

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

| Name of the Student                    | P. Hadhavi                                 |                    |
|----------------------------------------|--------------------------------------------|--------------------|
| Regd. No. of the Student               | V203099025                                 |                    |
| Year                                   | 2022                                       |                    |
| Program studying (BA/B.Com/B.Sc etc.,) | BSC [B.20]                                 |                    |
| Program Combination                    | B2C                                        |                    |
| Name of the Mentor                     | G. Hanikumar                               |                    |
| Name of the CSP                        | Life style diseases and their risk factors |                    |
| Place of CSP execution                 | Vinukonda                                  |                    |
| Date                                   | Work done                                  | No. of hours spent |
| 04.06.2022                             | 01                                         | 2 Hours            |
| 05.06.2022                             | 01                                         | 1 Hour             |
| 06.06.2022                             | 06                                         | 5 Hours            |
| 07.06.2022                             | 01                                         | 1 Hour             |
| 08.06.2022                             | 01                                         | 1 Hour             |
| 09.06.2022                             | 06                                         | 5 Hours            |

P. Hadhavi  
Signature of the student

G. Hanikumar  
Lee in Botany  
mentor

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

| Name of the Student                      | P. Madhavi                                |                    |
|------------------------------------------|-------------------------------------------|--------------------|
| Regd. No. of the Student                 | Y003099026                                |                    |
| Year                                     | 2022                                      |                    |
| Program studying ( BA/B.Com/B.Sc etc., ) | Bsc [B2C]                                 |                    |
| Program Combination                      | B2C                                       |                    |
| Name of the Mentor                       | G. Manikumar                              |                    |
| Name of the CSP                          | lifestyle diseases and their risk factors |                    |
| Place of CSP execution                   | vinukonda                                 |                    |
| Date                                     | Work done                                 | No. of hours spent |
| 10.06.2022                               | 02                                        | 2 Hours            |
| 11.06.2022                               | 01                                        | 1 Hours            |
| 12.06.2022                               | 10                                        | 11 Hrs             |
| 13.06.2022                               | 01                                        | 1 Hrs              |
| 14.06.2022                               | 01                                        | 1 Hrs              |
| 15.06.2022                               | 01                                        | 1 Hrs              |

P. Madhavi  
signature of the student

G. Manikumar  
Lec in Botany  
mentor

REPORT:

C  
COMMUNITY

S  
SERVICE

P  
PROJECT

SRIMATHI GANGINENI KALYANI DEGREE COLLEGE

VINUKONDA

LIFE STYLE DISEASES & RISK FACTORS IN VINUKONDA

PRINCIPAL : Dr. K. SRINIVASARAO, PhD

MENTOR : G. HANIKUMAR SIR [Lecturer In Botany]

S. G. K. Government degree college

Vinukonda

PALNADU DISTRICT

522641

Name of the student : P. Madhavi

Name of the faculty mentor : G. Hanikumar sir

Name of the village/Interviewee : VNK. Guntur Dist<sup>n</sup>  
-ct.

Village/Area/Colony/Locality : Vinukonda [Nagireddy  
palli]



# LIFE STYLE DISEASES AND THEIR RISK FACTORS IN VINUKONDA URBAN POPULATION

## MEMBERS

SC [BZC] students

Anitha

Madhavi

Srilatha

Srilakshmi

Aswini

Srinu

A. Blessy

P. Bhargavi

K. Komali

K. Pehma

K. Yuvraj

B. Ruthukamala

Principal: Dr. K. Sreenivasa Rao

Faculty mentor: G. Hanikumar.

## Internal viva committee:

1. CH. Hanthabu

2. BRK. Kishore

3. K.V.S Kotewarao.

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

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

Methods adapted: community survey and community awareness.

Timeline:

First 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.

Second week:

under this 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

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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 definite 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 internal viva committee at the college level individually.

Tools and Techniques: used: Although no specific clinical tools are used in this project the formats.

listed below are used for collecting data and drawing conclusion

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



# SGIK GOVERNMENT DEGREE COLLEGE- VINUKONDA

prevalence of life style disease and their risk  
factors in rural segments of Vinukonda.

## Questionnaire

Name of the student:

Name of the family mentor:

Name of the village/interviewee:

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?

(a) female (b) male

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

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

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

(a) No known family history of heart disease

(b) 1 family members 60 years or older with heart disease.

(c) 2 family members 60 years or older with heart disease.

(d) 1 family member younger than 60 years with heart disease.



2 family member 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?

(a) Everyday (all meals) (b) Everyday (1 meal) (c) Alternate days

(d) Twice a week (e) Once a week (f) Once a month

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

(a) Bland and boiled (b) Salty (c) Oily and fatty (d) Sweet

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

(a) Non-smoker & non-tobacco user

(b) Ex-tobacco smoker (6 months or more tobacco-free)

(c) Smoke 1-10 cigarette a day

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

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

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

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

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

(a) below 180 mg (b) 181 mg-230 mg (c) 231 mg-280 mg

(d) above 280 mg (e) not checked

10. Have you had your blood pressure checked recently?

(a) systolic blood pressure in mm/Hg

(b) below 120 untreated

(c) 120-140 untreated

(d) 142-160 untreated

(e) above 160 untreated

(g) 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 through the night?

(a) yes

(b) No

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

(a) yes

(b) No

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

(a) yes

(b) No

15. Do you stay away from cigarette 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

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

(a) yes

(b) No

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

(a) yes

(b) No

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

(a) Yes

(b) No

| S.No | Name of the family member | Gender | Age | Education | Profession |
|------|---------------------------|--------|-----|-----------|------------|
|      |                           |        |     |           |            |

| S.No | Name of the person | Gender | Age | Nature of Disability |
|------|--------------------|--------|-----|----------------------|
|      |                    |        |     |                      |

### Introduction:

Life style diseases are ailments that are primarily based on the day to day habits of people. Habits that detract people from activity and push them toward a sedentary routine can cause 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 they often known as life style diseases.

Non-modified risk factors:

- a. age
- b. Race
- c. Gender
- d. Genetics.

Metabolic risk factors:

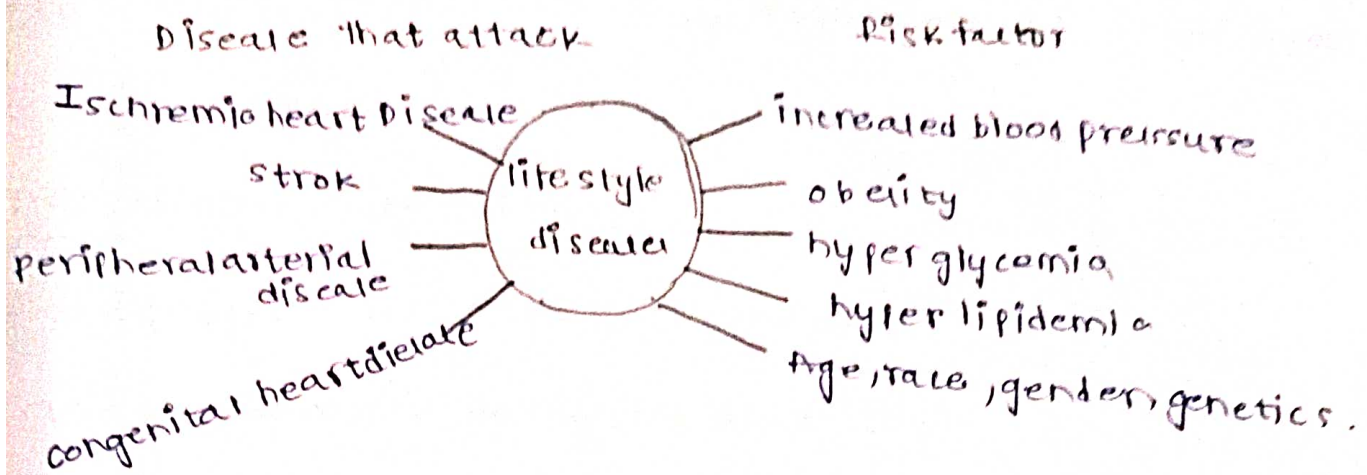
- (i) increased blood pressure
- (ii) obesity
- (iii) increase blood glucose levels or hyperglycemia.
- (iv) increased levels of fat in blood or hyperlipidemia.

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

Four major life style disease:

- A. ischaemic heart disease
- B. stroke
- C. peripheral arterial disease
- D. 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 the smoking and drinking.
- Many people who are illiterate and have no idea about the balanced diet are getting these lifestyle diseases.
- Some literates with smoking and drinking habits are also affecting.
- The people who are with a worry of tensions and pressure are getting these diseases.
- The people who didn't get balanced diet also got into these risk.
- I came to notice that every year at least two people are dying because of these life style diseases in our survey area.
- So many balance people are don't even know about the balanced diet.

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

Precautions to be taken:

- The people must take balanced diet.
- The people must do regular exercise.
- They must not depend upon carbohydrate diets.
- They people should check-up regularly.
- people should be follow yoga and 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 A: persons with good diet and habits

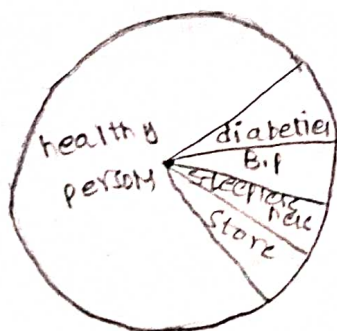


fig B: persons without bad habits and no bad habits

## Discussion and conclusion:

After this community survey the following conclusions are drawn.

- The life style diseases are attacking due to the life style leading by the people who are leading a irresponsible life having smoking and drinking alcohols and other antisocial activities.
- As we follow the balance diet and regular exercise we may less attacked by these diseases.
- We all should be away from the cigarette and alcohol we must not do even passive smoking also.
- These life style diseases may cause death also.  
so it is found that the people with balanced diet and having regular exercises are having less risk of lifestyle diseases so every should change our life style.

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

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

P. Pradha and All my classmate.

## References:

1. Life style diseases paperback - Surendra G Guttani. Ajay D Kshirsagar
2. EAT TO BEAT Diseases - Dr. William Li.
3. Why we get sick - Benjamin Bikman. PhD.



| Age Group      | whether diabetes is reported |    |
|----------------|------------------------------|----|
|                | Yes                          | No |
| 0-25<br>young  |                              |    |
| 25-50<br>adult |                              |    |
| 50+<br>old     |                              |    |
| 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: P. Madhavi Group: Hall Bsc [B2C]  
Ticket No: Y203099025 Phone No: 9441502989
- ❖ Surveying Area Details: Village/Ward Name: Nagireddypalli  
Date: 07.06.2022 Time: 11:46
- ❖ Person Contacted for Survey: Name: P. kumari 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.   | yesurathnam               | Male<br>62 →   |     | 10th class | Daily worker <input type="checkbox"/> |
| 2.   | P. kumari                 | Female<br>59 → |     | 5th class  | Homewife                              |

**Health Details:**

(i) Diseases in family: -

(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

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- ☐ 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
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- ☐ above 160 treated
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168

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- ☐ No

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- ☐ No

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- ☒ Yes  
☐ No

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- ☒ 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

P. S. S. S. S.

Signature the participant

G. Mani Kure

Signature of the mentor

P. Madhavi

Signature of the student