

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	K. Manasa	
Regd. No. of the Student	4203099018	
Year	2022	
Program studying (BA/B.Com/B.Sc etc.,)	BSC	
Program Combination	BZC	
Name of the Mentor	B.R. Kishore	
Name of the CSP	life style disease and their risk factors	
Place of CSP execution	Vinukonda	
Date	Work done	No. of hours spent
02/06/2022	4	2 1/2
04/06/2022	6	3 1/2
05/06/2022	2	2 1/2
07/06/2022	3	3 1/2
09/06/2022	3	2 1/2
11/06/2022	2	3 1/2

Signature of the student

K. Manasa


Manasa

Commissionerate of Collegiate Education, Government of Andhra Pradesh

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

Name of the Student	V. Manoj	
Regd. No. of the Student	490109098	
Year	2022	
Program studying (BA/B.Com/B.Sc etc.,)	BBA (2021)	
Program Combination	BBA	
Name of the Mentor	Vishal Sharma	
Name of the CSP	Life style, health and hygiene	
Place of CSP execution	Vijayawada	
Date	Work done	No. of hours spent
13/06/2022	2	1
14/06/2022	2	1
16/06/2022	2	1
17/06/2022	2	1
18/06/2022	2	1
28/06/22	2	1 1/2

Signature of the student

V. Manoj

Mentor

Manoj

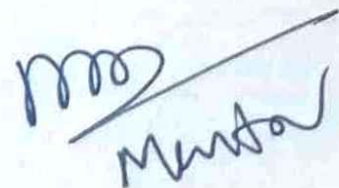
Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	K. Manasa	
Regd. No. of the Student	Y 203099018	
Year	2022	
Program studying (BA/B.Com/B.Sc etc.,)	BSc (BZC)	
Program Combination	BZC	
Name of the Mentor	Kishore Behara	
Name of the CSP	life style, disease and their Risk factors in vinukonda.	
Place of CSP execution	vinukonda	
Date	Work done	No.of hours spent
13/06/2022	2	1
14/06/2022	2	1
16/06/2022	2	1
17/06/2022	2	1
18/06/2022	2	1
28/06/22	2	1 1/2

Signature of the student

K. Manasa


Mentor

Report

S. G. K. Government. Degree. college
vinukonda

me of the Title: Life style disease and their
risk factors in vinukonda population

Name of the principal: Dr. K. Srinivasarao, Ph.D

name of the mentor: B. R. K. Kishore, M.Sc (Lecturer in
Zoology)

S. G. K. Govt. Degree college

Vinukonda

palnadu District

522647

me of the student: K. Manasa

me of the faculty / mentor: B. R. Kishore

me of the village: vinukonda, palnadu dist.

me of the Area / colony / locality: Sweeper's colony, vinukonda

a) Prevalence of life style diseases and their risk

factor in Vancouver urban population

n : To identify the reasons for the rising incidence of diabetes mellitus in rural areas with special reference to Gairdu Dist.

Goal : Community Survey and community awareness

one line :

1st week: Community Survey. This includes the door-to-door survey along with the collection of data in form of questionnaire. Four age groups are selected for the collection of data. A massive study of Pre-Life style disease and their risk factors among, adult, and old people is taken up for this purpose.

2nd week: Community awareness under this programme, and apt to create the awareness regarding the diabetes disease seen made by the team members individually. Different groups are addressed separately for this 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 are drawn regarding the prevalence of disease. This includes the graphical representation of the data.

4th week: It includes the presentation of our project work. In internal viva project, the formats listed below are used for listing data and drawing conclusions.

1. Questionnaire
2. Tabular columns
3. Graphical representations.

S.G.K. Government Degree college, vinukonda, palnado dist.

Questionnaire :

name of the student :

name of the faculty mentor

name of the villager / interviewer

Village / area / locality / colony

How old are you?

Are you male or female?

How would you describe your body and physical condition?

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

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

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

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

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

Have you had your blood cholesterol checked recently?

Have you had your blood pressure checked recently?

Do you sleep for about eight hours per night?

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

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

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

Do you stay away from cigarettes and other tobacco products?

Do you avoid alcohol and drugs?

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

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

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

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

Tabular columns used

S.	Age groups			whether diabetes is reported	
	young	Adult	old	yes	no

Introduction:

Diabetes mellitus is a disorder caused by the deficiency of insulin. Insulin is the hormone secreted by pancreas, pancreas is heterocrine gland. It is a mixed gland containing both exocrine and endocrine parts. Endocrine part of pancreas was identified by Langerhans. Hence the endocrine part of pancreas is named after its discoverer as islets of Langerhans. This endocrine part consists of α and β cells. α cells secrete glucagon and β cells secrete insulin. Insulin and glucagon are the antagonistic hormones, and play a crucial role in the maintenance of glucose levels in the body.

Glucose is the secret of our energy, and it is the only molecule that can cross the blood-brain barrier. Brain can utilize only glucose as the source of energy. If glucose is not available to the brain, the person enters into coma. Hence it is mandatory for the human body to maintain the prescribed level of glucose in the blood during fasting and also after a feast. The prescribed level of glucose in the blood during fasting is 80-120 mg/dl. Postprandial glucose level should not exceed 160 mg/dl.

an accumulation of glucose in the blood results in a condition called diabetes and this is commonly called sugar disease.

In India day by day causes of diabetes are rising, identified reasons for the occurrence of disease are listed below.

Introduction :-

Non-communicable diseases (NCDs) kill around 40 million people each year, that is around 70% 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, physiology, environment and behaviours. - main types of NCDs are cardiovascular and chronic respiratory diseases. In addition to cancer, NCDs such as cardiovascular diseases (CVD), stroke, diabetes and certain forms of cancer are closely linked to lifestyle choices, and hence, are often known as lifestyle diseases.

* Cardiovascular diseases that include heart attacks and stroke accounts for 17.7 million deaths every year, making it the most lethal disease globally.

Cancer kills around 8.8 million people each year, followed by respiratory diseases that claim around 3.9 million lives annually and diabetes that has an annual morbidity rate of 1.6 million.

Therefore, for groups of diseases are the most common causes of death among all NCDs. Figure 1 depicts the top 10 causes of death globally.

characteristics of NCDs :-

late etiology (causes): non communicable driven by seemingly related causes such as rapid urbanization, globalization of many lifestyles are ageing, apparent causes such as raised blood pressure, blood glucose, elevated blood lipids and obesities, manifestations of deep lying lifestyle habits.

multiple risk factors: There are a number of risk lead to onset and development of NCDs, the risks can be divided into three primary risk sets: behavioural risk factors, non-modifiable risk factors, risk

latency period:

2. latency period of NCDs long often stretching from many years to several decades.

causes:

causes of NCDs can be divided into three broad categories: modifiable behavioural risk factors, non-modifiable factors and metabolic risk factors.

7 major life style diseases:-

1. ischaemic heart diseases

stroke

peripheral arterial disease

congenital heart disease

are the number 1 cause of death globally and

more than 17 million deaths per year. the number is rising

to more than 23 million year.

Modifiable Risk factors	non-modifiable Risk factor	Other Risk
blood pressure blood lipid stress physical activity obesity healthy diet (salt) heavy alcohol use	age heredity or family history Gender Ethnicity or race	Excess hormone blood-influence Programme Abnormal coagulable blood pressure

Diabetes:

Diabetes is a metabolism disorder that affects the used of energy and physical growth. There are two types of diabetes: type 1, type 2, Gestational and pre diabetes (Glucose Tolerance). Type 2 is the most common diabetes world and is caused by modifiable behavioural risk factors.

Modifiable Risk factors	Non-modifiable Risk factors
healthy diet physical inactivity obesity or overweight high blood pressure high cholesterol heavy alcohol use psychological stress High consumption of sugar Low consumption of fibre	Advanced age family history genetics Race distribution of fat in the blood.

causes:

cancer affects different parts of the body and is by rapid creation of abnormal cells in that part of the body as well. more than 2 million die each year and 30% of those diseases are life style

causes:

type of cancer	modifiable Risk factors	other Risk
oral cancer	smoking tobacco	Immune disorders
lung cancer	Smoking second hand smoke Radiation therapy Being exposed to asbestos, radon, chromium, nickel arsenic, soot/dust, living in air-polluted place.	
breast cancer	Hormone therapies weight and physical activity	Race Genetics BRCA, and BRCA2 genes Age
colorectal	obesity Bad food habits low intake of fiber	Age Race
prostate cancer	unhealthy diet insufficient physical activity	Age Race family history diabetes

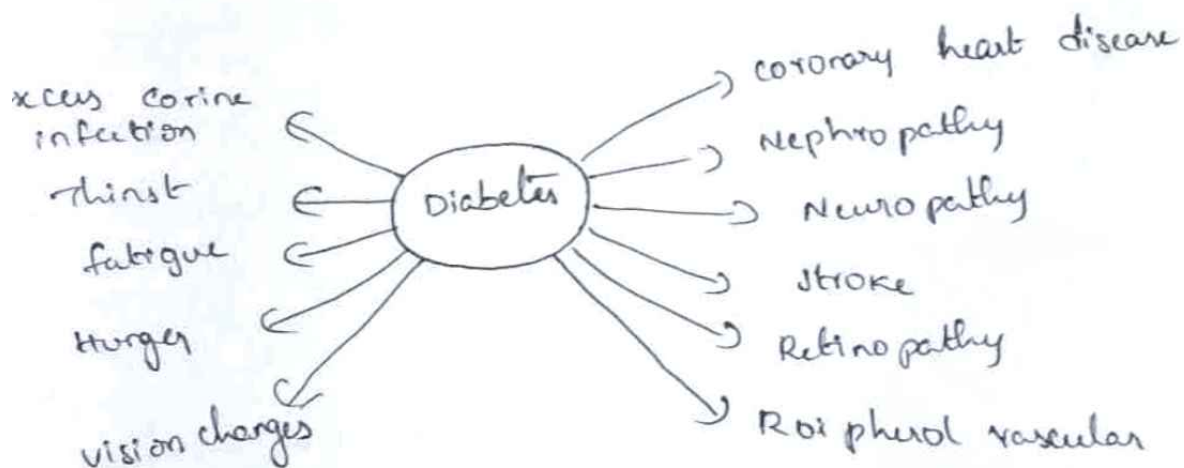
chronic respiratory diseases :-

some of the most under-diagnosed conditions chronic respiratory diseases are a potent causes of death globally 90% of death taking place in low-income countries chronic obstructive pulmonary disease and asthma are the 2 main types of CRDs

modifiable risk factors	non-modifiable risk factors
cigarette smoke dust and chemicals environmental tobacco smoke tobacco smoke Air pollution Infections	Genetics Age

symptoms

complications



caution to be taken :

the person is found to be potential diabetic
 caution should be taken

diabetic diet should be followed

regular diet should be followed
is dependence on carbohydrate and
regular check ups
glucose levels in blood and urine levels are to be
test regularly.

Discussion & conclusions :-

After this community survey following conclusions are
drawn.

Diabetes mellitus, although disorder, its predisposition
caused by several factors, stress is the main cap
erit in creating diabetes conditions in a person.

• The rural segments are taken for survey, it is
proved that prevalence of diabetes is more now in
rural segments because of the shift in lifestyle.

possibility of becoming diabetic increases with the
use of electronic gadgets like television. Hence moderate
physical movements are recommended while watching television
also.

• A carbohydrate diet is the best remedy to diabetes
eating in instalments is a healthy habit. eating between
meals should also be avoided. Junk food should
be discontinued. Adopt a healthy life style.

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

NAME OF THE MENTOR : Kishore Behra
NAME OF THE CSP :

**: LIFE STYLE DISEASES AND THEIR RISK FACTORS
IN VINUKONDA URBAN POPULATION**

Primary Information

❖ Student Details:

Name: K. Manara

Group: Hall

Ticket No: 4903099018

Phone No: 9908443284

❖ Surveying Area Details:

Village/Ward Name: Sweeper's colony, Vinukonda

Date: 28-6-22

Time: 10:00 AM

❖ Person Contacted for Survey: Name: M. Yesamma

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.	<u>M. Yesamma</u>	<u>F</u>	<u>45</u>	<u>-</u>	<u>coolie</u> ☐
2.	<u>M. Lathano</u>	<u>M</u>	<u>47</u>	<u>-</u>	
3.	<u>M. Sulegna</u>	<u>F</u>	<u>19</u>	<u>Inter</u>	
4.	<u>M. Sudheshra</u>	<u>F</u>	<u>24</u>	<u>degree</u>	

Health Details:

(i) Diseases in family: No

(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

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

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

6. Do you avoid alcohol and drugs?

☐ Yes

☒ No

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

☒ Yes

☐ No

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

☒ Yes

☐ No

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

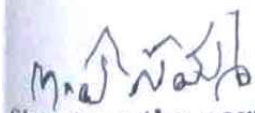
☒ Yes

☐ No

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

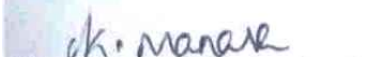
☒ Yes

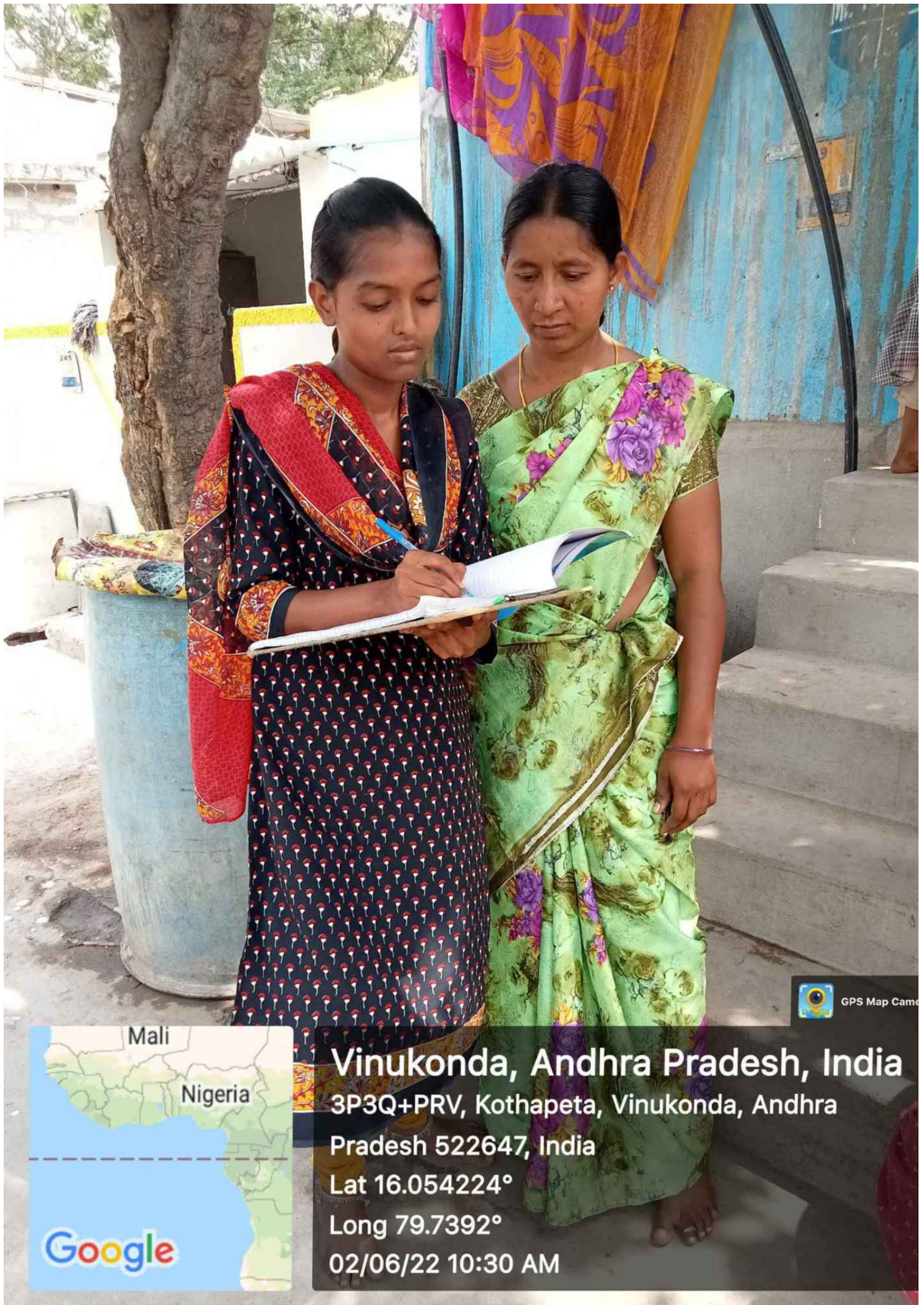
☐ No



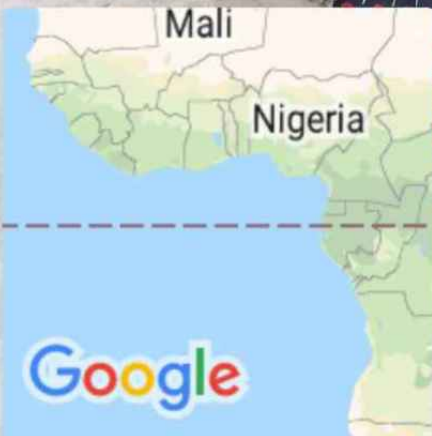
Signature the participant


Signature of the mentor


Signature of the student



GPS Map Came



Vinukonda, Andhra Pradesh, India

3P3Q+PRV, Kothapeta, Vinukonda, Andhra

Pradesh 522647, India

Lat 16.054224°

Long 79.7392°

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