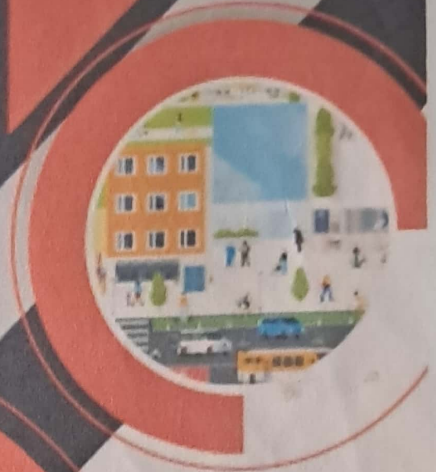




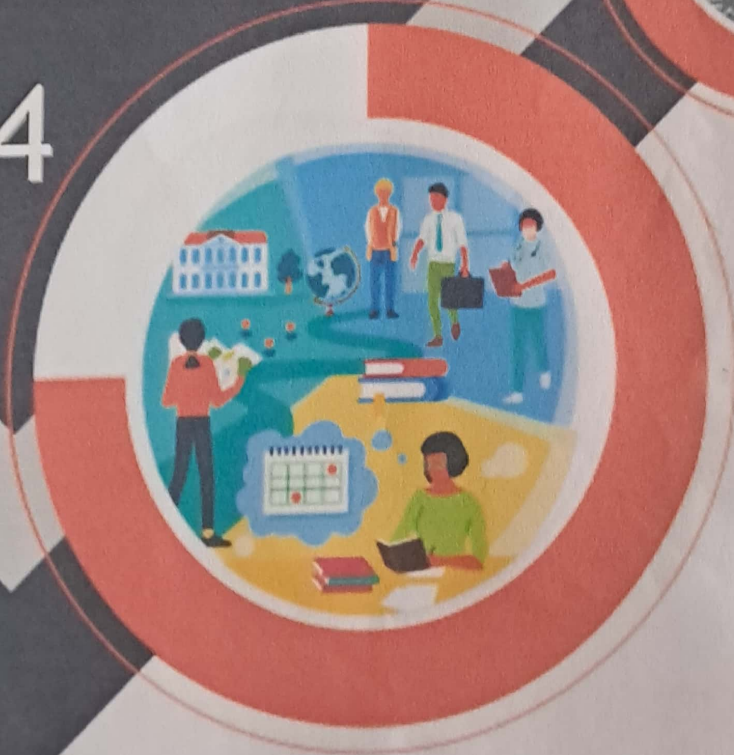
GOVERNMENT DEGREE COLLEGE-

NARASANNAPETA

COMMUNITY SERVICE PROJECT



2023-24



DEPARTMENT OF COMMERCE

Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**





GOVERNMENT DEGREE COLLEGE
NARASANNAPETA-SRIKAKULAM DIST.-532421.

Accredited by NAAC 'B' Grade
(Affiliated to DR.B.R.Ambedkar University)



COMMUNITY SERVICE PROJECT REPORT

GOOD FOOD FOR HEALTH

2023-24



DEPARTMENT OF COMMERCE



www.gdcnarasannapeta.ac.in

M www.narasannapeta.jkc@gmail.com

GOVERNMENT DEGREE COLLEGE
NARASANNAPETA-SRIKAKULAM DIST.-532421.

Accredited by NAAC 'B' Grade
(Affiliated to DR.B.R.Ambedkar University)



**A PROJECT REPORT ON
COMMUNITY SERVICE PROJECT
IN
GOOD FOOD FOR HEALTH**



SUBMITTED

TO

J.KRISHNA VENI

Project Mentor

Lecturer In Commerce

Government Degree College Narasannapet

SUBMITTED

BY

PALLI RENU SRI

I B.Com (General Honours)

Register No: 23220040906012

Dr.B.R.Ambedkar University, Srikakulam

2023-2024



Scanned with OKEN Scanner

PROGRAM BOOK FOR COMMUNITY SERVICE PROJECT

Name of the Student : P. Renupre

Name of the College : GDC Nagpannapeta

Registration Number : 23220040906012

Period of CSP: 8 weeks From: 1-5-2024 To: 31-6-2024

Name & Address of the Community / Habitation:

Jalunuru

Dr. B.R. Ambedkar University

Year 2023-2024

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

Page No:

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.

Page No:

Student's Declaration

I, P. Perupoti, a student of B.Com (Hon) Program,
Reg. No. 23220040906012 of the Department of COMMERCE,
~~Govt. Degree College Narasannapeta~~ College do hereby declare that I have
completed
the mandatory community service from 1-5-2024 to 31-6-2024 in
Talumuru (Name of the Community/Habitation) under the Faculty
Guideship of J. Krishnaveni, (Name of the Faculty Guide),
Department of COMMERCE in College

P. Perupoti
(Signature and Date)

Endorsements

Faculty Guide

J. Krishnaveni

Head of the Department

Principal

[Signature]

PRINCIPAL
GOVT. DEGREE COLLEGE
NARASANNAPETA-532 421
Srikakulam Dist.

Page No:



ACKNOWLEDGEMENT

First and foremost I would like to thank our commissioner collegiate education Ap for providing an opportunity to do such research work which is useful to the society.

I wish to express my humble indebtedness and deep sense of gratitude to my supervisor Smt. Krishnaveni lecturer department of commerce government degree college Narasannapeta for readily accepting me as a research ment and also for her constant guidance and help throughout the present study.

I sincerely convey my profound thank to Dr. P. Latha madam principle government degree college and Narasannapeta for her constant help and suggestion.

I express my thanks to my colleagues R. Kamali, S. Vinutha, I Chandhu for help suggestion.

It is great pleasure for me to acknowledge my friend's who have really associate with me where 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 with the powering strength join is prompt investigation.

TABLE OF CONTENTS

- 1) Introduction scope objects and methodology
- 2) Project specifications [area background of the work]
- 3) Problems identified
- 4) Analysis of the problems
- 5) community awareness programmes conducted
- 6) Intervention / service programmes taken up
- 7) short term and long term action plan for
Implementation action
- 8) Recommendation and conclusion
- 9) Reference.

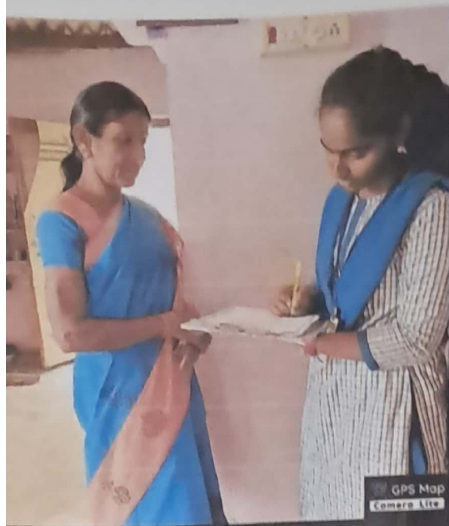
INTRODUCTION

Food refers to anything that is eaten to provide energy and keep the body healthy. It forms an important point of many gharanian customs and traditions while some foods are not regarded as food at all by some foods are not regarded as delicious for others as a caterer you need to about the role the plays in the life of the different people you have to cater for people need food especially because it keeps them healthy and offer enjoyment if the food you offer for sale does not do any of the above people not subscribe you provides this why it is important you to learn how to make wise food choice and provide the kinds of food.

Objectives

After studying this unit should be able to

- * Explain food habits
- * Explain factors that form or change food habit
- * Use your knowledge of food habits to plan and prepare meals that are acceptable to your many customers.



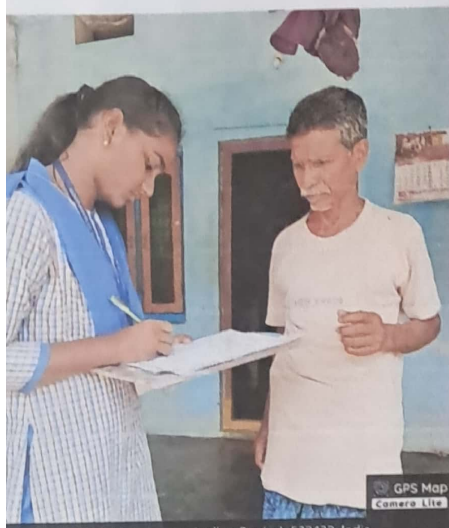
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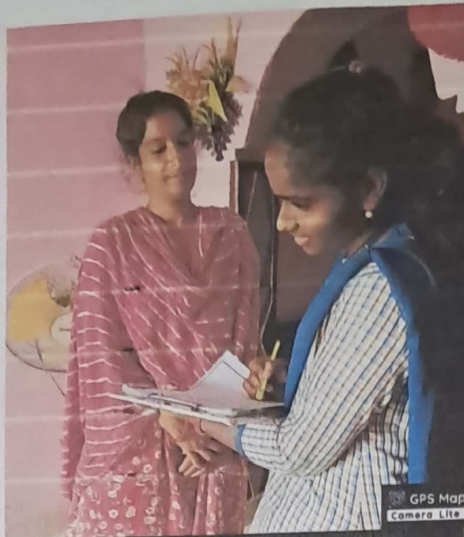
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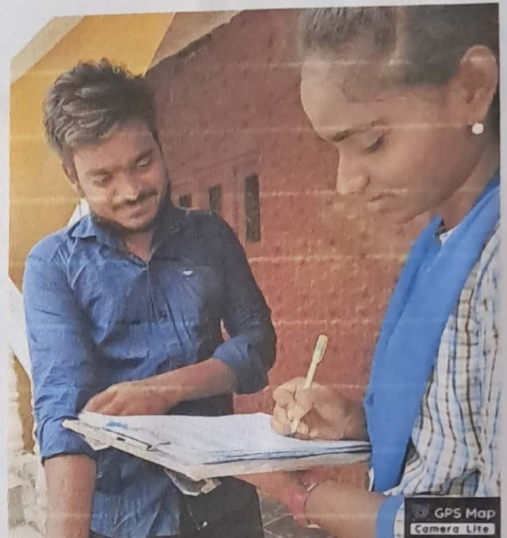
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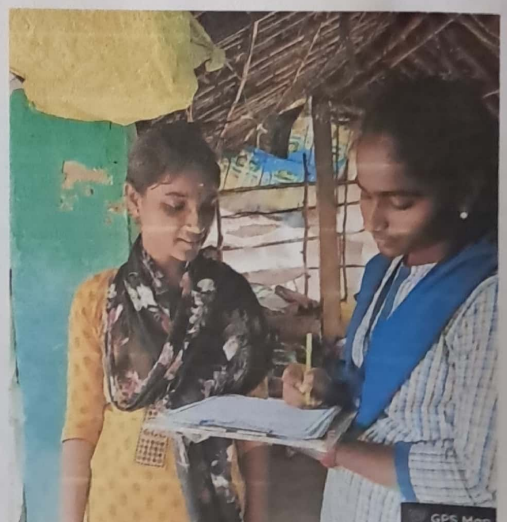
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GOVERNMENT DEGREE COLLEGE - NARASANNAPETA
B com General Honours

Name of the Student: P. Perupoti
Semester/Year/Course/Group: 3 semester 2 year
Name of the Guide/Mentor and Department: T. Krishnaveni
Community Social Service Project - Socio Economic Survey

Register No: 23220040906012

VILLAGE PROFILE

House No: <u>735</u>	Habitation: <u>Talamaru</u>	Panchayat: <u>Talamaru</u>
Mandal: <u>Talamaru</u>	District: <u>Sri Kalahasti</u>	Pincode: <u>532432</u>

1. Family Details:

Sl. No	NAME OF PERSON	GENDER	AGE	RELIGION	CASTE	EDUCATION	PROFESSION	INCOME	PWD	REMARKS
1.	Lakshmi	F	53	Hindu	SC	-	Labourer			
2.	Pavani	F	19	Hindu	SC	inter	study			

Gender:- Male:-1: Female:-2: Transgender:-3
Religion:- Hindu:-1: Muslim:-2: Christian:-3: other:-4
Education:- literature:-1, illiterature:-2 Pwd: VH-1: HH-2: OH-3: MR-4.
Income:- Below 1Lak:-1: Above 1Lak-Below 5Lak:-2: Above 5Lak:-3.

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

2. Economic Status details:

- i) Type of House Building: Hut/semipucca/pucca/apartment/bungalow/rented or own ✓
ii) Availability of Agricultural land: Yes/No if yes ND acres.
iii) Names of crops: _____
iv) Cattle: ND cows ND ox ND buffaloes
ND sheep/goats ND
v) Do you have own toilet: Yes/No ✓
vi) Type of cooking fuel used: LPG/Kerosene/Electricity/wood/others specify _____
vii) Do you have vehicle: two wheeler/auto/car/any other vehicle _____
viii) Extent of commercial land in your family ND acres
ix) Name of the electrical goods utilized in your family: 1. Tv 2. Washing machine 3. fridge
4. AC
x) Usage of electricity per month (Units) 700 ✓
xi) Drinking water facility in your family: a. open well b. Borewell c. Tapped d. other.

3. Health Details:

- i) Any Conical Diseases in family : ND ✓
ii) Do you have Government Arogya Card: Yes/No

4. Women Status in the Family:

- i. Are the women involving in the decision making in your family: Yes/No ✓
- ii. Any type of women harassment faces in your family: Yes/No ✓
- iii. Women healthcare facilities are provided by your family: Yes/No ✓
- iv. Are you face any sexual discrimination in providing the common facilities in your family: Yes/No ✓
- v. How many women are involving in economical activities in your family: Yes/No ✓

5. Educational Details:

- i. How long distance of primary school from your village? 500M KM
- ii. How long distance of High school from your village? 500M KM
- iii. How long distance of junior college from your village? 500M KM
- iv. How long distance of Degree college from your village? 2 km KM
- v. How long distance of Library from your village? 500M KM

6. Other details :

- i) Do you have TV: Yes/No ✓
- ii) Do you have Dish connection: Yes/No ✓
- iii) Channels watched regularly: 1. AK 2. 3.
- iv) Do you have Mobile: Yes/No, Mobile number: 7386892522 Laptop: yes/no, internet availability: Yes/No ✓
- v) Is internet available at home: Yes/No ✓

7. Any three problems faced in the village: 1.

- 2.
- 3.

Place: Jalumoru

Date: 11/5/2024

J. K.
Signature of the Mentor

P. Tharupou
Signature of the Student

GOVT DEGREE COLLEGE NARASANNAPETA

DEPARTMENT OF COMMERCE

COMMUNITY SERVICE PROJECT

Mandal Narasannapeta District Srikakulam

GOOD FOOD FOR HEALTH – Questionnaire:-

1. What is your Name Lakshmi
2. Male or Female Female
3. What is your village Talunuru
4. What is your age 53
5. What is your profession labour
6. What kind of food do you prefer? pulihota
7. How often do you eat fruits and vegetables? no limit
8. Do you take snacks between meals? NO
9. You eat fast food all the time in a week NO
10. You eat all the times during the day 3
11. what kind of food do you like pulihota
12. How often do you consume dairy products? 3
13. How many times a week do carnivores eat? 5
14. Your favorite Food? Any non-veg
15. How many times a week do you eat greens? 4
16. You like to eat any food Biryani
17. How many soft drinks do you consume per day? 1
18. What food do you take when you have health problems? veg
19. You often eat that much breakfast NO

Student Self-Evaluation for the Community Service Project

Student Name: *P. Thirupathi*

Registration No: *23220040406012*

Period of CSP: From: To: *8 weeks*

Date of Evaluation:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided

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

Date:

P. Thirupathi
Signature of the Student

Page No:

Internal Evaluation for the Community Service Project

Objectives:

- To facilitate an understanding of the issues that confront 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 and

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.**

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: P. Thirupathi
Programme of Study: BDC Narasannapeta B Col (General)
Year of Study: 2023-2024
Group: B. Col
Register No/H.T. No: 23220040906012
Name of the College: Government Degree College Narasannapeta
University: Dr. B.R. Ambedkar University

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	20	20
2.	Community Service Project Implementation	30	30
3.	Mini Project Work	25	25
4.	Oral Presentation	25	25
	GRAND TOTAL	100	100

Date:

J. Krishnaveni
Signature of the Faculty Guide

Certified by

Date:
Seal

Signature of the Head of the Department/Principal
PRINCIPAL
GOVT. DEGREE COLLEGE
NARASANNAPETA-532 421
Srikakulam Dist.

Page No:

