

SRIMATHI GANGINENI KALYANI DEGREE
COLLEGE VINUKONDA.

LIFE style diagram and with faculty in Vinukonda

PRINCIPAL: Dr. K. Srinivas Rao. PhD.

MENTOR :- G. Mani Kumar (Lecturer in Botany)

SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA

PALNADU DISTRICT

522647

Name of the student :- B. Ruthu Kamala

Name of the faculty mentor :- G. Mani Kumar Sir

Name of the villager / interviewer: Vinukonda, Guntur
District

village / area / colony / locality :- Vinukonda -
Siddharth nagar.
Vishnu kumar nagar.

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	B. Ruthu Kamale
2	Regd. No. of the Student	1203079004
3	Year	2022
4	Program studying (BA/B.Com/B.Sc etc.,)	BSc (B2C)
5	Program Combination	B2C
6	Name of the Mentor	Richa Bhanu
7	Name of the CSP	Life style diseases and their risk factor
8	Place of CSP execution	vinukonda

S.No	Date	Work done	No.of hours spent
	2/6/22	2 hours	2 hours
	3/6/22	2 hours	3 hours
	4/6/22	3 hours	3 hours
	5/6/22	3 hours	3 hours
	6/6/22	3 hours	3 hours
	7/6/22	3 hours	3 hours

B. Ruthu Kamale

8/6/22	4 hours	4 hours
9/6/22	6 hours	6 hours
10/6/22	4 hours	4 hours
11/6/22	7 hours	7 hours
12/6/22	12 hours	12 hours

B. Ruthu Kamale

Richa Bhanu

: Life style diseases and their risks factors in
vinukonda population.

To identify the reason and risk factors for the
rising incidence of life style diseases in
vinukonda.

Methods adapted: community survey and community
awareness.

Line:

1st week: community survey. This includes door to
door survey along with the collection of data in the
form of questionnaire. different age groups are selected
for the collection of data. A comparative study of
prevalence of life style diseases in young, adult, and
old people is taken up for this purpose.

2nd week:

Under this programme, an attempt to create
community awareness regarding the life style diseases has
been made by the team members. Individually
different age groups are addressed separately for

his purpose.

3rd week: All the data collected has been compiled

in the form of project report. This includes the

analysis of data. Based on this definite conclusions

drawn regarding the prevalence of the diseases

includes the graphical representation of the data.

4th week: It includes the presentation of our

project work to the internal viva committee at

college level individually.

5th week: Materials and Techniques: used: Although no specific

statistical tools are used in this project the formats.

mentioned below are used for collecting data and

drawing conclusion

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:

Age / area / colony / locality

How old are you?

20-39 years old

40-59 years old

60-80 years old

Are you male or female?

a) female b) male

How would you describe your body & physical condition?

a) lean b) Average c) over weight d) obese

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

No known family history of heart disease

1 family members 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.

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

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

day (a) all meals (b) Everyday (1 meal) (c) Alternate days
vice a week (e) once a week once a month

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

id and boiled (b) Salty (c) oily and fatty (d) Sweet

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

smoker & non-tobacco user

tobacco smoker (6 months or more tobacco-free)

oke 1-10 cigarette a day

oke 11-19 cigarette a day and/or chew tobacco infrequently

e 20-29 cigarette a day and/or chew tobacco infrequently

re 30-39 cigarette a day and/or chew tobacco infrequently

ke 40 or more cigarette a day and/or chew tobacco infrequently

you physically active and exercise regularly or do you

no exercise or irregular physical activity?

dentary without regular exercise

dentary with regular exercise

ive without regular exercise

ive with regular exercise

e you had you blood cholesterol checked recently

ow 180 mg (b) 181 mg-230 mg (c) 231 mg-280 mg

(d) above 280 mg (e) not checked

Have you had your blood pressure checked recently?

Systolic blood pressure in mm/Hg

below 120 untreated

120-140 untreated

140-160 untreated

above 160 untreated

Not checked

Do you sleep for about eight hours per night?

a) yes

(b) No

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

a) yes

(b) No

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

a) yes

(b) No

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

a) yes

(b) No

Do you stay away from cigarette and other tobacco products?

a) yes

(b) No

Do you avoid alcohol and drugs?

a) yes

(b) No

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

(a) yes

(b) No

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

(a) yes

(b) No

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

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

(a) Yes

(b) No

Name of the Family member	Gender	Age	Education	Profession

Name of the person	Gender	Age	Nature of Disability

Introduction:

Lifestyle diseases are ailments that are primarily based on day to day habits of people. Habits that detract people activity and push them toward a sedentary routine can be a number of health issues that can lead to chronic non-communicable diseases that can have near life threatening consequences.

Non-communicable diseases kill around 40 million people each year. That is around 70% of all deaths which occurs globally. NCD are chronic and non-communicable from one

The main type NCD are cardiovascular and chronic respiratory disease in addition to cancer. NCD such as cardiovascular disease (CVD), stroke, diabetes and certain forms of cancers are heavily linked to life style choices, and hence are often known as life style diseases.

Non-modified risk factors:

- age
- Race
- Gender
- Genetics.

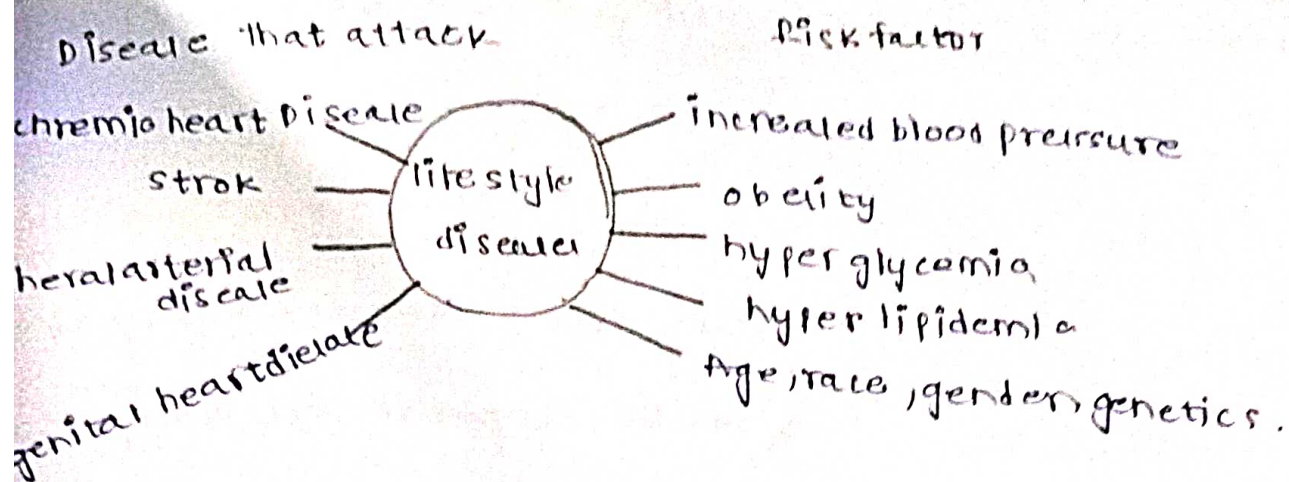
Metabolic risk factors:

- Increased blood pressure
- Obesity
- Increased blood glucose levels or hyperglycemia.
- Increased levels of fat in blood or hyperlipidemia.

Increasing blood pressure is leading metabolic risk factors globally with 19% of global death attributed to it followed by obesity and hyperglycemia.

Top major life style diseases:

- Ischaemic heart disease
- stroke
- Peripheral arterial disease
- Congenital heart disease.



Observation made during the community survey:

The life style diseases are very common in the people who are sedentary without regular exercise and have the habits of smoking and drinking.

Many people who are illiterate and have no idea about a balanced diet are getting these lifestyle diseases.

Some literates with smoking and drinking habits are also getting

these people who are with a worry of tensions and pressure are getting these diseases.

Some people who didn't get a balanced diet also got into these risk.

It came to notice that every year at least two people are dying because of these life style diseases in our survey area. Many balanced people are don't even know about the balanced diet.

many people are suffering from there life style diseases every year.

cautions to be taken:

1. people must take balanced diet.

2. people must do regular exercise.

3. they must less depend upon carbohydrate diets.

4. they people should check-up regularly.

5. people should be follow yoga and meditation and should calm.

style diseases and risk factors:

Compare a person with balanced diet and good habits compared health status with a person having bad habits.

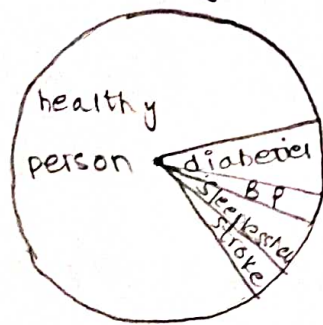


fig A: persons with good diet and habits

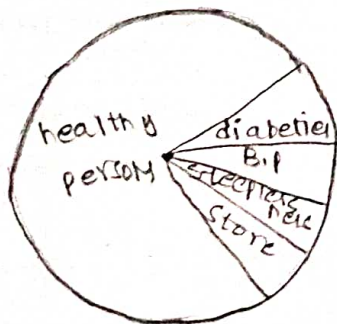


fig B: persons without bad habits and no bad habits

Discussion and conclusion:

For this community survey the following conclusions are drawn.

Life style diseases are attacking us due to the life style leading by the people who are leading a irresponsible life by smoking and drinking alcohols and other antisocial activities.

If we follow the balance diet and regular exercise we may not be attacked by these diseases.

Everyone should be away from the cigarette and alcohol we must not do even passive smoking also.

Life style diseases may cause death also.

So it is found that the people with balanced diet and regular exercise are having less risk of life style diseases. Every one should change our life style.

Acknowledgements: Hanikumar sir (Botany lecturer, S.G.K. Govt degree college, V.N.K.)

More sir (Zoology lecturer, S.G.K. Govt degree college, V.N.K.)

Aidhan and All my classmates.

References:

Life style diseases paperback - Surendra G Guttani, Ajay D Kshirsagar.

HOW TO BEAT Disease - Dr. William Li.

Why we get sick - Benjamin Bikeman, PhD.

Age Group			whether diabetes is reported	
-25 young	25-50 adult	50+ old	Yes	No
36	47	15		No

**S.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: B. Ruthu kamala Group: Hall
Ticket No: 4203099004 Phone No: 9705470972

❖ Surveying Area Details:

Village/Ward Name: Gurupparaidu palen / SC colony
Date: 01/06/22 Time: 9:00 am

❖ Person Connected for Survey:

Name: B. Elisha House No:

Caste: Gen ☐ SC ☒ ST ☐

Income: ☒ 1 lakh ☐ 2-4 lakhs ☐ 4-8 lakhs ☒ 8 lakhs ☐

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

Nature of House building: Own/ Rented

Family Details:

S.No	Name of the Family member	Gender	Age	Education	Profession
1.	B. Elisha	male	40	—	builder ☐
2.	B. Puramma	Female	35	—	House wife ☐
3.	B. Yesubabu	male	17	degree	study
4.	B. Ruthu kamala	Female	18	degree	study

Health Details:

(i) Diseases in family: NO

(ii) Source of treatment: Govt. Hospital/ Private Hospital/Traditional Medicine

(iii) Any PH Persons in family: NO

S.no.	Name of the person	Gender	Age	Nature of Disability

COMMUNITY SERVICE PROJECT

Survey Questionnaire:

1. How old are you?

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

2. Are you male or female?

- ☐ Female
- ☒ Male

3. How would you describe your body and physical condition?

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

4. 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

5. 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

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

- ☐ Bland and boiled
- ☐ Salty
- ☒ Oily and fatty
- ☐ Sweet

7. 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

8. 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

9. Have you had your blood cholesterol checked recently?

- ☐ below 180 mg

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

10. 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

11. Do you sleep for about eight hours per night?

- ☒ Yes
- ☐ No

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

- ☒ Yes
- ☐ No

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

- ☒ Yes
- ☐ No

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

- ☒ Yes
- ☐ No

15. Do you stay away from cigarettes and other tobacco products?

- ☒ Yes
- ☐ No

16. Do you avoid alcohol and drugs?

- ☒ Yes
☐ No

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

- ☒ Yes
☐ No

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

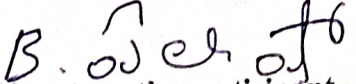
- ☐ Yes
☒ No

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

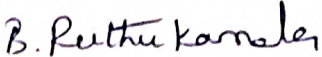
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20. Do you have family and friends ready to help and support you if needed?

- ☒ Yes
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Signature the participant


Signature of the mentor


Signature of the student

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Ticket No: Y203099004 Phone No: 975470372
- ❖ Surveying Area Details: Village/Ward Name: Gurupanaidu palen / school my
Date: 01/06/22 Time: 11:00 am
- ❖ Person Connected for Survey: Name: Bavanai prasad House No:
Caste: Gen ☐ BC ☒ SC ☐ ST ☐
Income: ☒ 1 lakh ☐ 2-4 lakhs ☐ 4-8 lakhs ☐ 8 lakhs ☐
Type of House Building: Hut / Semi Pucca/ Pucca/ Apartment/ Bungalow ☐
Nature of House building: Own/ Rented

Family Details:

S.No	Name of the Family member	Gender	Age	Education	Profession
1	B. Prasad	male	40	—	Farmer ☐
2	B. Sujji	Female	38	—	Farmer ☐
3	B. Nani	male	17	Enter	work in petrol bunk
4	B. Bharya	Female	16	Enter	study
5	B. Balu Krishna	male	13	8 th	study ☐

Health Details:

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☐ No

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- ☒ Yes
☐ No

B. prasad

Signature the participant

G. Nair

Signature of the mentor

B. Reethu kamala

Signature of the student