



Format - III Community Service Project (CSP) - Student Daily Progress Report

Name of the Student	A. Blessi	
Regd. No. of the Student	Y203099001	
Year	2022	
Program studying (BA/B.Com/B.Sc etc.,)	Bsc (BZC)	
Program Combination	BZC	
Name of the Mentor	Mani Kumar sir	
Name of the CSP	Life style diseases and their risk factors	
Place of CSP execution	Vineelconda	
Date	Work done	No. of hours spent
3/6/22	3	3
4/6/22	4	4
5/6/22	2	2
6/6/22	3	3
7/6/22	6	6
8/6/22	2	2

G. Mani Kumar
 Lec in Botany
 Mentor

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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Year	2022	
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Program Combination	BZC	
Name of the Mentor	Mani Kumar sir	
Name of the CSP	life style diseases and their	
Place of CSP execution	Vinukonda	
Date	Work done	No. of hours spent
9/6/22	11	11
10/6/22	1	1
11/6/22	2	2
12/6/22	12	12
13/6/22	2	2
14/6/22	2	2

risk factors

G. Mani Kumar
Lee in Rotary
Mentor

A. Blessi

Signature of the Student

REPORT :-

COMMUNITY

SERVICE

PROJECT

SRIATHI GANGINENI KALYANI DEGREE COLLEGE
VINUKONDA

LIFE STYLE DISEASES AND RISK FACTORS
IN VINUKONDA

PRINCIPAL :- Dr. K. SRINIVASARAO, PhD

MENTOR :- G. MANI KUMAR SIR [Lecturer In Botany]

S.G.K. GOVERNMENT DEGREE COLLEGE

VINUKONDA

PALNADU DISTRICT

522647

NAME OF THE STUDENT :- AMRUTHAPUDI BLESSI

NAME OF THE FACULTY MENTOR :- G. MANI KUMAR

NAME OF THE VILLAGER/INTERVIEWEE :- V. N. K. GUNTUR, DIST

VILLAGE/AREA/ COLONY/LOCALITY :- VINUKONDA,
NAGIREDDYPALLI.

LIFE STYLE DISEASES AND THEIR RISK FACTORS

IN VINUKONDA URBAN POPULATION

TEAM MEMBERS

C [BZC] Students

A. Anitha

P. Madhavi

I. Sri Latha

C. Sri Lakshmi

B. Aswini

T. Srinu

A. Blessy

P. Bhargavi

V. Komali

S.K. Reshma

K. Yuva Raj

B. Puthulkamala

PRINCIPAL : D.V.K. SRINIVASA RAO

FACULTY MENTOR : G. Mani Kumar

INTERNAL VIVA COMMITTEE:

1. CH. Haribabu

2. B.R.K. Kishore

3. K.V.S. Koteswara Rao

1 :- Life style diseases and their risk factors in vinukonda population.

2 :- To identify the reasons and risk factors for the rising incidence of life style diseases in vinukonda.

Methods adopted :- Community Survey and community awareness

Time line :-

1st week :- community survey, This includes door-door survey along with the collection of data in the form of questionnaire. Different age groups are selected for the collection of data.

Comparative study of prevalence of life style diseases in young, adult, and old people

taken up for this purpose.

2nd week :- Under this programme, an attempt to create the awareness regarding the life style

diseases has been made by the team members.

Individually different age groups are

roups are addressed separately for this Purpose.

End result :- All the data collected has been compiled in the form of project report. This includes the analysis of data. Based on this finite conclusions are drawn regarding the prevalences of the diseases. This includes the graphical representation of the data.

Birth week :- It includes the presentation of our Project work to the internal viva committee at the college level individually.

Tools and Techniques used :- Although no specific clinical tools are used in this project the formats listed below are used in collecting data and drawing conclusions.

Questionnaire

• Tabular columns

• Graphical representations

SGK GOVERNMENT DEGREE COLLEGE -

VINUKONDA

Prevalence of life style diseases and their
risk factors in rural segments of vinukonda.
Questionnaire

Name of the student :

Name of the family mentor :

Name of the village / interviewee :

Village / area / colony / locality :

How old are you ?

20 - 39 years old

40 - 59 years old

60 - 80 years old

Are you male (or) female ?

Female (B) Male

How would you describe your body & physical
condition?

lean Average overweight obese

How many members of your family have a
history of heart disease?

known family history of heart diseases
family members 60 years or older with
heart disease

Family members 60 years or older with
heart disease.

Family members younger than 60 years with
heart diseases.

Family members younger than 60 years with
heart disease.

or more family members younger than 60 years
with heart disease.

How often do you eat-out, consume junk food
and fast-food?

below 180 mg (B) 181-230 mg (C) 230-280 mg

above 281 mg (E) not checked

Have you had your blood pressure checked.

Systolic Blood pressure in mm/Hg (B) Below 120 untreated

120-140 untreated (D) 142-160 untreated

above 160 untreated (F) 120-140 treated

142-160 treated

(H) above 160 treated

(J) not checked.

Do you sleep for above eight hours per night?

Yes

(B) NO

Do you go to sleep easily and sleep through the night?

Yes

(B) NO

Do you eat at least five fruits and vegetables each day?

Yes

(B) NO

Do you limit the amount of sugar and salt in your diet?

Yes

(B) NO

Do you stay away from cigarettes and other tobacco products?

Yes

(B) NO

Do you avoid alcohol and drugs?

Yes

(B) NO

Do you brush and floss your teeth at least twice a day?

Yes

(B) NO

Do you see a dentist and GP regularly if
you feel something is wrong?

Yes

(B) No

Do you usually feel that you can
manage all of the tasks required of you in
a given day?

Yes

(B) No

Do you have family and friends ready to
help and support you if needed.

Yes

(B) No

Age Groups			Whether diabetes is reported	
0-25 Young	25-50 Adult	50+ Old	Yes	No
56	84	11	Yes	

Introduction :-

Life style diseases can be defined
as diseases linked with one's life style. These
diseases are non-communicable diseases. They are
caused by lack of physical activity, unhealthy
eating, alcohol, substance use disorders and
smoking tobacco, which can lead to heart
diseases, stroke, obesity, type 2 diabetes and

lung cancer. The diseases that appear to increase in frequency as countries become more industrialized and people live longer include Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic kidney diseases, liver cirrhosis, chronic obstructive pulmonary diseases, PCOD, stroke, depression, dementia and vascular dermatitis.

The risk factors that are linked with lifestyle-related diseases are smoking, unhealthy diet, physical inactivity and stress.

Non-communicable diseases kill around 10 million people each year, that is around 1/3 of all deaths globally. NCDs are chronic in nature and cannot be communicated from one person to another. They are a result of a combination of factors including genetics, biology, environment and behaviour. The main types of NCDs such as cardiovascular and chronic respiratory disease in addition to

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NCDs such as cardiovascular diseases, stroke, diabetes and certain forms of cancer are heavily linked to life style choices, and hence, are often known as life style diseases.

The main type of NCD are cardiovascular chronic respiratory diseases in addition to other NCDs such as cardiovascular diseases. stroke, diabetes and forms of cancers are heavily linked to life style choices, and hence they are often known as life style diseases.

Non-modified risk factors:

Age

Race

Gender

Genetic.

Metabolic risk factors:

Increased blood pressure

Obesity.

Increase blood pressure glucose levels of hyperglycemia

Increase levels of fat in blood or hyper-lipidemia

Increasing blood pressure is leading metabolic risk factors globally with 18% of global deaths attributed to it followed by obesity and hyper-glycemia.

main life style diseases:

Ischaemic heart disease

Stroke

Peripheral arterial disease

Congenital heart disease.

Ischaemic heart disease

Stroke

Peripheral arterial disease

Congenital heart disease

Increased blood pressure

obesity

hyper glycemia

hyper lipidemia.

Age, race, gender, genetics

Life Style diseases

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Observations made during the community survey:
The life style diseases are very common in people who are sedentary without regularly exercise & have the habit of the smoking & drinking.

Many people who are illiterate and have no idea about the balanced diet are getting these life style diseases.

Some literates with smoking and drinking habit are also affecting.

The people who are with a worry of tension & pressures are getting these diseases.

Many people are don't even know about the balanced diet.

So many people are suffering from these life style diseases every year.

Precautions to be taken:

The people must taken balanced diet

people must take balanced diet
 people must do regular exercise.
 they must not depend upon carbohydrate diet.
 people should check up regularly.
 People should follow yoga and meditation.
 mind should be calm.

Life style diseases and risk factors?

Person with balanced diet and good habits
 compared health risks with a person having
 bad habits.

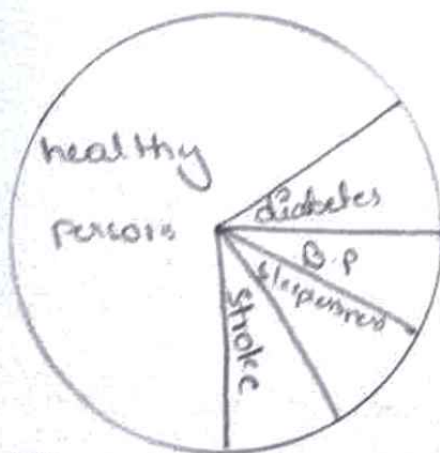


Figure : A

Fig A: Persons with good diet & habits

Fig B: Persons without bad
 habits and no balanced
 diet



Figure : B

discussion and conclusion:

After the community survey the following conclusions are drawn

The life style diseases are attaining due to life style leading by the people who are doing a irresponsible life having smoking drinking alcohols and others antisocial activities.

If we follow the balanced diet and regular exercise we may less attacked by those disease.

All should be away from the cigarette and not we must not do even passive smoking too.

These life style diseases may causes death also.

So it is found that the people with balanced diet and having regular exercises having less rise of life style diseases to they should change our life style.

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Acknowledgement :

Shri. Behra sir (Zoology lecturer, SRI. Gov. Degree College, VNII)

Shri. Kumar sir (Botany lecturer, SRI. Gov. Degree College, VNII)

Blessings and

All my class mates.

Reference :

Life style disease paper back - Surendra G. Guttani

Ajay Dikshir Sagar

Let's Beat Disease - Dr William Li

Why we get sick - Benjamin Bikman. Phd.

**.G.K. GOVERNMENT DEGREE COLLEGE, VINUKONDA,
PALANADU DISTRICT
COMMUNITY SERVICE PROJECT**

NAME OF THE MENTOR :

NAME OF THE CSP : LIFE STYLE DISEASES AND THEIR RISK FACTORS
IN VINUKONDA URBAN POPULATION

Primary Information

Student Details:

Name: A. Blessi

Group: Hall Bsc [Bzc]

Ticket No: Y203099001

Phone No: 8297 274279

Surveying Area Details:

Village/Ward Name: Nagireddy palli

Date: 3/06/22

Time:

Person Contacted for Survey:

Name: N. Koteswararao

House No:

Caste: Gen ☐ BC ☒ SC ☐ ST ☐

Income: <1 lakh ☐ 1-4 lakhs ☒ 4-8 lakhs ☐ >8 lakhs ☐

Type of House Building: Hut / Semi Pucca/ Pucca/ Apartment/ Bungalow ☐

Nature of House building: Own/ Rented ☒

Family Details:

No	Name of the Family member	Gender	Age	Education	Profession
1)	N. Koteswararao	M	40	Inter	Cooli ☐
2)	N. Yesamma	F	37	-	House wife
3)	N. Honey	F	10	5th	

Health Details:

Diseases in family: Thyroid

Source of treatment: Govt. Hospital/ Private Hospital/Traditional Medicine

i) Any PH Persons in family: Yes/ No ☒

no.	Name of the person	Gender	Age	Nature of Disability

COMMUNITY SERVICE PROJECT

Key Questionnaire:

How old are you?

- ☒ 20 - 39 years old
- ☐ 40 - 59 years old
- ☐ 60 - 80 years old

Are you male or female?

- ☐ Female
- ☒ Male

How would you describe your body and physical condition?

- ☐ Lean
- ☒ Average
- ☐ Overweight
- ☐ Obese

How many members of your family have a history of heart disease?

- ☒ No known family history of heart disease
- ☐ 1 family member 60 years or older with heart disease
- ☐ 2 family members 60 years or older with heart disease
- ☐ 1 family member younger than 60 years with heart disease
- ☐ 2 family members younger than 60 years with heart disease
- ☐ 3 or more family members younger than 60 years with heart disease

How often do you eat-out, consume junk food and fast-food?

☒ Everyday (all meals)

☐ Everyday (1 meal)

☐ Alternate days

☐ Twice a week

☐ Once a week

☐ Once a month

In general, which type of foods do you mostly like to eat?

☒ Bland and boiled

☐ Salty

☐ Oily and fatty

☐ Sweet

Do you smoke cigarettes or have you used tobacco related products in the past?

☒ Non-smoker & non-tobacco user

☐ Ex-tobacco smoker (6 months or more tobacco-free)

☐ Smoke 1-10 cigarettes a day

☐ Smoke 11-19 cigarettes a day and/or chew tobacco infrequently

☐ Smoke 20-29 cigarettes a day and/or chew tobacco infrequently

☐ Smoke 30-39 cigarettes a day and/or chew tobacco frequently

☐ Smoke 40 or more cigarettes a day and/or chew tobacco frequently

Are you physically active and exercise regularly or do you have no exercise or irregular physical activity?

☒ Sedentary without regular exercise

☐ Sedentary with regular exercise

☐ Active without regular exercise

☐ Active with regular exercise

Have you had your blood cholesterol checked recently?

☐ below 180 mg

☒ 181mg - 230mg
☐ 231 - 280mg
☐ above 281mg
☐ not checked

Have you had your blood pressure checked recently?

Systolic Blood Pressure in mm/Hg

☒ below 120 untreated

☐ 120-140 untreated

☐ 142-160 untreated

☐ above 160 untreated

☐ 120-140 treated

☐ 142-160 treated

☐ above 160 treated

☐ not checked

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Do you sleep for about eight hours per night?

☒ Yes

☐ No

Do you go to sleep easily and sleep through the night?

☒ Yes

☐ No

Do you eat at least five fruits and vegetables each day?

☐ Yes

☒ No

Do you limit the amount of sugar and salt in your diet?

☒ Yes

☐ No

Do you stay away from cigarettes and other tobacco products?

☒ Yes

☐ No

Do you avoid alcohol and drugs?

Yes

No

Do you brush and floss your teeth at least twice a day?

Yes

No

Do you see a dentist and GP regularly if you feel something is
g?

Yes

No

Do you usually feel that you can manage all of the tasks required of
in a given day?

Yes

No

Do you have family and friends ready to help and support you if
needed?

Yes

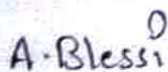
No



Signature of the participant



Signature of the mentor



Signature of the student