

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Paleti Bhargani	
2	Regd. No. of the Student	4203099026	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC (BZC)	
5	Program Combination	BZC	
6	Name of the Mentor	Cp Mani Kumar Sir	
7	Name of the CSP	Life style diseases and their risk fact	
8	Place of CSP execution	Villem Rajupalli	
S.No	Date	Work done	No.of hours spent
1.	1-6-22	5	4 hours
2	2-6-22	5	4 hours
3	3-6-22	7	6 hours
4	4-6-22	6	5 hours
5	5-6-22	5	4 hours
6	6-6-22	67	6 hours

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

1	Name of the Student	Paleti. Bhargani		
2	Regd. No. of the Student	4203079026		
3	Year	2022		
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC(B2C)		
5	Program Combination	B7C		
6	Name of the Mentor	G. Mani Kumar Sir		
7	Name of the CSP	life style diseases and their risk		
8	Place of CSP execution	Villem Rajupalli		
S.No	Date	Work done	No.of hours spent	
7	7-6-22	6	5 hours	
8	8-6-22	3	1½ hours	
9	9-6-22	6	5 hours	
10	10-6-22			
11	11-6-22			
12	12-6-22			

LIFE STYLE DISEASES AND THEIR
RISK FACTORS IN VITTAMRAJUPALLY
RURAL POPULATION.

Team members.

BSC CBZC) Students

1. I. SriLatha
2. P. Madhavi
3. G. Sri Lakshmi
4. B. Aswini
5. A. Anitha
6. T. Srinu
7. A. Blessi
8. P. Bhargavi
9. V. Komali
10. SK Reshma
11. K. Yuvanraj
12. B. Ruthu Kamala

Principal:- Dr. K. Srinivas Rao

Faculty mentor:- G. Mani Kumar

Internal viva Committee:-

1. CH. Haribabu
2. BRK. Kishore
3. K.V.S. Koteswaram

Title!:- life style diseases and their risk factors in vittem Rajupalli population.

Aim!:- To identify the reasons and risk factors for the rising incidence of life style and diseases in vittem Rajupalli.

Methods Adopted!:- Community survey and community awareness.

Time lines!:-

first week!:- This includes the 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 and their risk factors in young, Adult, and old people is taken up for this purpose.

second week!:- Community awareness under this programme, an attempt to create the awareness regarding the life style diseases has been

may 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 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:- At though no specific clinical tools are used in this project The formal listed below are used for collecting data and draw conclusions.

1. Questionnaire
2. Tabular charts
3. Graphical representation

S.G.K GOVERNMENT DEGREE COLLEGE, VITTHALWADI
MALNADU DISTRICT
COMMUNITY SERVICE PROJECT

Name of the mentor:- G. Manikumar

Name of the csp:- Life style diseases and Their
Risk factors in Vitthala Rajupalli
Rural population

Survey Questionnaire:-

1. How old are you?-

- a. 20-39 years old
- b. 40-59 years old
- c. 60-80 years old.

2. Are you male (or) female.

- a. female
- b. male

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

- a. lean
- b. Average
- c. over weight
- d. obes.

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

- a) No known family history of heart disease
- b) 2 family members 60 years or older with heart disease
- c) 2 family members 60 years (or) older with heart diseases
- d) 1 family younger than 60 years with heart disease
- e) 2 family members younger than 60 years with heart disease
- f) 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 (2 meals)
- c) Alternate days
- d) Twice a week
- e) once a week
- f) once a month

6. In general, which type of foods 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 (months or more tobacco free)
- c) smoke 1-10 cigarettes a day
- d) smoke 20-29 cigarettes a day and/or chew tobacco infrequently
- e) smoke 30-39 cigarettes a day and/or chew tobacco frequently
- f) smoke 40 (or) more cigarettes a day and/or chew tobacco frequently

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

9. Have you had blood cholesterol checked recently?

10. Have you had blood pressure checked recently?

11 Do you sleep for about eight hours per night?

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

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

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

15 Do you stay away from cigarettes 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 GP regularly if you feel something is wrong?

a) yes b) no

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

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

columns used:-

Name of the family member	Gender	male / age	Education	profession

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 towards a sedentary routine can cause a number of health issues that can lead to chronic non communicable diseases that can have near like threatening consequences

Non communicable diseases kill around 40 million people each year that is around 70% of all deaths which occur globally. NCD chronic and non communicable form one the main type of NCD are cardiovascular and chronic respiratory diseases in addition to cancer. NCDs such as Cardiovascular diseases (CVD) stroke diabetes and common forms of cancers are heavily linked to life style choices and hence they are often known as life style diseases

- age
- Race
- Gender
- Genetics

metabolic risk factors:- increased blood pressure
 obesity increase blood glucose levels or hyperglycemia
 increased levels of in blood or hyperlipidemia increasing
 blood pressure in testing metabolic risk factors
 globally with 19% of global deaths attributed to it.
 followed by obesity by and hyperglycemia.

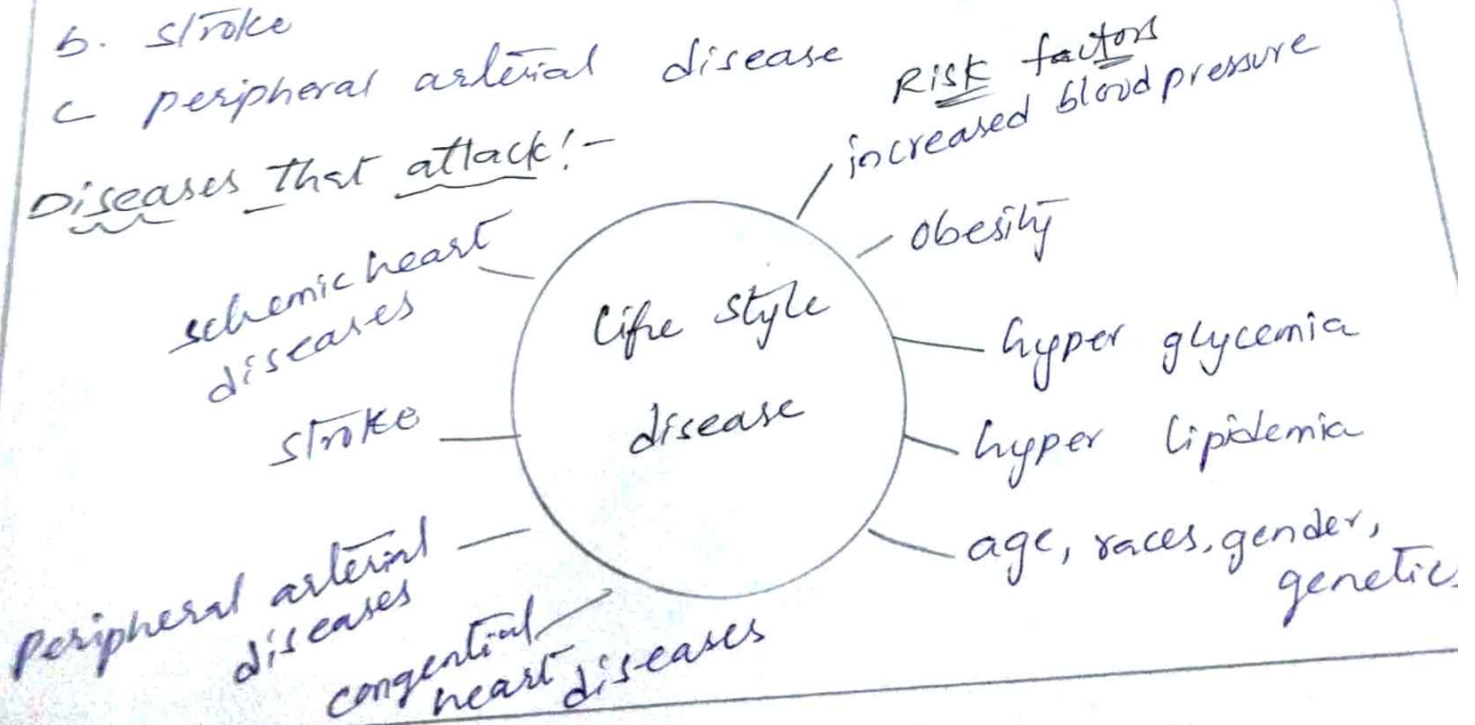
four major life style diseases:-

a. isochronic heart disease

b. stroke

c. peripheral arterial disease

Diseases that attack:-



Observation made during the community survey the life style diseases were very common in the people who are sedentary without regular exercise and have the habit of the smoking and drinking. Many people who are illiterate and hence have no idea about the balanced diet are getting these life style diseases.

Some illiterate with smoking and drinking habits are also affecting.

The people who are with a many of tensions and pressures are getting these diseases.

The people who don't get balanced diet also get into these risk.

I come the notice that every year atleast two people are dying because of these life styles diseases in our survey area.

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

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

Considerations to be taken:

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

Life style diseases and risk factors: person with balanced diet and good habits compared health state with a person having bad habits



sign persons with good diet and habits



sign persons with bad habits and no balanced diet

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 the followed the balanced diet and regular Exercises we may less Attacked by those diseases

* we all should be away from the cigarette and Alcohol we must not do even passive smoking also.

* These life styles diseases may causes death also

* These life styles diseases may causes death also

so. it is found that The people with balanced diet and having regular exercise are having less risk of life style diseases so Every should change our life styles.

Acknowledgement:-

Mani kumar sir (Botany lecture Sgk. Govt Degree college VNK)

Kishore sir (Zoology lecture Sgk. Govt. Degree college VNK)

Paleti. Bhargavi. and all my classmates

Reference:-

* Life style diseases paper back Surendra

G. Guttani, AJay D. Kshivngar, K Yaks
merde

* EAT TO CEAT Diseases:- NO.

* why we get sick - K. Gopi. (com)

S.NO	Age Groups				whether diabetes is reported	
	0-25 young	25-50 Adult	50-70 middle	70-100 old	Yes	No
	10	33	7		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: Paleti. Bhargavi Group: Hall BSC (B2C)
Ticket No: 4203079026 Phone No: 9391557515

◆ Surveying Area Details:

Village/Ward Name: Vittam Rajupalli 4th ward
Date: 1/6/22 Time: 6:30

◆ Person Contacted for Survey:

Name: D. Rajesh House No: 2-244

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	D. Rajesh	male	26	B.com (com)	volunteer ☐
2	D. Yogi Bhavani	female	20	n/o	Tailer

Health Details:

(i) Diseases in family: n/o

(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
				☐

- ☐ 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

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?

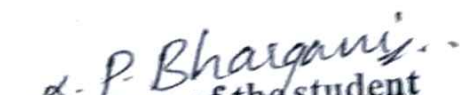
- ☒ Yes
☐ No

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

- ☒ Yes
☐ No


Signature the participant

Signature of the mentor


Signature of the student

