

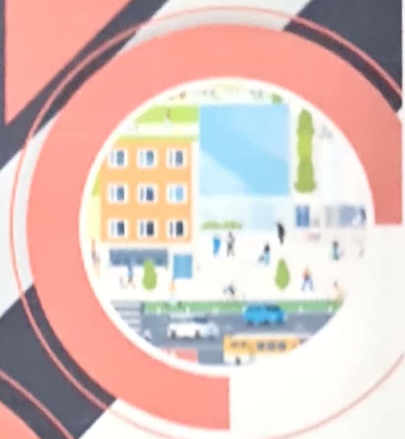


GOVERNMENT DEGREE COLLEGE- NARASANNAPETA

COMMUNITY SERVICE PROJECT



2021-22



DEPARTMENT OF BOTANY

Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)



COMMUNITY SERVICE PROJECT REPORT

2021-22

HERBAL AND MEDICINAL PLANTS CURRENT UTILIZATION AND AWARENESS IN CONTEMPORARY HEALTHCARE



DEPARTMENT OF BOTANY

**GOVERNMENT DEGREE COLLEGE,
NARASANNAPETA, SRIKAKULAM (Dist.)**

Dr.B.R.Ambedkar University, Srikakulam

**GOVERNMENT DEGREE COLLEGE, NARASANNAPETA,
SRIKAKULAM (DIST.)**

COMMUNITY SERVICE PROJECT

2021-22

**HERBAL AND MEDICINAL PLANTS
CURRENT UTILIZATION AND AWARENESS IN
CONTEMPORARY HEALTHCARE**



**Submitted
To**

**Sri S.PARAMESWARA RAO
PROJECT MENTOR
Lecturer in Botany
Government Degree College
Narasannapeta**

**Submitted
By**

**Kalamata. Rukhmini Vashitha
I B.Sc (CBZ) , Register No.2122004049015
Dr.B.R.Ambedkar University, Srikakulam
2021-2022**



PROGRAM BOOK FOR
COMMUNITY SERVICE PROJECT

2021-22

**HERBAL AND MEDICINAL PLANTS
CURRENT UTILIZATION AND AWARENESS IN
CONTEMPORARY HEALTHCARE**

Name of the student : Kalamata . Rukhmini Yashitha

Name of the college : Government Degree College, Narasannapeta

Register Number : 2122004049015

Course : UG, B.Sc (CBZ)

Period of CSP : 01-08 -2022 to 30-09 -2022

Name & Address of the Community / Habitation: polaki
polaki mandal
srikakulam District

DEPARTMENT OF BOTANY

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA,
SRIKAKULAM (Dist.)

Dr.B.R.Ambedkar University, Srikakulam

2021-22



Instructions to Students for Community Service Project

Please read the detailed Guidelines on Community Service Project hosted on the website of AP State Council of Higher Education <https://apsche.ap.gov.in>

Link:

<https://apsche.ap.gov.in/Pdf/Guidelines%20for%20the%20OJT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (180 hours) of Community Service Project as a part of the 10-month mandatory internship/on the job training.
2. Consider yourself a committed volunteer in the community, you work with.
3. Every student should identify the village/community/habitation for Community Service Project (CSP) in consultation with the College Principal/the authorized person nominated by the Principal.
4. Report to the community/habitation as per the schedule given by the College. You must make your own arrangements for transportation to reach the community/habitation.
5. You will be assigned a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow volunteers. Post your daily activity done and/or any difficulty you encounter during the programme.
6. You should maintain punctuality in attending the CSP. Daily attendance is compulsory.
7. You are expected to learn about the community/habitation and their problems.
8. Know the leaders and the officials of the community/habitation.
9. While in the project, always wear your College Identity Card.
10. If your College has a prescribed dress as uniform, wear the uniform daily.
11. Identify at least five learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Information about the community, including the realities and

problems of the society.

- Need for creating awareness on socially relevant aspects/programs.
 - Acquiring specific Life Skills.
 - Learning areas of application of knowledge and technologies related to your discipline.
 - Identifying developmental needs of the community/habitation.
12. Practice professional communication skills with team members, and with the leaders and officials of the community. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.
 13. Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.
 14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitation to whom you report to.
 15. There shall also be an evaluation at the end of the community service by the Faculty Guide and the Principal.
 16. Do not indulge in any political activities.
 17. Ensure that you do not cause any disturbance to the inhabitants or households during your interaction or collection of data.
 18. Be cordial but not too intimate with the people you come across during your service activities.
 19. You should understand that during this activity, you are the ambassador of your College, and your behavior during the community service programme is of utmost importance.
 20. If you are involved in any discipline related issues, you will be withdrawn from the programme immediately and disciplinary action shall be initiated.
 21. Do not forget to keep up your family pride and prestige of your College.
 22. Remember that you are rendering valuable service to the society and your role in the community development will become part of the history of the community.

COMMUNITY SERVICE PROJECT REPORT

Submitted in accordance with the requirement for the Degree of UG - B.Sc (CBZ)

Name of the College : GOVERNMENT DEGREE COLLEGE, NARASANNAPETA

Department : Department of Botany

Name of the Faculty Guide: Sri S.PARAMESWARA RAO, Lecturer in Botany

Duration of the Internship: 01 -08 - 2022 to 30 -09 -2022

Name of the Student : Kalamata. Rukhmini Vashitha

Programme of Study : B.Sc (CBZ)

Year of Study : 2021-2022

Register Number : 2122004049015

Date of Submission : 18-10-2022

Student's Declaration

I K. Rukhmini Varshitha..... a student of **UG-B.Sc(CBZ)** Program Regd.No
2122004049015..... of the **Department of Botany**, Government Degree
College do here declare that I have completed the mandatory **Community**
Service from 01-08-2022 to 30-09-2022 in Polaki.....
under the Faculty Guideship of **Sri S.Parameswara Rao**, Lecturer in Botany,
Government Degree College, Narasannapeta.

K. Rukhmini Varshitha
(Signature and Date)

Endorsements

Faculty Guide :

[Signature]
18/10/22
LECTURER
Govt. Degree College
NARASANNAPETA

Head of the Department :

Principal :

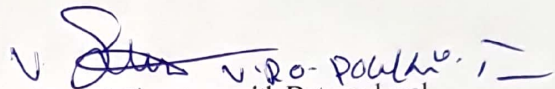
Certificate From Official of the Community

This is to certify that K. Rukhmini Vasshitha..... Reg. No. 2122004049015

of **Government Degree College, Narasannapeta** underwent community service in
Polaki Village..... from 01-08-2022 to 30-09-2022...

The overall Performance of the Community Service Volunteer during his/her
Community service is found to be

(Satisfactory / Good)


Authorized Signatory with Date and seal

Village Revenue Officer
Polaki Village
Polaki Mandal
Srikakulam Dist

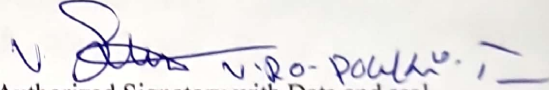
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Authorized Signatory with Date and seal

Village Revenue Officer
Polaki Village
Polaki Mandal
Srikakulam Dist

ACKNOWLEDGEMENTS

First and foremost, I would like to thank our commissioner of collegiate education, A.P. for providing an opportunity to do such project work which is useful to the society.

I wish to express my humble indebtedness and deep sense of gratitude to my Research Mentor ~~Sri. S.P.~~ **S. Padameswara Rao**, Lecturer, Department of Botany, Government Degree College, Narasannapeta for readily accepting me as his research mentee and also for his constant guidance and help throughout the present studies.

I sincerely convey my profound thanks to **Dr. P. Latha madam**, principle Government Degree College, and Narasannapeta for his constant help and suggestions.

I am obliged to **smt. P. Srividhya**, Department of chemistry, **Dr. Puja Bhargava**, Department of zoology and staff for necessary facilities provided, for his helpful suggestions and encouragement.

I express my thanks to my colleagues K.M. Jyothsna, K.M. Paravallika, M. Indumathi, D. Raja Lakshmi, P. Santhu for her help & suggestions.

It is great pleasure for me to acknowledge my friends, who have really associate with me whenever required in connection with this work.

I am thankful to one and all who helped me directly or indirectly in order to complete my project work.

Finally I express my gratitude to my family members for their constant encouragement was the towering strength during his present investigation.

K. Rukhmini Vasshitha

EXECUTIVE SUMMARY

objective of the study:-

- The main objectives of the survey are:
 - To examine the general public knowledge, attitudes and practices of personal health and hygiene.
 - To identify factors influencing the adoption of good hygiene practices.
 - To examine the general public awareness of health education for personal health and hygiene.
 - To explore effective channels for disseminating health information to the public.
 - The main aim of this research is to determine the awareness among the public about the general hygiene.

Target respondents:-

- The survey covered a mixed population of ^{Polaki} ~~Deerghash~~ village people. The survey was taken up by the students of GOVERNMENT DEGREE COLLEGE, NARASANNAPETA and out people of same villages of age group b/w 10-70 years.

Data collection method:-

- Data were collected in the form of questionnaire
- The survey was held around houses in nearby villages
- The survey was done 10:00 AM to 5:00 PM on Saturdays and 9:00 AM to 5:00 PM on Sundays
- The field work covered weekdays and weekends to ensure that the sample included all groups of people.

Questionnaire Design:-

→ In this survey we prepared two questionnaire forms. one of the forms consisted of questions and another form consisted of 10 questions.

→ The questions covered the following areas.

- Economic status of people
- Herbal / Medicinal Plants.

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Topography and General Features

Population of Polaki is a Town and Mandal in Srikakulam district of Andhra Pradesh state in India. Total number of villages in this Mandal is 42. Polaki Mandal sex ratio is 996 females per 1000 of males.

Population of Polaki :-

Population	Males	Females	Households
65,622	32,880	32,742	17,064

Polaki is Mandal in Andhra Pradesh state. Polaki Mandal population in 2023 is 86,621. According to 2011 census of India. Total Polaki population is 65,622. People are living in this Mandal of which 32,880 are male and 32,742 are female. Polaki population estimated to be 83,996 in 2022. Literate people are 34,142 out of 20,050 are male and 14,092 are female. Total workers are 33,202 depends on multi skills out of which 18,917 are men and 14,285 are women. Total 3,415 cultivators are depended on agriculture farming out of 2,411 are cultivated by men and 1,004 are women. 17,711 people works in agricultural land as a labour in Polaki men are 9,170 and 8,541 are women.

Polaki Population chart :-

The Polaki Population chart is a graph that shows the distribution of all demographic groups. Literacy percentage is 52.03 percent out of these 30.55 percent is male literates and 21.47 percent is female literates.

Total workers percentage is 50.60 percent out of these 28.83 percent is male workers and 21.77 percent is female percentage is 5.20 percent in workers. Total Mandal Agriculture farmer percentage is 5.20 percent in Polaki out of these 3.67 percent is male farmers and 1.53 percent is female farmers. Polaki Labor percentage is 26.99 percent out of these 13.97 percent is male labor and 13.02 percent is female labor. Polaki Mandal people is divided down between male and female members of the population. The below graphic shows from literacy to Households of Polaki Mandal.

Polaki Mandal Population list:-

Polaki Mandal has a total of 42 locations/villages. Below is the population table listing as per the last census of 2011 showing male, female and household information in the Srikakulam district.

Polaki Mandal villages list:-

Polaki is a Mandal in Srikakulam district of Andhra Pradesh state in India. Below is the list of towns and villages in Polaki Mandal. Total Number of villages in this Mandal list are 42.

1. Ambee Xupeta
2. Ampalam
3. Belamasa Palavalsa
4. Boddam
5. challa yavalasa
6. cheedivalasa
7. Dandalakshmi Pusam
8. Deesghasi
9. Dola
10. Eddulavalasa
11. Grajapathinagaram
12. Gangivalasa
13. Gathalavalasa
14. Gollalavalasa
15. Jadusu
16. Jilleduvalasa
17. Jonnam
18. Kodusu
19. Kollivalasa

20. Konda ko-thapeta
21. Konda lakki Valasa
22. Kusum Polavalasa
23. Makivalasa
24. Mobogam
25. Nandigam
26. pisuvada
27. Polaki
28. Priyagraharam
29. Raahiman Puxam
30. Rajapuxam



COMMUNITY SERVICE PART

- community service is work performed by a person or a group of people for the benefit and betterment of their community with no compensation in return. The Merriam Webster Dictionary defines community service as "service that a person performs for the benefit of his/her local community."
- However, not all community service is voluntarily performed. In some cases, it is a graduation requirement for students.
- In any case, it is a means to benefit others, not the person carrying out the service. Community service is more focused on the outcome of the activity measured by the amount of time (or work) provided.
- In schools, students are assigned to engage in community service to give them an advantage when applying for colleges or as a requirement to graduate from high school.
- While it's permissible to engage in any sort of service, it is best to render services that are tailored to your skills and interest. This way, you will be more effective. Community service is performed for some distinct reasons. They include:
 - Requirement by a government as a part of conditions for citizenship.
 - Requirement for students to meet credit scores for a subject such as service learning or a requirement for graduation.

- For students, it allows them to explore the real world and gain first hand experience.
- Furthermore, it enables participants to make a real difference in their society. Many people have found their life's purpose in the trenches of community service. What's more, the experiences, relationships, and information gathered during community service will turn out invaluable in the future. In the end, it's about making an impact and bettering the lives of other people.

Fives Lessons Through community service :-

- While community service is primarily aimed at bettering others, it also rewards those rendering the service. It ensures their social, psychological, and mental growth. But that's hardly all of it. Here are some incredible benefits you can enjoy when serving others.

1. You cultivate leadership

- People who participate in community service usually find themselves taking up roles that require great responsibility and leadership. When placed in a team to work with others, they must learn to manage those under them as well as learning to delegate tasks wisely.
- This way they also learn to motivate their team members and boost the morale at every point. This becomes an opportunity to hone their leadership skill.

2. You Boost self-esteem

→ since it is a humane act of service, it leaves the giver with a deep sense of satisfaction knowing that they have added their quota of value to make the world a better place. This leaves you feeling accomplished and fulfilled with a better impression of yourself and a positive outlook toward your future and life goals.

3. You Grow Your Network

→ community service helps you to connect with new people who are also making a difference. In most cases, you will meet new people who share common beliefs, values and interests.

→ This is a huge advantage for introverts who have a hard time meeting new people and engaging others in meaningful conversations. This becomes an avenue to improve their social skills. Once the skill is mastered, it becomes easier to meet and connect with new people.

4. You understand your strengths Better

→ serving in a campaign or Project allows you to see real-life experiences. By understanding others, it is possible to understand yourself. unknown to some people, they have super skills for coping with crisis (or) working under pressure; skills they may never discover without community service. It is also an avenue to understand your weaknesses and know how to shore them up. You can learn communication skills, being a good team player, and problem solving.

5. You Improve Your Personal Health

→ on a more personal level, community service can be a perfect antidote for depression, especially in difficult times. It has proven to be an awesome support system for people struggling with depression. Since the participant's mind & body is active in something enjoyable and fulfilling, they become hard targets for depressive thoughts.

→ community service does not have to be perfunctory. Showing up to others is a way of showing up for one-self. Asking yourself ~~the~~ honest questions ~~show~~ such a "How can I help someone today?" shows that your attention is gradually tilting away from yourself.

This puts you in the right frame of mind. Making other people the focus through community service has a therapeutic effect. You are building the character of a person who stays committed for the long haul.

In closing community service requires opening our minds and hearts to new people, experiences, cultures and moments. Admittedly, some of our life-altering decisions come to the fore when we are in service to others. Find inspiration in Mahatma Gandhi's words. "the best way to find yourself is to lose yourself in the service of others".

MONTHLY REPORT

Month - 1 (

Objective of the Activity Done:-

To collect data from the people about their social & economical details in the form of questionnaire.

Detailed Report:-

- * In this activity, I worked on the social and economic status of the people in Polaki Village.
- * From this activity, I finally observed in this village only small-scale families, even one joint family also I cannot find in this village.
- * Most of the people work as daily labour in agriculture fields and some other people work in their own fields and almost 80% - 90% people do agriculture, remaining 20% - 10% people do some other private jobs and in companies.
- * Illiterate percentage in this village is more than the literate percentage that means maximum 90% of people of the village are illiterate remaining few 10% people of the village are literate.
- * All the families of the village are above the poverty line. The economical status of these families is average.
- * In this village almost all the families belong to same caste and also almost they are relatives from last 3-4 generations.
- * Almost all the families are used mobile phones and televisions except few families who don't have any knowledge.

-ledge about mobile and television.

* Most of the people are regularly watched the serials & some programmes. Almost all the ~~fam~~ females watch the serials male also watch the serials.

* some other people are watch the news channels, movies sports etc.

* Almost every family are watch the news ch

* Almost every family in this village receives the government schemes given by our government like as pension -s, handicap pensions, widow pensions, jagananna vidyalakshana, jagananna amma vadai, srithubhaxasa, jagananna sathudheevina, jagananna cheyutha etc.

* some other problems are observed in this village like as water problems, drainage problem etc...

* These are my observations in this month activity survey.

MONTHLY REPORT

Month-2

Objective of the Activity done:-

- * To examine the general public knowledge, attitudes and practices of personal, Awareness of medicinal plants.
- * To identify factors influencing the adoption of good medicinal plants.

Detailed Report:-

- * The villages were one of the first agencies in the country to provide homes about medicinal plants. I continue to achieve our mission "to build a community of strong, healthy families, who protect nature" by providing a full range of behavioural medicinal plants, substance use treatment and support services for people in the Polaki village about medicinal plants.
- * In this activity I take a concept like medicinal plants and do a survey on this concept in the village.
- * I meet 25 families in this village and asking some questions which are I wrote in questionnaire form and write a short note on the answers given by them.
- * By this survey I observed most of the families don't know about medicinal plants.
- * Most of the people in this are suffer with some temporary diseases due to they don't follow the medicinal plants use.
- * Very few people of the village are having some bad habits like drinking alcohols, smoking etc. which are harmful.

to health.

- * But the govt. hospitals and ambulance services are good in this area.
- * Almost all the people of the village completed the two doses of covid-19 vaccination.
- * In covid-19 pandemic situation the people in this village are following good herbal plant uses.
- * These are the observations I found in this month survey in the polaki village.

MONTHLY REPORT

Month-3

Objective of the Activity done:-

- * To examine the general public awareness of medicinal plants.
- * The main aim of this survey is to determine the awareness among the public about the general herbal plants importance in our locality.

Detailed Report:-

- * I directly interact with people with a chart which is filled with some diagrams about awareness on socio economic and health and medicinal plants uses survey which are I already completed in last two months.
- * In a well-ordered society the citizens know and observe the medicinal plants. It is established beyond doubt that ignorance and neglect of the medicinal plants importance are responsible for the majority of diseases to which mankind is heir. The very high death rate among us is no doubt due largely to our gnawing poverty, but it could be mitigated if the people were properly educated about health.
- * The difficulty is about their observance. Here are some:
 - Think the purest thoughts and vanish all idle and impure thoughts.
 - Breathe the freshest air day and night.

- Establish a balance between bodily and mental work.
- stand erect, sit erect, and be neat and clean in every one of your acts and let these be an expression of your inner conditions.
- eat to live for service of fellowmen. Do not live for indulging yourselves. Hence your food must be just enough to keep your mind and body in good order. Man becomes what he eats.
- your water, food and air must be clean and you will not be satisfied with more personal cleanliness that you will infect your surroundings with the same threefold cleanliness that you will desire for yourselves.
- These are the points I discuss with the people to improve the awareness on medicinal plant importance throughout the village in this month survey.

IDENTIFICATION AND ANALYSIS OF THE PROBLEM

The village faces numerous problems at the ground level. but I will only focus ~~only~~ on my area of expertise. The villagers lead a traditional life style and fall sick due to a lack of knowledge about nutritional food, unhygienic conditions and an inadequate drainage system. Although hardworking they are susceptible to seasonal illnesses, which often affect children and the elderly due to pathogen contamination & allergic reaction. The lack of medicinal facilities and proper guidance from the local P.H.C results in these illnesses developing into acute diseases.

The simplest solution to ~~take~~ tackle these problems is to maintain clean surroundings, consume nutritious food & use home remedies. Medicinal plants have been a part of their livelihood for a long time. I aim to increase awareness about the use of herbal/medicinal plants & encourage the villagers to cultivate them in their backyards or surroundings. This will help them utilize the plants for primary healthcare purpose.

Proposed action plan for solutions

A group of friends and I took up a sanitation program in our village where we spend two days removing garbage from the vicinity of the school and temple.

On the third day our CSP group students led by Sri S. Parnameswara Rao, lecturer in Botany, organized an awareness campaign on the usage of medicinal/herbal plants and home remedies in the village. During this campaign, we identified a herbal doctor who provided information on the consumption of crude drugs and their dosage for different seasonal diseases. Additionally, we distributed herbal plants from our college botanical garden to all the villagers and guided them on how to plant and take care of them in their homes so that they can be used as and when needed.

community Awareness program

Together with some village students, we cleaned up the garbage in public places. we organized a meeting to educate the villagers about the importance of health and environmental cleanliness.

Additionally, I visited the primary school and spoke to the students about the Significance of hand hygiene.

INTRODUCTION

The emphasis on the use of medicinal and Herbal plants had hitherto been placed on the treatment rather than prevention of diseases. However, exists in the literature considerable report in recent times on research work on the use of medicinal plants and their constituents is disease prevention. A world organization (WHO) expert group defined traditional medicine as the sum total of all knowledge and practices, whether explicable or not, used in diagnosis, prevention and elimination of physical, mental, & social imbalance and relying exclusively on practical experience and observation handed down from generation to generation, whether verbally & in writing. [WHO, 1976].

A medicinal plant is any plant which in one or more of its organs, contains substances that can be used for therapeutic purposes or which are precursors for the synthesis of useful drugs. This description makes it possible to distinguish between medicinal plants whose therapeutic properties & constituents have been established scientifically and plants that are regarded as medicinal but which have not yet been subjected to a thorough scientific study.

Early origins of traditional medicine must have had their roots in ethno botanical folklore, but today, traditional medicine incorporates several well-organized, distinct system of diagnosis and cure, In Indian alone, three traditional systems of medicine, namely Siddha, Ayurveda and Unani are distinguished.

Globally, there has been an unparalleled growth in the plant-derived medicinally useful formulations drugs and health-care products. It has a market covering more than 60% products derived from plant origin. India exhibits remarkable outlook in modern medicines that are based on natural products besides traditional system of Indian medicines. Almost 70% of the modern medicines in India are derived from natural products. Medicinal plants play a central role not only as traditional medicines but also as trade commodities, meeting the demand of distant markets. Ironically, India has a very small share (1.6%) of the ever-growing global market.

To compete with the growing market, there is a urgency to expeditiously utilize & scientifically validate more medicinally useful plants while conserving these species. Which seems a difficult task ahead.

This observation suggests that more emphasis should be given to promote the conservation and cultivation of plants to known to be medicinal value as well as the plants required raw material for medicine.

OBJECTIVES

- ⇒ To know the impact of modern medicine in rural people.
- ⇒ To know the knowledge of the people about indigenous medicine.
- ⇒ To know the understanding level of the people on medicinal and Herbal plants.
- ⇒ To know the utility of Herbal plant in curing diseases in their past.
- ⇒ To enable the people to know the importance of medicinal and Herbal plants.
- ⇒ Educate people on the significance of herbal and medicinal plants.

METHODOLOGY

SOURCE OF PRIMARY DATA

The researcher selected 20 houses from ~~the~~ Polaki village of Polaki mandal Srikakulam district and conducted socioeconomic survey. It was done by asking standard questions house to house later a mini project work also conducted on "medicinal and Herbal plants utilization and Awareness" of 20 people who are inhabited in the village through a structured questionnaire. Community awareness programs were also conducted with respect to the problems identified during these surveys and also discussed solutions to identified problems.

SOURCES OF SECONDARY DATA

The researcher collected secondary data primarily from published sources and also from the Resource Persons.

RESEARCH TOOLS

The data was analyzed by using tables percentages bar graphs and ICT Tools.

RESULTS

The researcher studied about the "Herbal plant utilization and Awareness" of 20 people in Polaki Village of Polaki Mandal in Srikakulam district. The collected information related to different aspects has been given below.

1. Can Nutrients cure diseases rather than medicine?

The data related to opinion regarding nutrients can cure diseases rather than medicine is given in table-1. It revealed from data that out of 20 respondents 65% were having positive opinion but 35% were not having any idea.

Table-1:- Opinion of the respondents on Nutrients can cure diseases rather than medicine.

yes	no
13	7
65%	35%

2. Do you agree that during the covid-19 Pandemic situation intake of Herbal extracts helped boost the immunity power of an individual?

Table-2 reveals the fact that out of 20 respondents all were used Herbal extractions during covid-19 pandemic period to boost up their immunity.

Table-2 opinion of the respondents on used Herbal extractions during covid-19 pandemic period to boost up their immunity.

yes	No
15	5
750%	250%

3. Are medicinal plant parts good for health and daily use?

It is understood from 20 of respondents were used Herbal products in their daily life.

Table-3 opinion of the respondents on usage of herbal products in their daily life.

yes	No
12	8
60%	40%

4. Do you know about Naturopathic physicians (Dr) Doctors?

The data related to Herbal doctors knowing peoples are given in table-4, it revealed from the data that out 20 respondents were known but of respondents were not known.

~~Table-4~~
~~Table-6~~ opinion of the respondents on know the ~~use~~ ~~of~~ ~~medicine~~ ~~when~~ ~~using~~ Herbal plants doctors.

Yes	No
11	9
55%	45%

5. Do you think medicinal plant products have side effects?

Information related to notice effects while using Herbal medicine is given in table-5. It is evident from the fact that about of the respondents didn't notice any kind of side effects while taking herbal medicine.

Table-5 opinion of the respondents on noticed side effects while using Herbal medicine

Yes	No
9	11
45%	55%

6. Are you aware of the Dosage of using any herbal Plant extracts?

Table-6 gives the details related to know the Dosage of medicine when using Herbal Plants. It is observed from the table that 30% of the respondents were didn't know the dosage.

Table-6 opinion of the respondents on know the dosage of medicine when using Herbal plants.

yes	No
9	11
45%	55%

7. Are you growing any medicinal/Herbal plants in your locality?

It is revealed from the table-7 that of the respondents growing herbal plants at their surroundings but were not growing any kind of Herbal Plant at their surroundings.

Table-7 Peoples growing Herbal plants at their surroundings.

yes	No
13	7
65%	35%

8. Did you ever visit a Naturopathic Physician when the children fell ill?

Data related to peoples approaches herbal doctors during their kids suffering from illness was given in table-8. The data shows that of respondents were approached but were didn't approached

Table-8 opinion of the respondents on peoples approach -es herbal doctors during their kids suffering from illness

yes	NO
7	13
35%	65%

Q. Are you aware of the medicinal values of the important medicinal plants in & around your locality?

[Eg, Neem, Tulasi, Aloe vera, Phyllanthus amarus].

As per the data presented in table-9, all the respondents were thinks necessary of awareness over herbal plants.

Table-9:- opinion of the respondents on People thinks necessary of awareness over herbal plants-

yes	NO
7	13
35%	65%

10. Do you know the importance of common medicinal Plants?

Information related to persons used Neem recipe at the time of infant stage of their kids is given in table-10. It is evident from the facts that about of the respondents were used but did not use.

Table-10 opinion of the persons used Neem recipe at the time of infant stage of their kids.

yes	NO
9	11
45%	55%

DISCUSSION

Due to the impact of the covid-19 pandemic people have become skeptical of the benefits of Allopathic medicine and have shifted towards utilizing home remedies and medicinal plants. Recently there has been a significant rise in awareness about Herbal medicinal plants and home remedies even among those living in rural areas.

However, it is crucial for people to also be aware of indigenous medicine. Although some individuals possess knowledge about home remedies and herbal plants, they may lack understanding of dosage and administration methods of herbal medicine. Unfortunately, some people still believe in superstitions and turn to witch doctors and intermediaries between God and Man.

Therefore, it is essential to educate people about the uses and dosages of herbal and medicinal plants. In light of the aforementioned facts, the Government must consider and plan to adopt such practices.

RECOMMENDATIONS AND CONCLUSIONS

Since ancient times, humans have relied on plants and their products to fulfill their needs. The use of medicinal plant to treat illnesses dates back centuries, and while modern allopathic medicine is effective in quickly curing diseases. Many people still prefer to use medicinal and home remedies to avoid side effects and build resistance against pathogens. In times of COVID-19 pandemics people often turn to these remedies for immune system support.

Our survey found that people recognize the healing properties of herbal and medicinal plants but lack knowledge about their active ingredients unfortunately. AYUSH and native medical centers are not readily available in their areas.

While many people have vegetable and flower plants in their backyards few cultivate medicinal plants like Aloe Vera, Tulsi and Neem.

OUR RECOMMENDATIONS :

1. Spread awareness about the benefits of medicinal and herbal plants to others. Encourage others to grow them use them and learn about their importance in maintaining good health.
2. It's recommended to start with small doses of Herbal medicinal plants and gradually increase the dosage as needed.
3. Medicinal values and cultivation should be communicated to the people some commonly used medicinal plants include Aloe vera, echinacea for immune support Tulasi for heart diseases, diabetes lavender for relaxation mint for respiratory health. Fenugreek (menthe) for purifies blood hair loss ginger for nausea and inflammation of mexic for joint health etc.
4. It's recommended to Government to establish Ayush dispensaries and training centers to educate people about the benefits of herbal medicinal plants and enable them to grow them in community areas backwards and non irrigated using government schemes like MGNREGS

(CONCLUSION):-

Medicinal and herbal plants have been used for centuries for their therapeutic properties. Many of these plants contain bioactive compounds that have shown promise in treating various health conditions. While the use of medicinal plant can be a complementary approach to conventional medicine, it's important to use them under the guidance of a qualified healthcare practitioner. The safety and efficacy of medicinal plants can vary depending on the individual and the condition being treated. Therefore, it's crucial to do your research, choose high-quality plants, start with small doses, be aware of potential side effects, and consider the source when using ~~of~~ medicinal and herbal plants. Integrating a healthy life style can be a valuable addition to support overall health and wellness.



Common Name	Botanical Name	Part Used	Uses	Month in which harvested/ collected	Major active ingredients
Aonla	<i>Phyllanthus emblica</i>	Fruit pulp	Promote longevity, enhance digestion good source of vitamin C	Fruits are harvested Dec-Jan	Ascorbic acid, gallic acid, phenols, tannins.
Arjuna	<i>Terminalia arjuna</i>	Bark	Cardiac tonic, coronary disease	Bark is harvested Feb-Mar	Tannins, phenols, arjunic acid
Ashwagandha	<i>Withania somnifera</i>	Roots	Tonic, aphrodisiac	Roots are harvested Feb.-Mar	Withanoloids and withanins
Bach	<i>Acorus calamus</i>	Rhizome	diarrhoea, dysentery	Rhizomes are harvested Nov-Dec.	α and β asarone, acoric acid
Babera	<i>Terminalia bellerica</i>	Fruit rind	heart diseases, anaemia	Fruits are harvested in Dec- Jan	Beta sitosterol, gallic acid and bellericanin
Bala	<i>Sida cordifolia</i>	Entire plant, root	Rheumatism, general debility	Mature plants are harvested	Ephedrine, Pseudoephedrine, Indole alkaloids
Bael	<i>Aegle marmelos</i>	Fruit, leaf	Purgative, cooling, diarrhoea, antidiabetic	Fruits are harvested Feb-March	Aegelin, rutin, sitosterol, marmesenin, marmeline
Bhelwa	<i>Semecarpus anacardium</i>	Fruit	Anti-inflammatory, antioxidant, anti-cancer.	Fruits are harvested Dec.-Feb.	Biflavonoids, phenolic compounds, bhitawanols, minerals
Bhui Aonla	<i>Phyllanthus amarus</i>	Entire plant	Jaundice, diarrhoea	Entire plant is harvested in July-Aug.	Alkaloids, terpenoids, phyllanthin, b-sitosterol and gallic acid
Brahmi	<i>Bacopa monnieri</i>	Leaf, entire plant	Memory enhancer	Mature herb is harvested Jan-Feb.	Bacoside, saponin glycosides
Dhawaifool	<i>Woodfordia fruticosa</i>	Flower	Diarrhoea, fermenting agent in Asava and Arishta	Flowers are harvested in May-June	More harvested today due to new demand
Ghrit Kumari	<i>Aloe vera</i>	Leaf/gel	Cooling, cosmetic	Mature leaves are harvested	Aloin, emodine
Giloe	<i>Tinospora cordifolia</i>	Stem	Immunomodulator, antipyretic.	Stem is harvested in Nov-Dec.	Tinosporoside, cordioside
Gurmar	<i>Gymnema sylvestre</i>	Leaves	Diabetes	Leaves are harvested in Sep and June	Gymnemic acid
Harad	<i>Terminalia chebula</i>	Pericarp of the fruit	Purgative	Fruits are collected Dec.-Jan, Feb.	Chebulin, chebulinic acid, tannins, gallic acid
Jamun	<i>Syzygium cumini</i>	Fruit, seed, bark	Diabetes	Fruits are collected July-August	Anthocyanins, glucoside, ellagic acid, myrecetin. Seed contain alkaloid, jambosine, and glycoside jambolin
Kalmegh	<i>Andrographis paniculata</i>	Entire plant	Anti-malarial, liver tonic	Plants are cut in Oct.-Nov.	Andrographolide, diterpene lactone.
Karanj Seed	<i>Pongamia pinnata</i>	Seed, leaf	Insecticide,	Fruits are collected May-June	Fatty oils, karanjin
Kauch	<i>Mucuna pruriens</i>	Fruit/ seed	Parkinson disease, sexual disorders	Mature Fruits/pods are harvested	L- Dopa,
Khair	<i>Acacia catechu</i>	Bark, wood	Mouth ulcer, psoriasis and anaemia	Wood is harvested Dec.-Feb.	Tannins, gallic acid
Long Pipal	<i>Piper longum</i>	Fruit	bronchitis, asthma	Fruits are harvested	Piperine and pipartine
Mandukparni	<i>Centella asiatica</i>	Entire plant	skin diseases and memory enhancer	Entire plant is harvested by cutting	Asiaticoside, indocentellosid,thankuniside
Maida	<i>Litsea glutinosa</i>	Bark	Bonefracture, joints and healing	Bark is harvested in Nov-Dec.	Tannins, mucilage, phenols.
Neem seed	<i>Azadirachta indica</i>	Seed, leaf, pulp	Insecticide	Seeds are harvested in June-July	Azadirachtin, fatty oil
Periwinkle/	<i>Catharanthus</i>	Roots,	Cancer, diabetes	Mature roots are	alkaloids vincristine and

Table 1
List of figures of medicinal plants used in traditional medicine practice



Abrus precatorius L.



Ailanthus excelsa Roxb.



Alangium salviifolium L.



Bacopa monnieri



Balanites aegyptiaca L.



Bambusa arudinacea (Retz.) Wild



Barleria cristata L.



Calotropis procera (Ait.) R. Br



Cassia fistula L.



Crateva nurvula Buch-Ham



Datura metel L.



Derris Indica (Lam.) Bennet



Echinops echinatus L.



Emblica officinalis L.



Moringa concanensis L.



Syzygium cumini L.



Oroxyllum indicum (L.)

Coriandrum sativum



Botanical Name :- *Coriandrum sativum*

Common Name :- Kothi metha

Family :- Apiaceae

Morphology :- It is a soft plant growing to 50cm tall. The leaves are variable in shape.

Classification

Division :- Angiospermae

Class :- Dicotyledonae

Order :- Apiales

Genus :- *Coriandrum*

Species :- *sativum*

⇒ broadly lobed at the base of the plant and slender and feathery higher on the flowering stems.

⇒ The flowers are borne in small umbels. white & very pale pink.

⇒ The fruit is a globular, dry schizocarp 3-5mm in diameter.

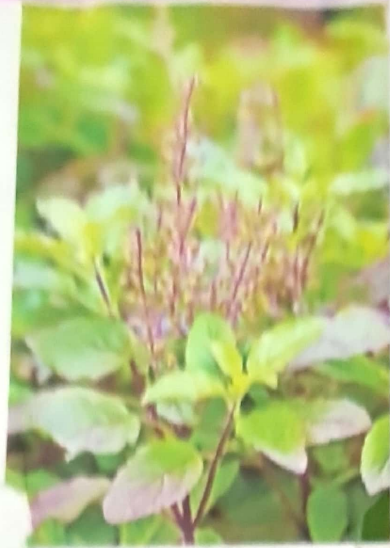
Chemical composition :- *sativum* leaf & oil contained 44 compounds mostly of aromatic acids containing 2-decenoic acid.

Medicinal uses :- *Coriander* leaf medicinal uses for the skin involves preparing a face pack to treat anything from acne to eczema.

⇒ treatment of conditions, such as gastric colitis.

⇒ May help lower blood sugar, High blood sugar is a risk factor for type 2 diabetes.

Ocimum tenuiflorum



Botanical Name :- *Ocimum tenuiflorum*
Common Name :- Tulsi
Family :- Lamiaceae

classification
Division :- Magnoliophyta
Class :- Magnoliopsida
Sub-class :- Asteridae
Order :- Lamiales
Genus :- *Ocimum*
Species :- *Tenuiflorum*

Morphology :- It has an erect growth form which is highly branched. Leaves are broadly elliptical with a slightly toothed leaf margin (5-6cm long 1-2.5cm wide). The leaf surface is pubescent. Crushed leaves emit a musky slightly minty fragrance.

Chemical composition :- Phytochemical studies have shown that oleic acid, ursolic acid, rosmarinic acid, eugenol, caryophyllol, linalol, and β -caryophyllene are some of the main chemical constituents of Tulsi.

Medicinal uses :- This plant is well known for its medicinal and spiritual properties in Ayurveda which includes aiding cough, asthma, diarrhoea, fever, dysentery, arthritis, eye diseases, indigestion, gastric ailments etc.

calotropis pterocera



Botanical Name :- Calotropis pterocera

Common Name :- Jilledu

Family :- Apocynaceae

Classification

Division :- Magnoliophyta
Class :- Magnoliopsida
Subclass :- Asteroidal
Order :- Gentianales
Genus :- Calotropis
Species :- pterocera

Morphology :- * Calotropis is a spreading shrub or medium-sized tree reaching 2.5 to 6m in height.

* It has a deep taproot, 3-4m deep, and a secondary root system with woody lateral roots that may rapidly regenerate adventitious shoots when the plant is injured.

Chemical Composition :-

Calotropis pterocera contained many biological active chemical groups including, cardenolides, steroids, tannins, glycosides, phenols, terpenoids, sugars, flavonoids, alkaloids and saponins.

Medicinal Uses :- The leaves of Calotropis pterocera are said to be valuable as an antidote for snake bite, sinus fistula, rheumatism, mumps, burn injuries and body pain. The leaves of Calotropis pterocera are also used to treat jaundice.

Hibiscus Rosa



Botanical name :- *Hibiscus rosa*
common name :- Mandhara
Family :- Malvaceae

classification
Division :- Tracheophyta
class :- Magnoliopsida
order :- Malvales
Genus :- *Hibiscus*
species :- *rosa*

Morphology :- *Hibiscus rosa-sinensis* is a bushy evergreen shrub (or) small tree growing 2.5-5 m (8-16 ft) tall and 1.5-3 m (5-10 ft) wide with glossy leaves and solitary brilliant red flowers in summer and autumn.

chemical composition :- The chemical components that are the main active principles in the physiological activities of *Hibiscus sabdariffa* L. calyx are anthocyanins and polyphenols (protocatechuic acid and quercetin). Advances have also been made in the elucidation of action mechanisms.

uses :- This plant has various important medicinal uses for treating wounds, inflammation, fever and coughs, diabetes, infections caused by bacteria and fungi, hair loss, and gastric ulcers in several tropical countries.

amaranthus



Botany Name :- Amaranthus

common name :- Thota cuda

Family :- Amaranthaceae

Morphology :- Amaranthus spinosus is an erect many branched annual herb growing up to 15m. The stem is smooth robust, cylindrical and often reddish. The leaves are simple and alternate glabrous or with sparse hairs on the main veins below. often diamond-shaped long petiolate up to 9cm.

chemical composition :- Amaranth seeds contain about 1% of inositol, a small amount of glucose fructose other monosaccharides (0.05-0.6%) & disaccharides such as raffinose (0.27-2.3%) sucrose (0.4-2%), maltose (0.02-0.36%) & stachyose (0.02-0.29%).

Medicinal uses :- Amaranth is used for ulcers diarrhoea swelling of the mouth or throat, and high cholesterol, but there is no good scientific evidence to support these uses. In foods, amaranth is used as a pseudocereal.

classification

Division :- Magnoliophyta

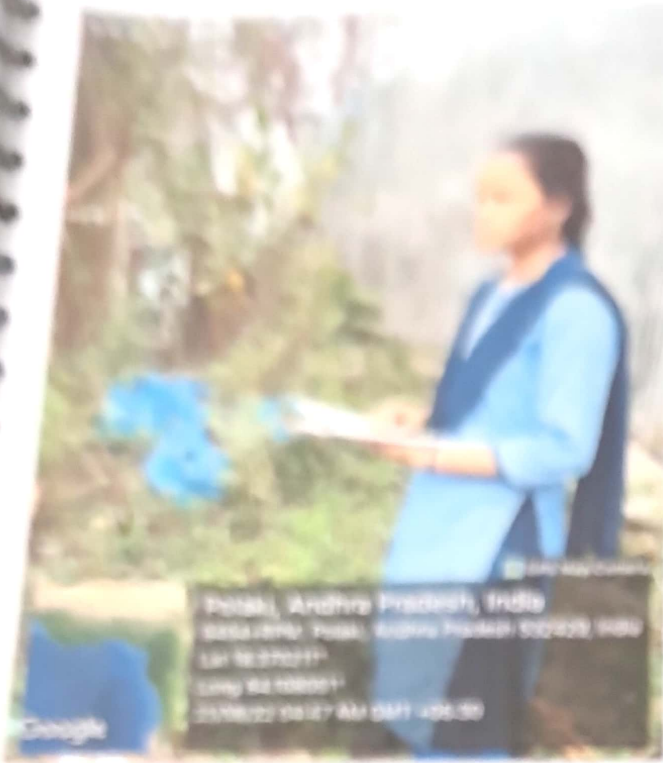
class :- Magnoliopsida

subclass :- Caryophyllales

Order :- Caryophyllales

Genus :- Amaranthus

Species



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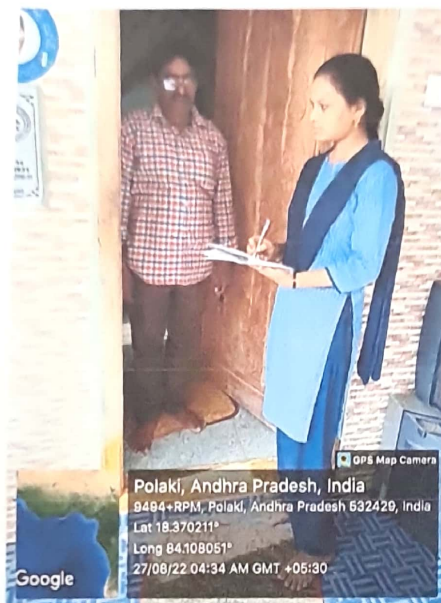
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Polaki, Andhra Pradesh, India
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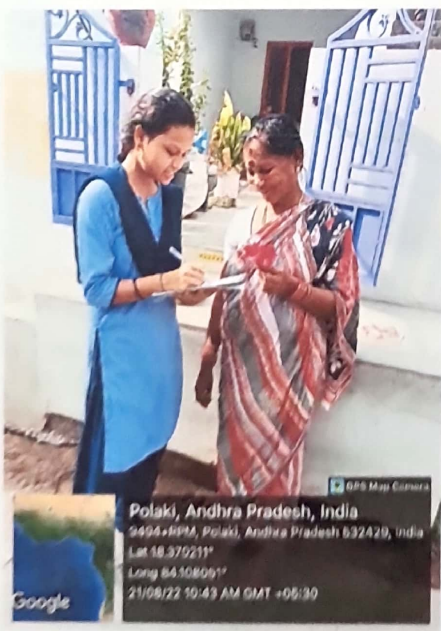
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GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM (Dist)

DEPARTMENT OF BOTANY

MONTHLY LOG BOOK FOR COMMUNITY SOCIAL SERVICE PROJECT

MONTH 1 (AUGUST - 2022)

NAME OF THE STUDENT: K. Rukhmini Vashitha

COURSE/GROUP: I B.Sc (CBZ)

SEMESTER: II REGISTER NO: 2122004049015

YEAR: 2021-22

NAME OF THE GUIDE/MENTOR AND DEPARTMENT: Sri S. PARAMESWARA RAO, Lecturer in Botany

Sl.No	Date	Day	Time	No of Houses visited	Activity Conducted	Signature of the House Holder
1	20/8/2022	Saturday	5:42pm	1	socio-economic survey	P. UMA
2	21/8/2022	Sunday	9:30pm	1	medicinal plants & their	D. Uma
3	21/8/2022	Sunday	5:32pm	1	Traditional uses survey	L. S. Srinu
4	21/8/2022	Sunday	4:35pm	1	"	22/8/2022
5	21/8/2022	Sunday	10:43	1	"	
6	21/8/2022	Sunday	10:33	1	"	K. Bhargavi
7	27/8/2022	Saturday	4:34	1	"	I. Srinu
8	27/8/2022	Saturday	5:33	1	"	D. Saima
9	28/8/2022	Sunday	10:31	1	"	D. Saima
10	28/8/2022	Sunday	11:32	1	"	
11	28/8/2022	Sunday	5:30	1	"	D. Saima
12	30/8/2022	Saturday	11:01	1	"	
13	30/8/2022	Saturday	12:02	1	"	K. Srinu
14	30/8/2022	Saturday	4:02	1	"	L. Pallavi
15	03/9/2022	Sunday	4:46	1	"	B. Srinu
16	04/9/2022	Saturday	10:45	1	"	T. Srinu
17	04/9/2022	Saturday	10:31	1	"	Srinu
18	04/9/2022	Saturday	4:46	1	"	Srinu
19	04/9/2022	Saturday	5:31	1	"	D. Srinu
20	04/9/2022	Saturday	5:31	1	"	K. Srinu

K. Rukhmini Vashitha
Signature of the student

Srinu
Signature of the Mentor

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM (Dist)
DEPARTMENT OF BOTANY

NAME OF THE STUDENT: Kalamala Rukhmini Vashitha COURSE/GROUP: I B.Sc (CBZ)
 SEMESTER: II REGISTER NO: 2122004049015 YEAR: 2021-22
 NAME OF THE MENTOR AND DEPARTMENT: Sri S. PARAMESWARA RAO, Lecturer in Botany

Community Social Service Project - Socio Economic Survey

1. Address of the family : Polaki, Srikakulam District

2. Family Details :

Sl.No	Name of the Person	Gender	Age	Education	Profession
1.	T. Rambaabu	Male	45	Inter	company
2.	T. Rama	Female	40	M.A	C.F.O
3.	T. Geetha	Female	6	3 rd class	Education
4.	T. Naidu	Male	4	1 st class	Education

Social Status details : i) Caste : BCD (SC/ST/BC-A/B/C/D /OC) ii) Religion :

3. Economic Status details :

i) Type of House Building : Hut / semi pucca / pucca / apartment / bungalow / rented or own

ii) Availability of Agricultural land : Yes/No if yes ----- acres.

iii) Names of crops :

iv) Cattle : _____ cows _____ ox _____ buffaloes _____ sheep/goats _____

v) Do you have own toilet : Yes / No

vi) Type cooking fuel used : LPG / Kerosene / Electricity / wood / others specify -----

vii) Do you have vehicle : two wheeler/ auto/car/any other vehicle ---

4. Health Details :

i) Diseases in family :

ii) Do you have Government Arogyasri Card : Yes / No

5. Other details :

i) Do you have TV : Yes / No

ii) Do you have Dish connection : Yes / No

iii) Do you have Mobile : Yes / No Mobile number: 9704170953

iv) Is internet available at home : Yes / No

6. Name of the Govt. Schemes received :

Jagananna Vidhya Deevana / Jagannana Vasati Deevana / Raithu Bharosa / Any other: Ammu

7. Any three problems faced in the village :

Drainage, Pollution, street lights

vadi

Place: Polaki
 Date : 04/09/22

Srm
 Signature of the Mentor

K. Rukhmini Vashitha
 Signature of the Student

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM (Dist)
DEPARTMENT OF BOTANY

NAME OF THE STUDENT: Kalamati Rukhmini Vashitha COURSE/GROUP: I B.Sc (CBZ)
 SEMESTER: II REGISTER NO: 2122004049015 YEAR: 2021-22
 NAME OF THE MENTOR AND DEPARTMENT: Sri S. PARAMESWARA RAO, Lecturer in Botany

Community Social Service Project - Socio Economic Survey

1. Address of the family : Polaki, Srikakulam district
 2. Family Details :

Sl.No	Name of the Person	Gender	Age	Education	Profession
1.	P. Uma	Female	40	10 th class	Housewife
2.	P. Mounika	Female	21	B.Sc	unemployed
3.	P. Manikanta	Male	20	10 th class	Electrical labour

Social Status details : i) Caste : Red (SC/ST/BC-A/B/C/D / OC) ii) Religion : Indian Hindu

3. Economic Status details :

- i) Type of House Building : Hut / semi pucca / pucca / apartment / bungalow / rented or own
 ii) Availability of Agricultural land : Yes/No if yes 2 acres.
 iii) Names of crops :
 iv) Cattle : _____ cows _____ ox _____ buffaloes _____ sheep/goats _____
 v) Do you have own toilet : Yes / No
 vi) Type cooking fuel used : LPG / Kerosene / Electricity / wood / others specify HPG
 vii) Do you have vehicle : two wheeler/ auto/car/any other vehicle — No

4. Health Details :

- i) Diseases in family :
 ii) Do you have Government Arogyasri Card : Yes / No

5. Other details :

- i) Do you have TV : Yes / No
 ii) Do you have Dish connection : Yes / No
 iii) Do you have Mobile : Yes / No Mobile number: 9963613864
 iv) Is internet available at home : Yes / No

6. Name of the Govt. Schemes received :

Jagananna Vidhya Deevena / Jagannana Vasati Deevena / Raithu Bharosa / Any other: pension

7. Any three problems faced in the village :

Drainage, drinking water, Pollution.

Place: Polaki
 Date : 20/8/2022

Sri S. Parameswara Rao
 Signature of the Mentor

K. Rukhmini Vashitha
 Signature of the Student



DEPARTMENT OF BOTANY

TITLE OF THE PROJECT: MEDICINAL PLANTS AND THEIR TRADITIONAL USES

QUESTIONNAIRE FOR THE PROJECT



- | | | | |
|--|---|---|--|
| 1. Can Nutrients cure diseases rather than Medicine? | ☒ Yes | / | ☒ No |
| 2. Do you agree that during the Covid-19 Pandemic situation intake of Herbal extracts helped boost the immunity power of an individual? | ☒ Yes | / | ☐ No |
| 3. Are medicinal plant parts good for health and daily use? | ☒ Yes | / | ☐ No |
| 4. Do you know about Naturopathic Physicians or Doctors? | ☒ Yes | / | ☒ No |
| 5. Do you think Medicinal plant products have side effects? | ☐ Yes | / | ☒ No |
| 6. Are you aware of the Dosage of using any herbal plant extracts? | ☐ Yes | / | ☒ No |
| 7. Are you growing any medicinal plants in your locality? | ☒ Yes | / | ☒ No |
| 8. Did you ever visit a Naturopathic Physician when the children fell ill ? | ☐ Yes | / | ☒ No |
| 9. Are you aware of the medicinal values of the important medicinal plants in and around your locality?
(Ex. Neem, Tulasi, Aloe vera, Phyllanthus amarus etc....) | ☒ Yes | / | ☐ No |
| 10. Do you know the importance of common medicinal plants? | ☐ Yes | / | ☒ No |

K. Ranj Rev.

Signature of the Family member

K. Rukmini Vaidishtha

Signature of the student

Snao

Signature of the Mentor



DEPARTMENT OF BOTANY

TITLE OF THE PROJECT: MEDICINAL PLANTS AND THEIR TRADITIONAL USES

QUESTIONNAIRE FOR THE PROJECT



- | | | | |
|--|---|---|--|
| 1. Can Nutrients cure diseases rather than Medicine? | Yes ☒ | / | No ☐ |
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| 3. Are medicinal plant parts good for health and daily use? | Yes ☒ | / | No ☐ |
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| 5. Do you think Medicinal plant products have side effects? | Yes ☒ | / | No ☐ |
| 6. Are you aware of the Dosage of using any herbal plant extracts? | Yes ☒ | / | No ☒ |
| 7. Are you growing any medicinal plants in your locality? | Yes ☒ | / | No ☐ |
| 8. Did you ever visit a Naturopathic Physician when the children fell ill ? | Yes ☐ | / | No ☒ |
| 9. Are you aware of the medicinal values of the important medicinal plants in and around your locality?
(Ex. Neem, Tulasi, Aloe vera, Phyllanthus amarus etc....) | Yes ☒ | / | No ☐ |
| 10. Do you know the importance of common medicinal plants? | Yes ☒ | / | No ☐ |

Signature of the Family member

K. Rukhmini Vashitha
Signature of the student

Signature of the Mentor

Student Self-Evaluation for the Community Service Project 2021-22

Student Name: K. Rukhmini Vashitha

Registration No: 2022004049015

Period of CSP: From: To: 01-08-2022 to 30-09-2022

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
15	OVERALL PERFORMANCE	1	2	3	4	5

Date:

K. Rukhmini Vashitha
Signature of the Student

Evaluation by the Person in-charge in the Community / Habitation 2021-22

Student Name: K. Rukhmini Vashitha

Registration No: 2122004049015

Period of CSP: From: To: 01-08-2022 to 30-09-2022

Date of Evaluation:

Name of the Person in-charge: Sri. S.PARAMESWARA RAO, Lecturer in Botany

Address with mobile number: Government Degree College, Narasannapeta.

Mobile Number : 9032808991

Please rate the student's performance in the following areas:

Please note that your evaluation shall be done independent of the Student's self-evaluation

Rating Scale: 1 is lowest and 5 is highest rank

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
15	OVERALL PERFORMANCE	1	2	3	4	5

Date:

Signature of the Supervisor

LECTURER
Govt. Degree College
NARASANNAPETA

EVALUATION

Internal Evaluation for the Community Service Project

Objectives:

- To facilitate an understanding of the issues that confronts the vulnerable / marginalized sections of society.
- To initiate team processes with the student groups for societal change.
- To provide students an opportunity to familiarize themselves with the urban / rural community they live in.
- To enable students to engage in the development of the community.
- To plan activities based on the focused groups.
- To know the ways of transforming society through systematic programme implementation.

Assessment Model:

- There shall only be internal evaluation.
- The Faculty Guide assigned is in-charge of the learning activities of the students and for the comprehensive and continuous assessment of the students.
- The assessment is to be conducted for 100 marks.
- The number of credits assigned is 4. Later the marks shall be converted into grades and grade points to include finally in the SGPA and CGPA.
- The weightings shall be:
 - **Activity Log** **20 marks**
 - **Community Service Project Implementation** **30 marks**
 - **Mini Project Work** **25 marks**
 - **Oral Presentation** **25 marks**
- Activity Log is the record of the day-to-day activities. The Activity Log is assessed on an individual basis, thus allowing for individual members within groups to be assessed this way. The assessment will take into consideration the individual student's involvement in the assigned work.
- While evaluating the student's Activity Log, the following shall be Considered -
 - a. The individual student's effort and commitment.
 - b. The originality and quality of the work produced by the individual student.
 - c. The student's integration and co-operation with the work assigned.
 - d. The completeness of the Activity Log.
- The assessment for the Community Service Project implementation shall include the following components and based on Weekly Reports.

Outcomes Description:

- a. Details of the Socio-Economic Survey of the village/habitation.
- b. Problems identified.
- c. Community Awareness Programs organized.
- e. Suggested Short-Term and Long-Term Action Plan.

MARKS STATEMENT

(To be used by the Examiners)

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: K. Rukhmini Vashitha

Programme of Study: DEGREE (UG) – B.Sc (CBZ)

Year of Study: 2021-22

Group: I B.Sc (CBZ)

Register No/H.T. No: 2122004049015

Name of the College: Government Degree College, Narasannapeta, Srikakulam (Dist.)

University: Dr.B.R.Ambedkar University, Etcherla, Srikakulam.

SLNo	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	30	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	GRAND TOTAL	100	

Date:

Signature of the Faculty Guide

LECTURER
Govt. Degree College
NARASANNAPETA

Certified by

Date:

Signature of the Head of the Department/Principal

Seal:



5 BENEFITS OF COMMUNITY PROJECTS



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory Body of the Government of Andhra Pradesh)

2nd, 3rd, 4th and 5th floors, Neeladri Towers, Sri Ram Nagar, 6th Battalion Road
Atmakur (V) Mangalagiri (M), Guntur, Andhra Pradesh, Pin - 522 503

DEPARTMENT OF BOTANY
GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM (Dist.)