

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Anjali.D	
2	Regd. No. of the Student	V903099009	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSc (B2C)	
5	Program Combination	B2C	
6	Name of the Mentor	Kishor Behera	
7	Name of the CSP	Life style diseases & the risk factors	
8	Place of CSP execution	Vinukonda	
S.No	Date	Work done	No. of hours spent
	1-6-2022	3	2 hours
	2-6-2022	2	1 hour
	3-6-2022	4	2 hours
	4-6-2022	1	1 hour
	5-6-2022	3	2 hours
	6-6-2022	1	1 hour

Name of the student :- Anjali.D

G. Nani Kumar
Asst in Botany

Verified
entry

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Anjali-D	
2	Regd. No. of the Student	Y203099009	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSc (BZO)	
5	Program Combination	B&C	
6	Name of the Mentor	Kishore Behra Sir	
7	Name of the CSP	Life style diseases & their Risk factors	
8	Place of CSP execution	Vineukonda	
S.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 hours
	11-6-2022	4	2 hours
	12-6-2022	1	1 hour.

name of the student is - Anjali-D

Report

Community Service Project

Srimathi Gangineni Kalyani Degree College

Vinukonda

Life style Diseases And their Risk Factors
in Vinukonda Urban Population

Principal : SRINIVASARAO.D.K. (PhD)

MENTOR : Kishor behara sir (Lectures in zoology)

S.G.K. Govt Degree College (Vinukonda)

Name of the student : Anjali - Doddi

Name of the Faculty mentor : B.R.K. Kishore

Name of the villager / Interviewer : V.N.K Gundur Dist

Village / AREA / Colony / Locality : Vinukonda ,

Amb
Sai nagar.

life style Diseases and their Risk factors
in vinukonda URBAN Population.

Team members.

BSc (B2C) students.

J. Anju Deephi

Sr Gousiya

G. Heleena latha

H. Hema latha

D. Anjali.

Y. Aswini

Ch. Venkatesh

M. Gopi

N. Kousa Sangeetha

Principal: Dr. K Srinivas Rao

Faculty mentor: Bvk Kishor sir

Title : life style diseases and their Risk factors in vinukonda. Population

Aim : To identify the Reasons and 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 question Different age groups are selected for the collection of data A comparative study of prevalence of life style. People is taken up for this purpose

Second week: Community awareness under the Programme an attempt to create the awareness regarding the life style.

Third week: All the data collected has been compiled in the form of Project Report.

This includes the graphical representation of the data.

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

Tools and Technical used:

All through in specific clinical food are used in this project the formats listed below are used for collecting data and drawing conclusions.

- ① Questionnaire
- ② Tabular column
- ③. Graphical Representation

S. Gr. 11. Govt Degree college (VNH)

Palanadu (Dist)

Community Service Project.

Life style Diseases and their Risk factors
in Vinukonda Urban Population.

Questionnaire:

Name of the student: Anjali. Doddi

Name of the mentor: BRK. Krishnareddi Sir

Name of the village / into view:

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 member 60 years or older with heart disease

* 2 family members 60 years or older with heart disease

5. How often do you eat-out consume junk food and fast

Every day (all meals)

Every day (1 meal)

Occasional 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
- * Smoke 1-10 cigarettes a day
- * Smoke 11-19 cigarettes a day
- * Smoke 20-29 cigarettes per day

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

- * Secondary 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

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

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

Yes (or) No.

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

Yes (01) No

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

Yes (01) No

16. Do you avoid Alcohol and drugs?

Yes (01) No

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

Yes (01) No

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

Yes (01) No

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

Yes (01) No.

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

Yes (01) NO

Signature of Participant

Signature of mentor

Signature of the student.

8260088073

Tabular colony area

Sino	S-25	Age group 25-50	50+	Number disabilities is Reported.	
				Yes	No
	Young	Adult	old		
	29	60	28	yes	

Introduction:

life style disease can be termed
as disease linked with one's life style.

these diseases are non-communicable
they are caused by loc. of physical
unhealthy eating alcohol substance
use disorders. that appear to be

Prevalence of frequency as controlled.

Non-modified risk factors:

Age
Race
Gender, Genetics.

Tobac risk factors

Increased blood pressure
obesity

Increase blood glucose levels & hyperglycemia.

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

Hyper major life style Diseases.

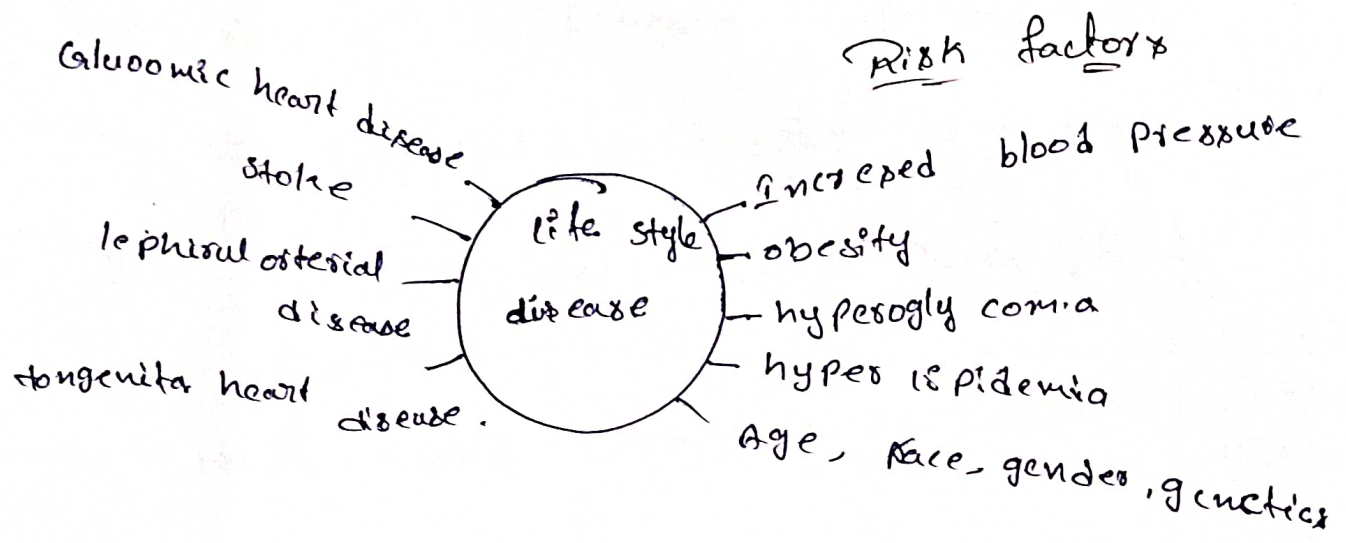
Ischaemic heart disease

Stroke

Cerebrovascular disease

Congenital heart disease

Disease 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 illiterators and have no idea about the clanced diet are getting these life disease

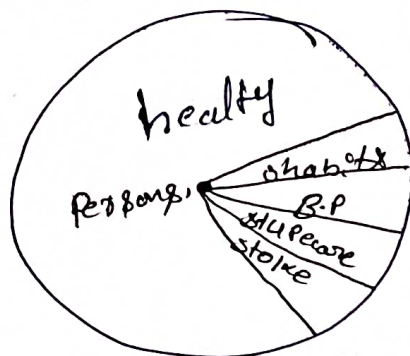
Precautions to be taken:

- The People must take balanced diet
- The People must do regular exercises
- They must less depend upon carbohydrates diet

The People should check up Regularly.

Life style diseases and risk factors:

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



Sign: Persons with good diet and habits.

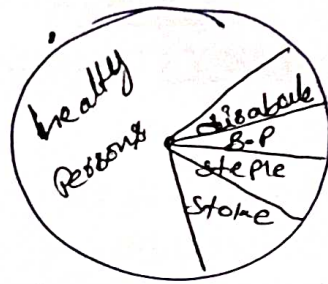


Fig: B Persons without bad habits and no balanced.

Discussion and Conclusion:

After this community survey the following conclusion are drawn

The life style diseases are attacking due to the life style loading by the people

Acknowledgements:

Tushore Behara Sir

(Lecturer in zoology S.G.K. govt degree college)

Mani Kumar Sir (Lecturer in Botany S.G.K. govt degree college)

Dr. Anjali Doddi

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: Anjali Group: Hall BSC (B2C)
Ticket No: Y203099009 Phone No: 7997798051
- ❖ Surveying Area Details: Village/Ward Name: Sai nagar
Date: 01/06/2022 Time: _____
- ❖ Person Contacted for Survey: Name: M. Nageswarao 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	M. Nageswarao	Male	46	uneducated	Shop ☐
2	M. Pushpa	Female	40	"	Tiffin shop
3	M. Santh	Female	26	Degree	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

M. 22788023

Signature the participant

G. Mori One

Signature of the mentor

Arijali.D

Signature of the student