

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	ch Venkatesh	
2	Regd. No. of the Student	Y2C3099007	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSc (BZC)	
5	Program Combination	BZC	
6	Name of the Mentor	Kishore Babu	
7	Name of the CSP	Life style diseases & their risk factors	
8	Place of CSP execution	VINUKONDA	
No	Date	Work done	No. of hours spent
	7 - 6 - 2022	2	1 hour
	8 - 6 - 2022	1	1 hour
	9 - 6 - 2022	2	1 hour
	10 - 6 - 2022	3	2 hour
	11 - 6 - 2022	4	2 hours
	12 - 6 - 2022	1	1 hour

Mentor
MENTOR

Name of the student: ch Venkatesh
Verified
[Signature]

REPORT

community service project

SRIMATHI GANGINENI KALYANI DEGREE COLLEGE

VINUKONDA

LIFE STYLE DISEASES AND THEIR RISK FACTORS
IN VINUKONDA URBAN POPULATION

PRINCIPAL: DR. K. SRINIVASARAO, PhD

MENTOR: Kishor behara s.o [lecturer in zoology]

B.G.K. GOVT. DEGREE COLLEGE

VINUKONDA

NAME OF THE STUDENT: CHEVULA VENKATESH

NAME OF THE FACULTY MENTOR: DR. K. KISHOR.

NAME OF THE VILLAGER/INTERVIEW: VNK. GUNTUR DIST.

VILLAGE / AREA / COLONY / LOCALITY: VINUKONDA,

AMBETHKAR COLONY

LIFE STYLE DISEASES AND THEIR RISK FACTORS

IN VINDHANA URBAN POPULATION

TEAM MEMBERS.

BSc (BZ) STUDENTS

J Anu Deepthi.

Dr. Gowdy

G. Hetera Rajshita

M. Jema Lalitha

K. Manasa

Y. Nishu N.

Ch. Venkatesh

M. Gopi.

N. Kavya Sangeetha

PRINCIPAL DR. S. S. S. S. S.

CHIEF NURSE - DR. S. S. S.

Title : Life style diseases and their risk factors in Vinukonda population.

Aim : 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 :

First week : community survey This includes the door to - door survey along with the collection of data in the form of questionnaires. 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.

second week : community awareness under the programme
an attempt to create the awareness regarding the
life style diseases has been made by the team
members individually. Different age groups are addressed
separately for this purpose.

Third week : All the data collected has been compiled
in the form of project report. This includes the
analysis of data. Based on this includes the ana-
lysis of data conclusions are drawn regarding
the prevalence of the diseases. This includes the
graphical representation of the data.

Fourth week : It includes the presentation of our project
work to the faculty mentors at the college level
individually.

Tools and Technical used : Although in specific clinical
field are used in this project the formats listed
below are used for collecting data and drawing conclu-
sions.

① questionnaire

② tables columns

③ graphical representations.

S.G.H GOVT DEGREE COLLEGE, VINUKONDA

PALANADU DISTRICT

COMMUNITY SERVICE PROJECT

LIFE STYLE DISEASES AND THEIR RISK FACTORS IN

VINUKONDA URBAN POPULATION

QUESTIONNAIRE :-

Name of the student : ch. Venkatesh

Name of the mentor : BAK. Kishore.

Name of the village/inter viewee :

village / area / colony / locality

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

over weight

obese

④ How many members in 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 members 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

Every day (all meals)

Every day (1 meal)

Alternate days

Twice a week

one a week
one a month

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

starch and boiled

salty

oily and fatty

sweet.

⑦ Do you smoke cigarettes or have you used tobacco related products in the past.

* Non-smokers & non-tobacco users.

* Ex-tobacco smokers (6 months or more tobacco-free)

* Smoke 1-10 cigarettes a day

* Smoke 11-19 cigarettes a day.

* Smoke 20-29 cigarettes per day.

* Smoke 30-39 cigarettes per day

* Smoke 40 or more cigarettes a day.

⑧ Are you physically active and exercise regularly or do you have no exercise or irregular physical activity.

* Sedentary with out regular exercise.

* Sedentary with regular exercise

* Active with out regular exercise

* Active with regular exercise.

⑨ Have you had your blood cholesterol checked recently?

Below 180 mg

181 mg - 230 mg

231 mg - 280 mg

Above 281 mg

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 above eight hours per night?

yes (or) no

⑫ Do you get sleep easily and sleep through the night?

yes (or) no

③ do you eat at least five fruits and vegetables each day?

yes (x) no

④ do you limit the amount of sugar and salt in your diet?

yes (x) no

⑤ do you stay away from cigarettes and other tobacco products.

yes (x) no

⑥ do you avoid alcohol and drugs?

yes (x) no

⑦ do you brush and floss your teeth at least twice a day?

yes (x) no

⑧ do you see a dentist and go regularly if you feel something is wrong?

yes (x) no

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

yes (or) no

20) do you family and friends ready to help & support you if needed?

yes (or) no

signature of participant

signature of mentor

signature of the student.

Tabular column axis

S. No	5-25	age group 25-50	50+	number diabete reported	
	young	adult	old	yes	No
	29	60	28	yes.	

Introduction:

Life style disease can be termed as
disease linked with one's life style these
diseases are non-communicable diseases they are
caused by lack of physical activities unhealthy
eating, alcohol substance use disorders and
smoking tobacco which can lead to heart disease
stroke, obesity type 2 diabetes and lung
cancer the diseases that appear to be present
of frequency as controlled.

non-modified risk factors:

Age

Race

Gender

Genetics

Tobacco risk factors

increased blood pressure

obesity

increase blood glucose levels & hyperglycemia

increased levels of fat in blood & hyperlipidemia

increasing blood pressure is leading metabolic risk factors globally with 19% of global deaths attributed to it follow obesity and hyperglycemia.

hyper major life style diseases:

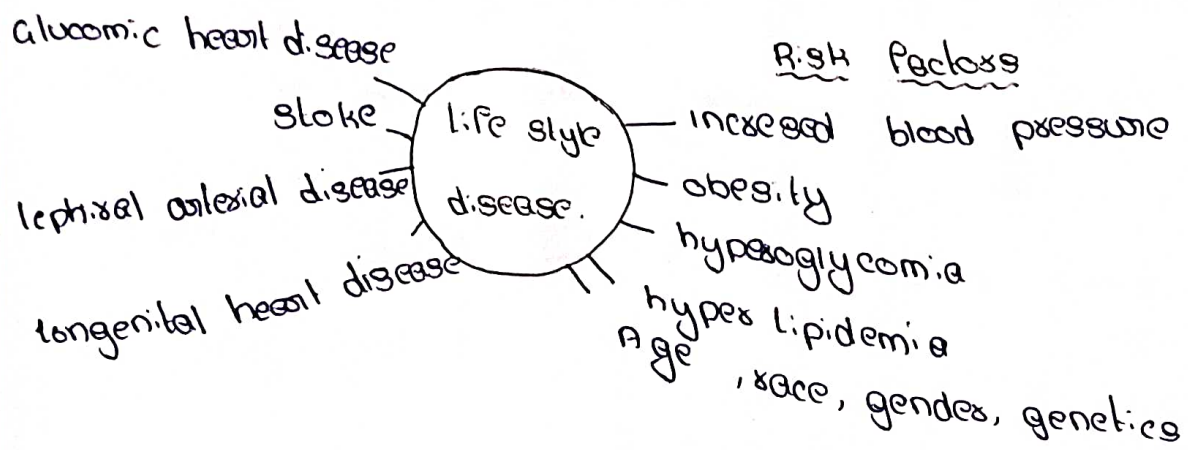
Ischaemic heart disease

stroke

lephthal alexial disease

congenital heart disease.

Diseases that attack



Observation made during the community survey:

The life style disease are very common in the people who are sedentary with out regular exercise and have the habits the smoking and drinking

They people who are illiterates and have no idea about the balanced diet are getting these life disease.

Some literates with smoking and drinking habits can also effecting

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

The people who did not get balanced diet also get in to these risk.

I come to notice that every year atleast two people are getting because of these life style disease in our survey area.

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

cautions to be taken: -

The people must take balanced diet

The people must do regular exercises

They must less depend upon carbohydrates diet.

The people should check-ups regularly

people should be follow yoga is, meditation and should calm.

life style diseases and risk factors:

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



Fig: persons with good diet and habits.



Fig 3:- persons without bad habits and no balanced

discussion and conclusion:-

After this community survey the following conclusion are drawn.

The life style diseases are attacking due to the life style leading by the people.

Acknowledgements:-

K. Shree Behara S.D [Lectures in zoology S.K. Govt degree college].

man: kumar S.D [Lectures in Botany S.K. Govt degree college]

ch. Venkatesh and

all my team members.

**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: ch. Venkatesh Group: Hall BSC (BZC)
Ticket No: Y203099007 Phone No: 7995893639
- ❖ Surveying Area Details: Village/Ward Name: seetha yya nagan VNK, 2nd ward
Date: 01/06/2022 Time: 10:30 AM
- ❖ Person Contacted for Survey: Name: SK. Khedra Vali 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:

S.No	Name of the Family member	Gender	Age	Education	Profession
1.	SK. Khedra Vali	male	50	un educated	Daily worker ☐
2.	SK. Khedra Bee	Female	48	" "	house wife
3.	SK. Reshma	Female	28	educated	student. ☐

Health Details:

- (i) Diseases in family: No diseases
- (ii) Source of treatment: Govt. Hospital/ Private Hospital/Traditional Medicine ☒
- (iii) Any PH Persons in family: Yes/ 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?

- ☒ Yes
☐ No

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

- ☒ Yes
☐ No

Signature the participant

ch. Venkatesh .
Signature of the student


Signature of the mentor

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Date: 01/06/2022 Time:
- ❖ Person Contacted for Survey: Name: K. Prasad 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:

S.No	Name of the Family member	Gender	Age	Education	Profession
1)	K. Prasad	male	46	un education	worker ☐
2)	K. Susma	Female	40	inter	House wife
3)	K. Sujana	Female	21	degree	student ☐

Health Details:

- (i) Diseases in family: No diseases
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COMMUNITY SERVICE PROJECT

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*K. Prasad Rao
Signature the participant


Signature of the mentor

Ch. Venkatesh
Signature of the student