

1	Name of the Student	Tirumala Srinu	
2	Regd. No. of the Student	V03099036	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	B.Sc	
5	Program Combination		
6	Name of the Mentor	Manikumar	
7	Name of the CSP	life style diseases and Risk factors	
8	Place of CSP execution	Vinukonda Urban.	
S.No	Date	Work done	No.of hours spent
1.	2-6-2022	Surveyed Pithamma, Tirumalemma, Subbamma	3
		Tirupalamma, Yesamma, Durgamma, Parvathi House	
2.	3-6-2022	Surveyed Nagamani, Kumari, Subbasao, Kotaiah, Pradeep	2.
		Venkamma, gurayamma, Chinnu Kotaiah, bala kotamma	
3.	4-6-2022	Kotaiah, Anjali, Subbaiah, Srinu, Nagayya.	2.
		Tirupattabai, parvathi	

T. Manikumar

G. Manikumar
Lecturer in Botany
mentor

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

1	Name of the Student	Tirumala Srinu	
2	Regd. No. of the Student	Y203099036	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	B.sc	
5	Program Combination		
6	Name of the Mentor	Manikumar	
7	Name of the CSP	life style diseases and Risk factors	
8	Place of CSP execution	Vinukonda Urban.	

S.No	Date	Work done	No.of hours spent
4.	5-6-2022	Venkateswarlu, Peda Nagaiiah, Hanumanthi, Nemilaiiah, Pandu Rangaiiah, Ranaiah, China Nagaiiah, Chanti	3
5.	6-6-2022	K. Ravi Kiran, J. Lakshmi, G. Mashie, G. Dibbala, CH. Rani, K. Raju, Ramakoo, V. Venkatesh, V. Baji	2.
6.	7-6-2022	N. Nagarwara Rao, Anusha, manikar, Ravichandra, Subbulu, Srinu, Ankalu, Raju, Srinu, Durgamma	2

(Signature)

G. Manikumar
Leet. in Botany
mentor

Team members :-

Bsc (BZC) Students.

iprapathom Srilatha

palepogu madhavi.

Golla Srilakshmi

Bhavanasi Aswini

~~Anula Anitha~~

Tirumala Srinu

~~Amruthapudi Blessi~~

palek Bhargavi

Vasipalli Komali

Shaik Reshma

Kodamala Yuvraj

Bathena Rutsa Komala.

Principal : Dr. K. Sreenivasa Rao garu

Faculty mentor : G. mani kumar.

Internal viva Committee :

1. CH. Haribabu.

2. BRK Kishore

3. K.V.S. Koteswara Rao.

Title :- Life style diseases and their risk factors in Vinukonda Urban population.

Aim :- To identify the life style diseases and their risk factors in Vinukonda Urban population of palanadu district.

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 the questionnaire. Different age groups are selected for the collection of data. A Comparative study of the life style diseases and the risk factors in young, adult, old people is taken up for this purpose.

Second Week : Community awareness. under this programme, an attempt to create the awareness regarding the lifestyle, diseases and risk factors has been made by the team members individually. Different age groups are addressed separately for this survey purpose.

Third Week : All the data collected has been compiled in the form of project report. This includes the analysis of the data. Basing on this definite conclusions are drawn regarding the prevalence of diseases and Lifestyle and risk factors. This includes the graphical representation of data.

Fourth Week : It includes the presentation of our project to the internal Viva Committee at 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 conclusions

1. Questionnaire
2. Tabular Columns
3. Graphical representation

Government Degree College Vinukonda
Life style diseases and their risk factors
in Vinukonda urban population

Questionnaire

Name of the student : Prin

Name of the faculty mentor :

Name of the villager :

Family Details

How old are you?

You male or female?

How would you describe your body and physical condition

How many members of your family have a history of the heart-disease?

in general which type of food do you mostly to eat?

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

Non-smoker and non-tobacco user?

Do you sleep for about eight hours per night?

1. Are you physically active and exercise regularly or do you have non exercise or irregular physical activity?
2. Have you had your blood Cholesterol Checked recently?
3. Have you had your blood pressure Checked recently?
4. Do you go to sleep easily and sleep through the night?
5. Do you eat at least five fruits and vegetables each day?
6. Do you limit the amount of Sugar and salt in your diet?
7. Do you stay away from Cigarettes and other tobacco products.
8. Do you avoid alcohol and drugs
9. Do you brush your teeth atleast twice a day?
10. Do you see a dentist and Gp regularly if you feel something went wrong?
11. Do you usually feel that you can manage all of the tasks required of you in a given day?
12. Do you have family and friends ready to help and support if you need?

Tabular Columns used :-

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

Health details Column.

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 divert 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 10 million people each year. That is around 70% of all deaths which occur globally. NCD are Chronic and Non-Communicable from one.

The main type NCDs are Cardiovascular, and Chronic — respiratory disease in addition to Cancer. NCDs such as Cardiovascular diseases (CVD), stroke, diabetes and certain forms of cancers are heavily linked to lifestyle choices, and hence they are known as lifestyle diseases.

Non-modified risk factors:

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

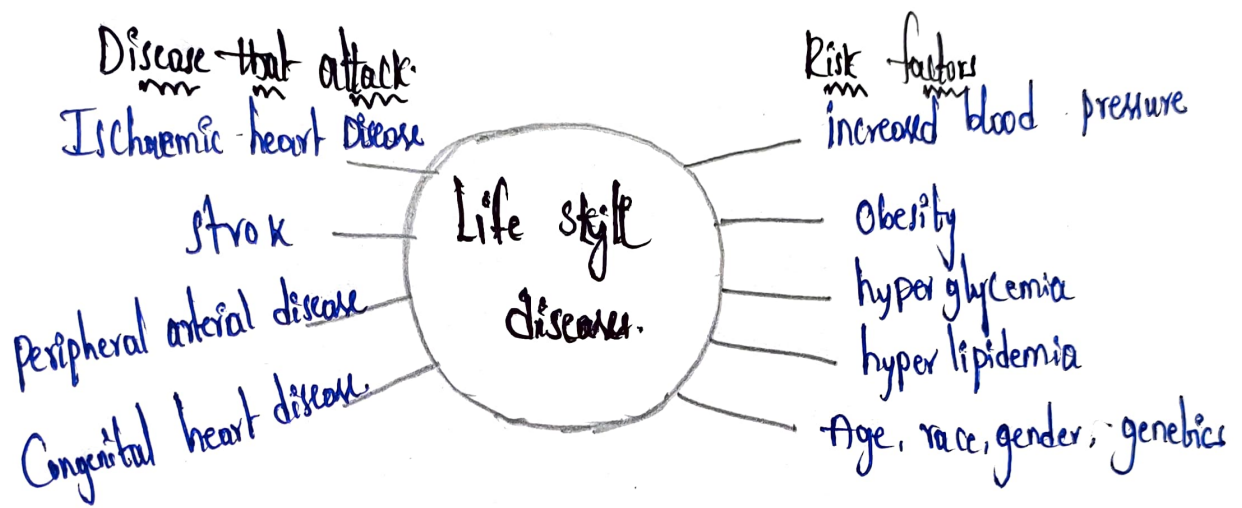
Metabolic risk factors:

- increased blood pressure
- Obesity
- increase blood glucose levels or hyperglycemia
- increased levels of fat in blood or hyperlipidemia.

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

Four Major Life style Diseases :-

- A. ischaemic heart disease
- B. Stroke
- C. peripheral arterial disease
- D. Congenital heart disease



Observation made during the Community Survey :-

- The lifestyle diseases are very common in the people who are sedentary without regular exercises and have the habit of smoking and drinking.
- many people who are illiterates and have no idea about the balanced diet are getting these life style diseases.
- Some literates with smoking and drinking habits are also affecting

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

The people who didn't get balanced diet also got into their risk.

I came to notice that every year atleast two people are dying because of these life style 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.

Precautions to be taken :-

The people must take balanced diet.

The people must do regular exercises.

They must less depend upon Carbohydrate diet.

The 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.

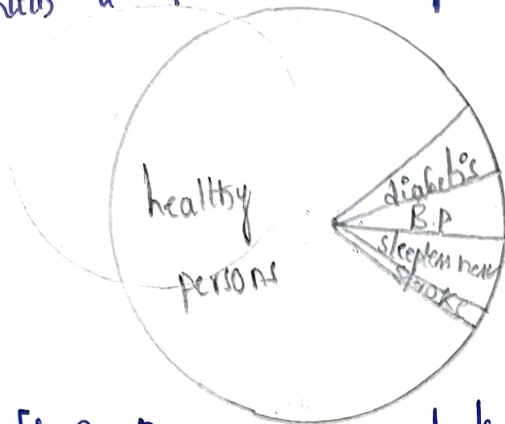


Fig A: Persons with good diet and habits

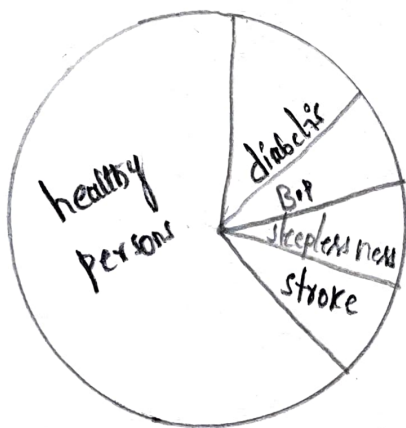


Fig B: persons without bad habits and no balanced diet.

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 alcohol and other antisocial activities.

* As we follow 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 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 lifestyle

Acknowledgements :-

Mani Kumar 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.)

Srinivas and

All my class mates.

References :-

1. Life style Diseases Paperback - Surendra G Guttani, Ajay D Kshirsagar.
2. EAT TO BEAT Disease - Dr. William L.
3. Why We Get sick - Benjamin Bikman, PhD.

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: **T. Srinu**

Group: Hall **II B2C**

Ticket No: **7203090036**

Phone No: **9891102490**

❖ Surveying Area Details:

Village/Ward Name: **V. Vppanapalem, Vinukonda (M) Palanadu (D)**

Date: **04/06/2022**

Time: **3:00 PM**

❖ Person Contacted for Survey:

Name: **Gopu Pedu Nagaiiah** 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.	Gopu Ravanamma	F	30	—	Labour ☐
2.	Gopu Tirupalu.	M	11	6	Student ☐
3.	Gopu Suvastha	F	9	4	Student. ☐

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

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
- 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

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

- ☒ Bland and boiled
- ☐ Salty
- ☐ Oily and fatty
- ☐ Sweet

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

- ☐ Non-smokeí & non-tobacco useí
- ☐ Ex-tobacco smokeí (6 months oí moíe tobacco-free)
- ☐ Smoke 1-10 cigaíettes a day
- ☒ Smoke 11-19 cigaíettes a day and/oí chew tobacco infrequently
- ☐ Smoke 20-29 cigaíettes a day and/oí chew tobacco infrequently
- ☐ Smoke 30-39 cigaíettes a day and/oí chew tobacco frequently
- ☐ Smoke 40 oí moíe cigaíettes a day and/oí chew tobacco frequently

7. Aíe you physically active and exeícise íegulaíly oí do you have noexeícise oí íííegulaí physical activity?

- ☐ Sedentaíy without íegulaí exeícise
- ☐ Sedentaíy with íegulaí exeícise
- ☒ Active without íegulaí exeícise
- ☐ Active with íegulaí exeícise

8. Have you had you blood cholesteíol checked íecently?

- ☐ below 180 mg
- ☐ 181mg - 230mg
- ☐ 231 - 280mg
- ☐ above 281mg
- ☒ not checked

9. Have you had you blood píessuíe checked íecently?

- ☐ Systolic Blood Píessuíe in mm/Hg
- ☐ below 120 untíeated
- ☐ 120-140 untíeated
- ☐ 142-160 untíeated
- ☐ above 160 untíeated
- ☐ 120-140 tíeated
- ☐ 142-160 tíeated
- ☐ above 160 tíeated
- ☒ not checked

10. Do you sleep foi about eight houis peí night?

- ☒ Yes
- ☐ No

11. Do you go to sleep easily and sleep thíough the night?

- ☒ Yes
- ☐ No

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

- ☒ Yes
- ☐ No

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

- ☒ Yes
☐ No

14. Do you stay away from cigarettes and other tobacco products?

- ☒ Yes
☐ No

15. Do you avoid alcohol and drugs?

- ☒ Yes
☐ No

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

- ☐ Yes
☒ No

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

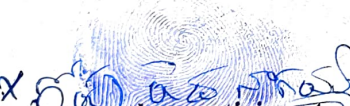
- ☒ Yes
☐ No

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

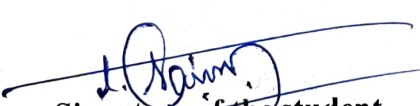
- ☒ Yes
☐ No

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

- ☒ Yes
☐ No


Signature of the participant


Signature of the mentor


Signature of the student