

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	K. YUVARAJ.	
2	Regd. No. of the Student		
3	Year	2022.	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC (B2C)	
5	Program Combination	community service project.	
6	Name of the Mentor	mani kumar.	
7	Name of the CSP	Life style Disease and Risk factors.	
8	Place of CSP execution	Zaddvari Palem.	
S.No	Date	Work done	No.of hours spent
	1-7-22	10	2 hours
	2-7-22.	10	3 hours
	3-7-22.	10	2 1/2 hours.

name of the student.
K. YUVARAJ

G. Mani Kumar
Lee in Botany
mentor

individually different age groups are addressed
operated for the purpose.

Third week :- all the data collected has
been computed in the form of project
report this includes the analysis of
data. Based on this definite conclusions
are drawn regarding

fourth week :- It includes the presentation
of our project work to the interview viva
committee at the college level individually

Tools and Techniques :- used :- All Through no
scientific clinical tools are used in this
project the format drawing conclusions.

1. Questionnaire
2. Tabular
3. Graphical representations.

Discussion and Conclusion :-

After this community survey from following conclusion are down

The life style diseases are attracting due to the life style leading by the people who are leading and their antisocial activities

Ac knowledgment :-

I wish to thank [Manikumar] sir Botany lecturer,

for his degree course and Mr. [S. G. K. degree, course]

Mr. Yuvraj

and my class mates.

Reference :-

Life style disease paper back

G. Gowon Agay

D. Ishir sagar.

24 to beat diseases - Dr. K. M. I. I.

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

A) yes

B) NO

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

A) yes

B) NO.

Tubular Columnar cell.

			Number of. Heart disease is reported	
0-25	25-50	50+	yes	NO
Young	adult	old	yes	
29	60	23	yes	

Introduction.

life style diseases can be defined as diseases linked with one's life style these 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 diseases stroke obesity type of diabetes and long - Cancer. The disease that appear to be increase in frequency as can killed.

4. How many members of your family have a history of heart diseases.

No known family history of heart diseases

1. Family members 60 years or older with heart diseases
2. Family members 60 years or older with heart diseases
3. Family members younger than 60 years with heart diseases
4. Family members younger than 60 years with heart diseases
5. Or more family members younger than 60 years with heart diseases.

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

- A) Below 180 mg B) 181 - 230 mg C) 231 - 250 mg
D) above 251 mg F) not checked

Have you had your blood pressure checked

- A) Systolic Blood pressure in mm/Hg B) below 120 untreated
C) 120 - 140 untreated D) 142 - 160 untreated
E, above - 160 untreated F) 120 - 140 treated
G) 142 - 160 Treated H) above 160 treated
I) NOT checked

11. Do you sleep for about eight hours per night

A] Yes

B] NO

12. Do you go to sleep easily and sleep thorough the night

A] Yes

B] NO

13. Do you eat at least five fruits and veg tables each day

A] Yes

B] NO

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

A] Yes

B] NO.

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

A] Yes

B] NO

16. Do you avoid alcohol and drugs

A] Yes

B] NO

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

A] Yes

B] NO

become more industrialized and people live longer
including Alzheimer's disease, arthritis, atherosclerosis
asthma, cancer, chronic liver diseases or
cirrhosis, chronic obstructive pulmonary diseases
COPD, stroke, depression

the risk factors that are linked
with life style related diseases are
smoking, unhealthy diet, physical inactivity
and stress

non communicated diseases kill
around 40 million people each year that
is around 70% of all death globally

as

they are a result or a combination of
factors including genetics, psychology, environment
and behaviours the main types of
diseases such as cardiovascular.

observation made during the community survey

The life style diseases are very common in the people who are sedentary without regular exercises have the habit of the smoking and drinking

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

some associability with smoking and drinking habits, one also affecting

so many people are don't even know about the balanced diet

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

precautions to be taken:-

The people must take balanced diet

The people must take balanced diet

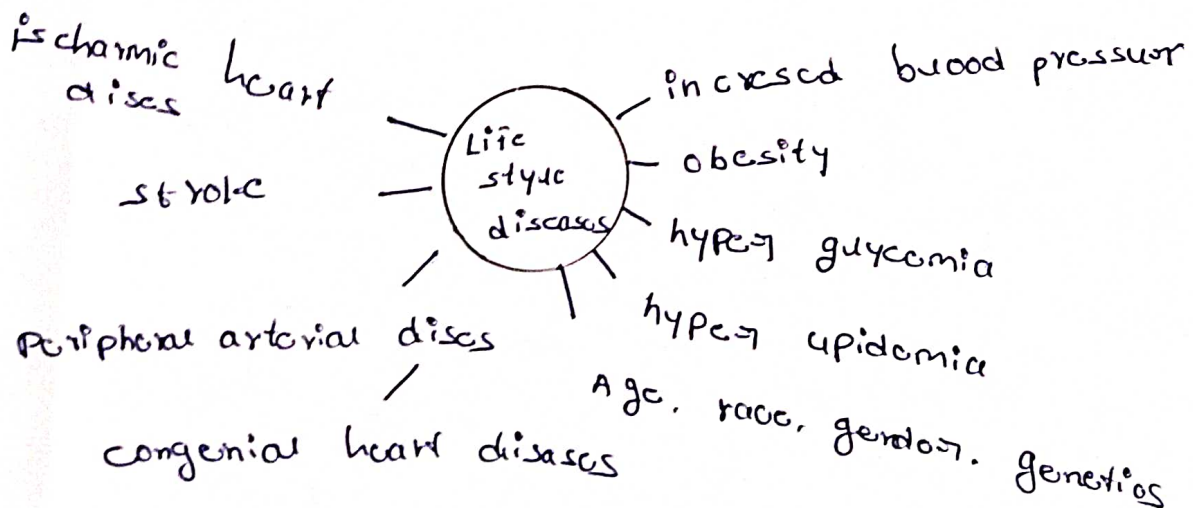
increase blood glucose level is types
diabetes mellitus

increase levels of fats in blood
hyperlipidemia

increasing blood pressure in
adding metabolic risk attributed to it
caused by obesity and hyperglycemia

Four main life style diseases:

- A. Ischaemic heart disease
- B. stroke
- C. peripheral arterial disease.
- D. congenital heart diseases.



* The people must do regular exercise

* They must less depend upon Carbohydrate diseases

* The people should check up regularly

* The people should be follow yoga and meditation used should calm

life style diseases and risk factors.

person with balanced diet and good habits

Compared health risk with a person having bad habits

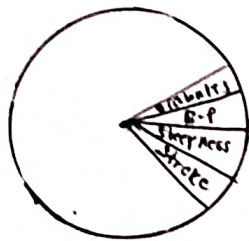


Fig A : persons with good diet & habits

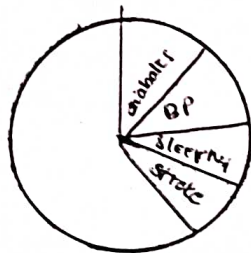


Fig B : persons without bad habits and no balanced diet

Cardio vascular diseases, stroke diabetes and certain forms of cancer are heavily linked to life style choice and hence are often known as life style diseases

Cardio vascular diseases the main type of NCD are Cardio vascular and Chronic

NCDs such as Cardio, vascular diseases stroke diabetes and forms of cancer are heavily linked life style choices and hence they often known as lifestyle diseases.

Non Modified risk factor.

- a) Age
- b) Race
- c) Gender
- d) Genetic

Metabolic risk factors:-

- i. increased blood pressure,
- ii. obesity,

S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA, PALNADU District

Survey Questionnaire

Department of ZOOLOGY

TITLE OF THE PROJECT: LIFE STYLE DISEASES AND RISK FACTORS IN VINUKONDA

PROJECT EXECUTION AREA: VINUKONDA MUNICIPALITY

Name of the Respondent: Yuvashi .T

Name of the Mentor: Mani Kumari

Locality: Zadidavari, palen

Name of the Student: Yuvashu

Door No:

Programme:

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 ^{T. Tolasi} of participant

Signature of student ^{A. Yuvaraj}

Signature of ^{G. Mani} researcher

S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA, PALNADU District

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Department of ZOOLOGY

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PROJECT EXECUTION AREA: VINUKONDA MUNICIPALITY

Name of the Respondent: Rabakth . S

Name of the Mentor: Mahikumar

Locality: Zaddavari palam

Name of the Student: K. Yuvaraj

Door No:

Programme:

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

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- ☐ Male

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20. Do you have family and friends ready to help and support you if needed?
☒ Yes
☐ No

signature of participant
vishu nayak.

signature of student
K. Yavaraaj.

Signature of MCH
G. Mani Kumar