of the mentor : DR. D-SANTHA PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
		Shrikakulam	Pondur	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? yes
- 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 know your current body mass index?
12. Have you ever been on a diet, if so, what kind?
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
14. How much do you think a healthy diet affects?
- Restful sleep
 A. No impact. B. little impact C. big impact. D. none
- Health
 A. No impact. B. little impact C. big impact. D. none
- Weight.
 A. No impact. B. little impact C. big impact. D. none
- Mental condition.
 A. No impact. B. little impact C. big impact. D. none

B. PAVAN Kumar
 Signature of the Student

[Signature]
 Signature of the Mentor



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

Name of the Student : G. PARAN KUMAR
Group : 1st B-SC (MJC)
Registration Number : 2222001566004
Area of the Survey conducted: Dharmapattanam

House No.	1-63	Habitat /Ward	Dharmapattanam	Panchayat /Municipality	Dharmapattanam
Post office	Dharmapattanam	Mandal	Pondur	District	Sri Kakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
01	P. SUGAMNA	F	60		Destion	2,500

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: 7562661941 ✓

(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) Transport Problem

(ii) Drainage Problem

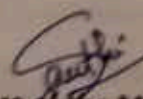
(iii)

Place: Shri Jyoti Ashram

Date: 13/09/2023

G. PAVAN Kumar

Signature of the Student


Signature of the Mentor



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



Name of the student : G. PAVAN KOMAR
Group : 1st B-SC (M.C.D.)
Name of the mentor : DR. D-SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-327/A	M. Ramesh	Jhagamalapuram	Ponduram	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? yes

- 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? *Y²*
12. Have your ever been on a diet, if so, what kind? *Y²*
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
 No impact. B. little impact c. big impact. D. none
- Health
 No impact. B. little impact c. big impact. D. none
- Weight.
 No impact. B. little impact c. big impact. D. none
- Mental condition.
 No impact. B. little impact c. big impact. D. none

J. PAVAN Kumar
Signature of the Student

Sauhi
Signature of the Mentor



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

Name of the Student : G. PAVAN KUMAR
Group : 1st B SC (MCPE)
Registration Number : 2222001566004
Area of the Survey conducted: Jhatumalapuram

House No.	1-230/a	Habitat /Ward	Jhatumalapuram	Panchayat /Municipality	Jhatumalapuram
Post office	Jhatumalapuram	Mandal	Pondur	District	Sri Kakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	T. Aramu	M	39		Drier	17000
2	T. Purnmi	F	32		housewife	
3	T. Kiran	M	16		2nd class	

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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/ other 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: No ✓
 (ii) Treatment in which Hospital: Govt/Private ✓
 (iii) Any PWD Persons in family: Yes/No ✓

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

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

5. Other Details:

- (i) Do You have TV: Yes/No ✓
 (ii) Do you have Mobile: Yes ✓
 (iii) Mobile Number: 9390642608 ✓
 (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) Distance problem
 (ii) Internet problem
 (iii)

Place: Shajampuram

Date: 12/09/2023

By: PAVAN KUMAR
 Signature of the Student


 Signature of the Mentor



STATE HEALTH COLLEGE OF MISSOURI
COMMUNITY SERVICE PROJECT
PROJECT FORMHANTS



Name of the student : Dr. VIKAS KUMAR
 Group : 3rd B.Sc (NUTR)
 Name of the mentor : Dr. B. SURESH KUMAR
 Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Gender	Age
<u>1-227A</u>	<u>Sudhakar Kumar</u>	<u>Shree Nagar</u>	<u>Male</u>	<u>35</u>

- How many times a day do you eat? 3 times
- Please answer the following according to your particular eating habit:
 - I eat a good breakfast
 - I experience 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

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? *Y/N*

11. Do you know your current body mass index? *N/D*

12. Have your ever been on a diet, if so, what kind? *N/A*

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

G. PAVAN Kumar
Signature of the Student

Sauha
Signature of the Mentor



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

Name of the Student : G. PAVAN Kumar
Group : B.A B.S.C (M.C.C.)
Registration Number : 22220015610074
Area of the Survey conducted: Madampatam

House No.	1-227/A	Habitat /Ward	Madampatam	Panchayat /Municipality	Madampatam
Post office	Madampatam	Mandal	Ponduru	District	Sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	S. Peddalu	M	40		Driver	17,000
2.	S. hema	F	34		Govt. clerk	
3.	S. Tarun	M	17		lothalady	

2. Social Status details:

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

3. Economic Status details:

- (i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow ✓
(ii) House status (Own/ Rented): ✓
(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection ✓
(iv) Availability of Agricultural land: Yes/ No ✓
(v) Extent of Agricultural land: _____ 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: No ✓
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

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

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

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: 9441851455 ✓
- (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) Cement Problem
- (iii)

Place: Dharampuram

Date: 11/09/2023

Bi-PAV Ad Kany
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : G. PAVAN KUMAR
Group : 3rd B.Sc (MED)
Name of the mentor : DR. D. SANTHA PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-81	Talla Vafendhira	Shasthanna Palle	Penukonda	Srikalahasti

- 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? yes
- 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 had cholesterol problems?

11. Do you know your current body mass index?

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

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

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

E. P. ...
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN Kumar

Group : 11B B.Sc (MJC)

Registration Number : 222200156004

Area of the Survey conducted: Shyamapetam

House No.	1-81	Habitat /Ward	Shyamapetam	Panchayat /Municipality	Shyamapetam
Post office	Shyamapetam	Mandal	Pondur	District	Sri Srikalahasti

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	T. Venkathudu	M	69		Party	10,000
2	T. Chinnamudu	F	39		Party	11

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 3000 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: High BP ✓

(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. Aangya Sri Card: Yes/No ✓

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 70330781453 ✓

(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) Dr. drainage problem

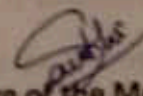
(ii) Transport problem

(iii)

Place: Shadama Puram

Date: 10/07/2023

G. Praveen Kumar
Signature of the Student


Signature of the Mentor

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

E. PAVAN KUMAR
Signature of the Student

Sudhi
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR
Group : ~~1st~~ B-SC (MCPE)
Registration Number : 2222001566004
Area of the Survey conducted: Shivanipuram

House No.	1-390	Habitat /Ward	Shivanipuram	Panchayat /Municipality	Shivanipuram
Post office	Shivanipuram	Mandal	Pondur	District	Sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	m. Appalaraju	M	35		mechanic	30,000
2	m. Aruna Kumar	F	28		housewife	

2. Social Status details:

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

3. Economic Status details:

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

(ii) Treatment in which Hospital: Govt/Private

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

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

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

5. Other Details:

(i) Do you have TV: Yes/No

(ii) Do you have Mobile: Yes

(iii) Mobile Number: 9381857601

(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) Diarrhoea Problem

(ii) Internet Problem

(iii)

Place: Shatnamapuram

Date: 10/09/2023

G. PAVAN Kumar
Signature of the Student


Signature of the Mentor



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



Name of the student : G. PAVAN Kumar
Group : SSA B-2 (MUC)
Name of the mentor : DR. D SATHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-215	Sukanya Anjan	Shyamapetam	Pondur	Sri Katakulam

- 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?
more () 10% () 20% () 30% () 40% () less than 10% ()

9. How much of your diet consists of vegetables and your animal products?
more () 10% () 20% () 30% () 40% () less than 10% ()

10. Do you or have you ever had cholesterol problems? ()

11. Do you know your current body mass index? ()

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

13. Circle the food items from the healthiest to the unhealthiest from your point of view!

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

Weight loss

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

Health

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

Height

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

Mental condition

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

La. Phyllis V. ...
Signature of the Student

...
Signature of the Mentor



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

Name of the Student : G2-PAVA KUMAR
Group : 1st B-SC (MCPC)
Registration Number : 2222001566004
Area of the Survey conducted: Shreevishwara Puram

House No.	1-122	Habitat /Ward	Shreevishwara Puram	Panchayat /Municipality	Shreevishwara Puram
Post office	Shreevishwara Puram	Mandal	Srikakulam	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1-	G2- Sathamma	F	58		Labour	16,000
2-	G2- PAVU	M	19	10th/12th		

2. Social Status details:

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

(iii) Religion: Hindu

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: No ✓

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

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 8309792157 ✓

(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) Dried up problem


(ii) Trustlet problem

(iii)

Place: Shikhar Patan

Date: 09/09/2023

G. PAVA/2023
Signature of the Student


Signature of the Mentor



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



Name of the student : G. PAVAN Kumar
Group : 1st B.Sc. (MCIC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
<u>1-182</u>	<u>Sushary RAMA</u>	<u>Madamapuram</u>	<u>Palakurthi</u>	<u>Srikakulam</u>

- How many times a day do you eat? 4 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

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 know your current body mass index?

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

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

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

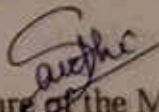
Weight.

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

Mental condition.

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

G. PAVAN Kumar
Signature of the Student


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : GI. PAVAN KUMAR
 Group : 4th B.Sc (MCIC)
 Registration Number : 222201566004
 Area of the Survey conducted: Indurapuram

House No.	<u>1-188</u>	Habitat /Ward	<u>Indurapuram</u>	Panchayat /Municipality	<u>Indurapuram</u>
Post office	<u>Indurapuram</u>	Mandal	<u>Indurapuram</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>S. PAMA</u>	<u>F</u>	<u>39</u>		<u>Farmer</u>	<u>30/000</u>
<u>2</u>	<u>S. Appalaxi</u>	<u>M</u>	<u>42</u>		<u>Farmer</u>	
<u>3</u>	<u>S. Sushama</u>	<u>M</u>	<u>18</u>	<u>10th class</u>		
<u>4</u>	<u>S. Varadham</u>	<u>M</u>	<u>13</u>	<u>8th class</u>		
<u>5</u>	<u>S. Rajamma</u>	<u>F</u>	<u>63</u>			

2. Social Status details:

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

3. Economic Status details:

- (i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow
- (ii) House status (Own/ Rented):
- (iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection
- (iv) Availability of Agricultural land: Yes/ No
- (v) Extent of Agricultural land: 1 Acres
- (vi) Livestock resources: Cows 07 Oxen _____ Buffaloes _____ Sheep/Goats _____

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

(viii) Type Cooking fuel used: (PG/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: B.P (high)

(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: 9281584955

(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) water problem

(iii)

Place: Shivanur Palku

Date: 09/07/2022

G. Prasad Kumar

Signature of the Student

Pradip

Signature of the Mentor



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



Name of the student : G. PAVAN KUMAR
Group : 1st B.Sc (MCPC)
Name of the mentor : DA. D. SANTHI PREETHA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-186	G. PAVAN KUMAR	Shanmugapuram	Pondur	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

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

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

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

11. Do you know your current body mass index?

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

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

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

Gianna Nancy
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : G. PAVAN Kumar
Group : 1st B-SC (M.C.E.)
Registration Number : 2222001566004
Area of the Survey conducted: Dharampuram

House No.	1-444/a	Habitat /Ward	Dharampuram	Panchayat /Municipality	Dharampuram
Post office	Dharampuram	Mandal	Dorabojju	District	Sri Kakinada

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	D. Anan babu	M	41		Farmer	5000
2	E. Parvathi	F	39		Housewife	
3	E. Kalpana	M	17	10th grade		

2. Social Status details:

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

(ii) Sub-Caste:

(iii) Religion:

Hindu

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 07 Acres

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

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

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

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

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

4. Health Details:

(i) Ailments in family: No ✓

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

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

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

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

5. Other Details:

(i) Do you have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: 97041851455 ✓

(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) water problem

(iii)

Place: Sharada Nagar

Date: 12/09/2023

S. P. Anand Kumar
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student :

Group :

Name of the mentor :

Name of the project :

House No	Name of the person	Village / Ward	Mandal	District
1-81	Debasu Mallesh	Jayaram Puram	Ponduram	Sri Katakota

1. How many times a day do you eat? 3 times

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

- I eat a good breakfast
- 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
- 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 know your current body mass index?

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

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

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

Restful sleep

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

Health

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

Weight.

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

Mental condition.

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

G. PAVAN Kumar

Signature of the Student

Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN Kumar
Group : 1st B.Sc (MCDE)
Registration Number : 222200156004
Area of the Survey conducted: Tharunapuram

House No.	1-79	Habitat /Ward	Tharunapuram	Panchayat /Municipality	Tharunapuram
Post office	Tharunapuram	Mandal	Pondurru	District	Sri Katakuru

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	P. Mahesh	M	65		Labour	10,000
2	P. Yellamma	F	50		Labour	8,000
3	P. Parthasarathy	M	28		Printing	20,000
4	P. Dhanu	M	29		DRM	40,000

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: Knee Pain ✓

(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: 9441851455 ✓

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

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

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

(i) Drinking Problem

(ii)

(iii)

Place: Thuramuruzum

Date: 12/9/2023

G. PAVAN KONG
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : G. PAVAN Kumar
Group : 1st B.Sc (MCIC)
Name of the mentor : DR-D.SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-172	Sunari Parvathi	Jayampetam	Ponduru	Sri Kakulam

- How many times a day do you eat? 4 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

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 you ever been on a diet, if so, what kind? *ND*
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

G. PAVAN KUMAR
 Signature of the Student

[Signature]
 Signature of the Mentor



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

Name of the Student : GI. PAVAN KANUR
Group : 1st B.SU (MCEU)
Registration Number : 2222001566004
Area of the Survey conducted: Jharam Puram

House No.	<u>1-184</u>	Habitat /Ward	<u>Jharampuram</u>	Panchayat /Municipality	<u>Jharampuram</u>
Post office	<u>Jharam Puram</u>	Mandal	<u>Pardur</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>01</u>	<u>S. PooVathi</u>	<u>F</u>	<u>32</u>		<u>Labour</u>	<u>12000</u>
<u>02</u>	<u>S. Karunanya</u>	<u>M</u>	<u>30</u>		<u>Labour</u>	<u>17000</u>
<u>03</u>	<u>S. Pavan</u>	<u>m</u>	<u>12</u>	<u>4th grade</u>		

2. Social Status details:

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

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: No ✓

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

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

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

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

5. Other Details:

(i) Do You have TV: Yes/No ✓

(ii) Do you have Mobile: Yes ✓

(iii) Mobile Number: ✓

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

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

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

(i) Drinking water problem

(ii) Drainage problem

(iii)

Place: Dharampuram

Date: 12/09/2023

Si. PAVAN Kumar

Signature of the Student

Signature

Signature of the Mentor



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



Name of the student : GI. PAVAN KUMAR
Group : 4th BSC (MCIC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
11185/a	Gurubelli. Sarayudhan	Shasthuran	Pendur	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? yes
- 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 know your current body mass index?

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

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

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

Restful sleep

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

Health

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

Weight.

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

Mental condition.

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

Dr. RAHMAN KUMAR
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKANTHAPURAM

COMMUNITY SERVICE PROJECT

SOCIO-ECONOMIC SURVEY

Name of the Student : Gr. PAVAN K
 Group : 1st B-SC (M)
 Registration Number : 222200156004

Area of the Survey conducted:

House No.	<u>101512</u>	Habitat /Ward	<u>Shyamaram</u>	Panchayat /Municipality	<u>Shyamaram</u>
Post office	<u>Shyamaram</u>	Mandal	<u>Pondur</u>	District	<u>Srikanthapuram</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
01	<u>Gr. SUDHAKRISHNA</u>	<u>F</u>		<u>SC</u>	<u>Labour</u>	<u>15000</u>
02	<u>Gr. NARAYANAMMA</u>	<u>F</u>		<u>BS</u>	<u>Peon</u>	<u>2500</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): Own

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 30 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: High B.P ✓

(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: 9705587034 ✓

(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) Transport Problem

(ii) Internet Problem

(iii)

Place: Muramba Puzum

Date: 12/09/2023

G. PAVAN / Luvy
Signature of the Student


Signature of the Mentor



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



Name of the student : GI. PARAN KUMAR
Group : 1st B.S (MCPC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-122	<u>P. NEELAVENI</u>	<u>MURUGAN PURAM</u>	<u>RANSURU</u>	<u>SRIKAKULAM</u>

1. How many times a day do you eat? 3 times

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

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

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

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

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

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

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

6. Do you have any particular food allergies? Yes

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

Sweet foods:

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

Fresh vegetables & Fruits:

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

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

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

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

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

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

F. PAVAN Kumar

Signature of the Student

[Signature]

Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (G), SRIPARVATHI
COMMUNITY SERVICE PROJECT
SOCIO - ECONOMIC SURVEY

Name of the Student : SI. P. ANITHA
Group : 184 BSC (MED)
Registration Number : 2222001866084
Area of the Survey conducted: Sriparvathi

House No.	<u>1-183</u>	Habitat / Ward	<u>Sriparvathi</u>	Panchayat / Municipality	<u>Sriparvathi</u>
Post office	<u>Sriparvathi</u>	Mandal	<u>Rayachoti</u>	District	<u>Talikota</u>

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/Employment	Income (Monthly wage/contract/Monthly)
<u>1</u>	<u>P. Lalitha</u>	<u>F</u>	<u>50</u>		<u>penalton</u>	<u>72,500</u>
<u>2</u>	<u>S. neelakanti</u>	<u>F</u>	<u>20</u>	<u>Pharmacy</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 _____

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

(iv) Type Cooking Fuel used: LPG/Kerosene/Wood/ others specify _____

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

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

4. Health Details:

(i) Illnesses in family: Y/N ✓

(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: 9441851455 ✓

(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) Travel/Work Problem

(ii) Dryland/Agri Problem

(iii)

Place: Sharan Puram

Date: 12/09/2023

F. [Signature]
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : GI. PAVAN Kumar
Group : 1st B-SC (MCIC)
Name of the mentor : DR. D. SATHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
<u>1-132</u>	<u>pedada sudikarimi</u>	<u>dharamapuram</u>	<u>Paduru</u>	<u>SRIKAKULAM</u>

- How many times a day do you eat? 4 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?
a. Breakfast lunch c. dinner d. others
- What does your main meal consist of and how it is prepared?
a. 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? yes
- 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?

00% 75% 50% 25% less than 25%

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

00% 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

E. PAVAN Kumar

Signature of the Student

Sandhya

Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAWAN KUMAR

Group : 1st BSC (MCIC)

Registration Number : 2222 001566004

Area of the Survey conducted:

House No.	1-182	Habitat /Ward	Shyamapattanam	Panchayat /Municipality	Shyamapattanam
Post office	Shyamapattanam	Mandal	Pondur	District	Sri Kakinada

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	P. adikurumi	F	50		Pension	2,500

2. Social Status details:

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

(ii) Sub-Caste:

(iii) Religion:

Hindu

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ 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: Knees Paining ✓
- (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) Internet Problem
- (ii) Drainage Problem
- (iii) _____

Place: Jharampuram

Date: 12/09/2023

G. PAVAN Kumar

Signature of the Student

[Signature]

Signature of the Mentor



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



Name of the student : G. PAVA KUMAR
Group : 1st B.Sc (MCIC)
Name of the mentor : DR. D-SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-6	SUNVAJY KUMARI	V.R. gudem	PONDURU	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
 - b. lunch
 - c. dinner
 - d. others
- What does your main meal consist of and how it is prepared?
 - a. Freshly prepared.
 - B. restaurant meal.
 - C. precooked microwave.
 - other
- Have you been avoiding some foods for health reasons? Yes / No
- Do you have any particular food allergies? Yes

- 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 know your current body mass index?
12. Have your ever been on a diet, if so, what kind?
13. Mention the food items from the healthiest to the unhealthiest from your point of views?
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

G. PAVAN Kumar
 Signature of the Student

Saukh
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR
Group : 184 B.S.C (M.C.C.)
Registration Number : 2222001566004
Area of the Survey conducted: dharmapuram

House No.	1-6	Habitat /Ward	dharmapuram	Panchayat /Municipality	dharmapuram
Post office	dharmapuram	Mandal	Pondur	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	S. KUMARI	F	70		pension	2,750
2.	S. REDHA	F	65		pension	2,750
3.	S. SITA KUMAR	F	45		pension	2,750

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: _____ Acres

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

(vi) Do you have own toilet? Yes/No ✓

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

(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: Sugar ✓

(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: 9398351515

(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) Transport Problem

(ii) medical service problem

(iii)

Place: Shastriapuram

Date: 12/09/2022

Signature of the Student
G. PAVAN Kumar

Signature of the Mentor
Sudhi



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

Name of the Student : G. PAVAN KUMAR
Group : 4th B-SC (MCPC)
Registration Number : 22220015660014
Area of the Survey conducted: Shivanipetam

House No.	1-177	Habitat /Ward	Shivanipetam	Panchayat /Municipality	Shivanipetam
Post office	Shivanipetam	Mandal	Pondur	District	Sriakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	S. Gunnamma	F	65			16000/-
2	S. Suresh	M	6			
3	S. Venkatesh	M	17	(athletic)		

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: *Fracture, Kneeb Pain*
- (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: *9441851455*
- (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* Problems
- (ii) *Drainage* Problem
- (iii) *Transport* Problem

Place: *Madam Puram*

Date: *09/09/2023*

R. Prasad Kumar
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student :

Group :

Name of the mentor :

Name of the project :

House No	Name of the person	Village / Ward	Mandal	District
1-76	Gudde Yubya	Shivamuldam	Pondur	Sri 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

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 know your current body mass index? *no*

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

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

G. PRAVAN / Kumar
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR

Group : 1st B.Sc. (M.C.T.C)

Registration Number : 2222001566004

Area of the Survey conducted: Jharamapuram

House No.	1-178	Habitat /Ward	Jharamapuram	Panchayat /Municipality	Jharamapuram
Post office	Jharamapuram	Mandal	Pondur	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. Suresh Babu	M	41		Driver	15000
2	G. Saranya	F	38		Labour	10000
3	G. Gowthami	F	16	9th class		
4	G. Jothi	F	15	11th class		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented): ✓

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

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

(v) Extent of Agricultural land: _____ 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: B.P (Low) ✓

(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: 8688677450 ✓

(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) Internet Problem

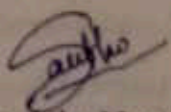
(ii) Drainage Problem

(iii)

Place: Shrivastava Puram

Date: 09/07/2023

Z. PAVAN / Kumar
Signature of the Student


Signature of the Mentor



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



Name of the student : G. PAVAN KUMAR
Group : 1ST B.S.C (MCIC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-172	HIPPILI Lakshmasree	Shrinivasapuram	Pondur	East Godavari

- 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

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 Yes

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

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

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

Health

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

Weight.

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

Mental condition.

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

Dr. Pratik Kumar
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR
Group : 1st BSC (MED)
Registration Number : 2222001566004
Area of the Survey conducted: Shastri Nagar

House No.	1-182	Habitat /Ward	Shastri Nagar	Panchayat /Municipality	Shastri Nagar
Post office	Shastri Nagar	Mandal	Pondur	District	East Godavari

1. Household Details:

S.No	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	E. Lakshman Rao	M	65	10	Retiree	20,000
2	E. N. Lakshmi	F	50	8	Unemployed	16,000

2. Social Status details:

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

3. Economic Status details:

- (i) Type of House: Hut/ Semi Pucca/ Pucca/ Apartment/ Bungalow
(ii) House status (Own/ Rented):
(iii) Drinking Water facility: Well/ Bore-well/ Govt. Tap connection
(iv) Availability of Agricultural land: Yes/ No
(v) Extent of Agricultural land: 300 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: *Sugar* ✓
 (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: *7680939247*
 (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) *Transport Problem*
 (ii) *Drainage Problem*
 (iii) *Medical Problem*

Place: *Andra Pradesh*

Date: *10/09/2023*

G. PAVAN Kumar

Signature of the Student

[Signature]

Signature of the Mentor



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



Name of the student : G. PAVAN Kumar
Group : ~~4th~~ BSC (MCFC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-152	Pedda Amukuru	Jhurumupalem	Pondur	Sri Katakam

- 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? No
- What is your daily food intake frequency of the following food categories?

Sweet foods:

Several times a day once a day several times a week

less often never

Fresh vegetables & Fruits:

Several times a day once a day several times a week

less often never

8. What percentage of your regular diet consists of meat products?
 90% 75% 50% 25% less than 25%
9. How much of your diet consists of vegetables and non-animal products?
 90% 75% 50% 25% less than 25%
10. Do you or have you ever has cholesterol problems?
11. Do you know your current body mass index? *yes*
12. Have your ever been on a diet, if so, what kind? *yes*
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

Fr. Praveen Kumar
 Signature of the Student

[Signature]
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN Kumar

Group : 4th B.Sc (MCED)

Registration Number : 222200566004

Area of the Survey conducted: Shatruna Padam

House No.	1-175	Habitat /Ward	Shatruna Padam	Panchayat /Municipality	
Post office	Shatruna Padam	Mandal	Pandur	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	P. Ramaswami	M	64		Farming	50,000
	P. Sankar	M	38		Business	20,000

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 01 Acres

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

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

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

(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: Sugar ✓

(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: 9014405792 ✓

(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) medical problem

(iii)

Place: Shurmalwara

Date: 10/09/2023

Signature of the Student
G. PAVAN Kumar

Signature of the Mentor
Santosh



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



Name of the student : G. PAVAN KUMAR
Group : 4th B.Sc (MCIE)
Name of the mentor : DR. D. SANTHA PRERNA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-13	Geethaboli of Paluruduru	Shivabrahmanam	Panduru	Srikakulam

- How many times a day do you eat? 4 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? Yes
- 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?
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

G. Parash
 Signature of the Student

Singh
 Signature of the Mentor

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

G. PAVAN Kumar
Signature of the Student

[Signature]
Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student :

Group :

Registration Number :

Area of the Survey conducted:

House No.	1-14	Habitat /Ward	Shankarapuram	Panchayat /Municipality	Shankarapuram
Post office	Shankarapuram	Mandal	Pondur	District	Sri Kakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1.	S. Thavithamma	F	60		Farmer	75000
2.	S. Ammanabaro	M	50		Farmer	
3.	S. Lakshmi Vathi	F	18	10th class		
4.	S. Subbaraj	M	19	10th class		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented):

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 0 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: heart problem

(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: 76000562 ✓

(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) Transport Problem

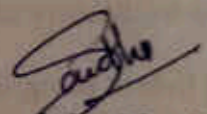
(iii)

Place: Jhusanna Puram

Date: 15/09/2022

Zi. PAVAN Kumar

Signature of the Student



Signature of the Mentor



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



Name of the student : Dr. PAVAN KUMAR
Group : 1st B SCC MEDIC
Name of the mentor : DR. D. SANTI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
<u>1-172</u>	<u>Rehanna Sukanya</u>	<u>dhruvapuram</u>	<u>pendur</u>	<u>Srikakulam</u>

- 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? yes
- 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

G. PAVAN Kumar
 Signature of the Student

Sudhi
 Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : Dr. PAVAN KUMAR
Group : 1st B-se (MED)
Registration Number : 2222001566004
Area of the Survey conducted: Shurampuram

House No.	<u>1-163</u>	Habitat /Ward	<u>Shurampuram</u>	Panchayat /Municipality	<u>Shurampuram</u>
Post office	<u>Shurampuram</u>	Mandal	<u>Pondur</u>	District	<u>Sri Kakinada</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>P. Uthairani</u>	<u>F</u>	<u>42</u>		<u>Farming</u>	<u>30,000</u>
<u>2</u>	<u>P. Simha Chalam</u>	<u>M</u>	<u>48</u>		<u>Farming</u>	
<u>3</u>	<u>P. Meena</u>	<u>F</u>	<u>19</u>	<u>10th Pass</u>		
<u>4</u>	<u>P. Pulkanje</u>	<u>F</u>	<u>18</u>	<u>10th Pass</u>		

2. Social Status details:

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

3. Economic Status details:

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

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

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

(iv) Availability of Agricultural land: Yes/ No

(v) Extent of Agricultural land: 0 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: *NO* ✓
- (ii) Treatment in which Hospital: Govt/Private ✓
- (iii) Any PWD Persons in family: Yes/No ✓

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

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

5. Other Details:

- (i) Do You have TV: Yes/No ✓
- (ii) Do you have Mobile: Yes ✓
- (iii) Mobile Number: *87-441851450* ✓
- (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) *medical service problem*
- (ii) *Distance problem*
- (iii)

Place: *Mhusumpuram*

Date: *15/09/2023*

Dr. PAWAN Kumar
Signature of the Student

[Signature]
Signature of the Mentor



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



Name of the student : G. DAVANIKUMAR
Group : 1st B-SC(MJCIC)
Name of the mentor : DR. D. SANTHI PRIYA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1/63	Kanumati Sujam	Shreenapuram	Ponduru	Sri Kakinada

- 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? Yes
- 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

G. P. A. K. K. K.
Signature of the Student

[Signature]
Signature of the Mentor



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

Name of the Student : Dr. PAVAN KUMAR
Group : 1st B-SC (MEIC)
Registration Number : 2222001566004
Area of the Survey conducted: Dharampuram

House No.	<u>1/152</u>	Habitat /Ward	<u>Dharampuram</u>	Panchayat /Municipality	<u>Dharampuram</u>
Post office	<u>Dharampuram</u>	Mandal	<u>Pendurupeta</u>	District	<u>Sri Palkulam</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. Sarvam</u>	<u>M</u>	<u>39</u>		<u>Labour</u>	<u>19000</u>
2	<u>K. Ravaha</u>	<u>F</u>	<u>33</u>		<u>Labour</u>	<u>10000</u>
3	<u>K. Jayshankar</u>	<u>M</u>	<u>15</u>	<u>09</u>		
4	<u>K. Hemalatha</u>	<u>F</u>	<u>13</u>	<u>05</u>		

2. Social Status details:

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

3. Economic Status details:

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

(ii) House status (Own/ Rented): 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 _____ Oxen _____ Buffaloes _____ Sheep/Goats _____

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : G. PAVAN Kumar

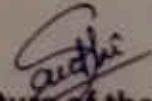
Group : (MCIC)

Registration Number : 2222001566004

Name of the Mentor : D. SANTHI PRIYA

Name of the Project : Socio-Economic survey in food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
9-5-23	Socio Economic SURVEY	6:00hrs	G. PAVAN Kumar
10-5-23	Socio Economic SURVEY	7:00hrs	G. PAVAN Kumar
11-5-23	Socio Economic SURVEY	7:30hrs	G. PAVAN Kumar
12-5-23	Socio Economic SURVEY	5:30hrs	G. PAVAN Kumar
13-5-23	Socio Economic SURVEY	6:00hrs	G. PAVAN Kumar
14-5-23	Socio Economic SURVEY	4:30hrs	G. PAVAN Kumar
15-5-23	Socio Economic SURVEY	6:30hrs	G. PAVAN Kumar
16-5-23	Socio Economic SURVEY	8:00hrs	G. PAVAN Kumar
17-5-23	Socio Economic SURVEY	4:00hrs	G. PAVAN Kumar
18-5-23	Socio Economic SURVEY	4:30hrs	G. PAVAN Kumar


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKHAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : G. PAVANI KUNATH

Group : (MCC)

Registration Number : 222200161004

Name of the Mentor : D. SATHI PRIYA

Name of the Project : FOR HINDI (AWARENESS PROGRAMME)

Date & Day	Activity done	Number of Hours Spent	Signature of the student
17-5-23 Wednesday	AWARENESS PROGRAMME	5-hrs	G. PAVANI KUNATH
17-5-23 Thursday	AWARENESS PROGRAMME	7-hrs	G. PAVANI KUNATH
19-5-23 Friday	AWARENESS PROGRAMME	6-hrs	G. PAVANI KUNATH


Signature of the Mentor

GOVT. DEGREE COLLEGE(M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the student : G. PAVAN KUMAR

Group : (MCIC)

Registration Number : 2222001566004

Name of the Mentor : D. SANJITHA PRIYA

Name of the Project : food habits

Date & Day	Activity done	Number of Hours Spent	Signature of the student
20/5/23 Saturday	FOOD HABITS	7-hrs	G. PAVAN KUMAR
21/5/23 Sunday	FOOD HABITS	5-hrs	G. PAVAN KUMAR
22/5/23 Monday	FOOD HABITS	6:30hrs	G. PAVAN KUMAR
23/5/23 Tuesday	FOOD HABITS	4:30hrs	G. PAVAN KUMAR
24/5/23 Wednesday	FOOD HABITS	7-hrs	G. PAVAN KUMAR
25/5/23 Thursday	FOOD HABITS	5:30hrs	G. PAVAN KUMAR
26/5/23 Friday	FOOD HABITS	6:00hrs	G. PAVAN KUMAR
27/5/23 Saturday	FOOD HABITS	5:30hrs	G. PAVAN KUMAR
28/5/23 Sunday	FOOD HABITS	7:00hrs	G. PAVAN KUMAR


Signature of the Mentor

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

LOG BOOK

Name of the student : G. PAVAN KUMAR

Group : (MLIC)

Registration Number : 222200158004

Name of the Mentor : D. SANTHI PRIYA

Name of the Project : food habits in school children

Date & Day	Activity done	Number of hours Spent	Signature of the student
Monday 29-5-23	Project writing	10:30 hrs	G. Pavan Kumar
30-5-23	Project writing	8:30 hrs	G. Pavan Kumar
31-5-23	Project writing	9:30 hrs	G. Pavan Kumar
1-5-23	Project writing	7:30 hrs	G. Pavan Kumar
2-6-23	Project writing	3:30 hrs	G. Pavan Kumar
3-6-23	Project writing	9:00 hrs	G. Pavan Kumar
4-6-23	Project writing	7:00 hrs	G. Pavan Kumar
5-6-23	Project writing	3:30 hrs	G. Pavan Kumar
6-6-23	Project writing	5:30 hrs	G. Pavan Kumar
7-6-23	Project writing	2:30 hrs	G. Pavan Kumar


Signature of the Mentor



GOVERNMENT DEGREE COLLEGE (M), SRIKAKULAM

COMMUNITY SERVICE PROJECT

SOCIO - ECONOMIC SURVEY

Name of the Student : G. PAVAN KUMAR

Group : 1st B.Sc (MEDIC)

Registration Number : 222200566004

Area of the Survey conducted: Sharam Puram

House No.	1-15	Habitat /Ward	Sharam Puram	Panchayat /Municipality	Sharam
Post office	Sharam Puram	Mandal	Ponduru	District	Srikakulam

1. Household Details:

S.No.	Name of the Person	Gender M/F	Age	Education	Profession/ Employment	Income (Daily wage/Weekly/ Monthly)
1	G. APPALARAJU	M	25	M.S.C	medical coding	25000/-

2. Social Status details:

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

(ii) Sub-Caste:

(iii) Religion: Hindu ✓

3. Economic Status details:

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

(ii) House status (Own/ Rented): ✓

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

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

(v) Extent of Agricultural land: _____ Acres

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

- (vii) Do you have oven/tailet? 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: *heavy headache*
- (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: *8247322300*
- (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) *medical Problem*
- (iii)

Place: *Mrasamulapuram*

Date: *09/09/2023*

Z. PAVAN Kumar
Signature of the Student

Sudha
Signature of the Mentor

House
1-14



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



Name of the student : G. PAVAN Kumar
Group : 1st B-SC (MEIC)
Name of the mentor : DR. D SANTHI PRATHA
Name of the project : COMMUNITY SERVICE PROJECT

House No	Name of the person	Village / Ward	Mandal	District
1-14	Subbaraj Thallitamma	Shivaramapuram	Ponduru	SRI/Ka/Kabam

- 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

- (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: *Heart Problem*
- (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: *9441851455*
- (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) *Internet Problem*
- (ii) *medical service Problem*
- (iii)

Place: *Dhusum Puzum*

Date: *15/09/2023*

G. DAVAN / Kumar
Signature of the Student

[Signature]
Signature of the Mentor