

A Project Report on

## **“HEALTH AND HYGIENE”**

Submitted in partial fulfillment of the requirements for the award of the degree of

### **BACHELOR OF TECHNOLOGY**

in

### **COMPUTER SCIENCE AND ENGINEERING**

Submitted by

**S R K S S N RAJU (21P31A05C3)**

Under the esteemed supervision of

**Ms. N MADHURI , M.Tech.,(Ph.D)**

**Assistant professor**



## **ADITYA COLLEGE OF ENGINEERING & TECHNOLOGY**

Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada

Accredited by NAAC (A+) and NBA

Surampalem, Kakinada District, Andhra Pradesh - 533 437

2021-2025

# **Community Service Project Report**

*Submitted in accordance with the requirement for the degree of : Bachelor of  
Technology*

Name of the College: Aditya College of Engineering and Technology

Department: Computer Science and Engineering

Name of the Faculty Guide: **N MADHURI**

Duration of the CSP: From 22\8\2022 To 4\9\2022

Name of the Student: **S R K S S N RAJU (21P31A05C3)**

Program of Study: B. Tech

Register Number: 21P31A05C3

Year of Study: II Year

Semester: II-I

Date of Submission:



## Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

### INSTITUTE VISION.

To induce higher planes of learning by imparting technical education with


- ✓ International standards
- ✓ Applied research
- ✓ Creative Ability
- ✓ Value based instruction and to emerge as a premiere institute.

### INSTITUTE MISSION

Achieving academic excellence by providing globally acceptable technical education by forecasting technology through

- ✓ Innovative Research And development
- ✓ Industry Institute Interaction
- ✓ Empowered Manpower



  
Principal  
PRINCIPAL  
Aditya College of  
Engineering & Technology  
SURAMPALAM



# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

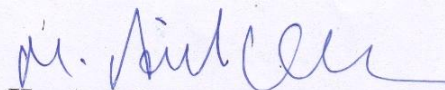
## Department of Computer Science and Engineering

### VISION

- ✓ To become a center for excellence in Computer Science and Engineering education and innovation.

### MISSION

- ✓ Provide state of art infrastructure.
- ✓ Adapt Skill based learner centric teaching methodology.
- ✓ Organize socio-cultural events for better society.
- ✓ Undertake collaborative works with academia and industry.
- ✓ Encourage students and staff self-motivated, problem-solving individuals using Artificial Intelligence.
- ✓ Encourage entrepreneurship in young minds.

  
Head of the Department

Head of the Department  
Dept. of CSE  
Aditya College of Engineering  
& Technology  
SURAMPALAM-533437





# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

## Department of Computer Science and Engineering

### Program Educational Objectives

PEO 1	Capability to design and develop new software products as per requirements of the various domains and eligible to take the roles in various government, research organizations and industry
PEO 2	More enthusiastic to adopt new technologies and to improve existing solutions by reducing complexity which serves society requirements as per timeline changes
PEO 3	With good hands-on basic knowledge and ready improve academic qualifications in India or abroad.
PEO 4	Ability to build and lead the team to achieve organizational goals

**Head of the Department**

Head of the Department  
Dept. of CSE  
Aditya College of Engineering  
& Technology  
SURAMPALEM-533437



**Department of Computer Science and Engineering**

**PROGRAM SPECIFIC OUTCOMES**

**PSO 1:** The ability to design and develop computer programs for analyzing the data.

**PSO 2:** The ability to analyze data & develop Innovative ideas and provide solution by adopting emerging technologies for real time problems of software industry.

**PSO 3:** To encourage the research in software field that contribute to enhance the standards of human life style and maintain ethical values.

**Head of the Department**

**Head of the Department  
Dept. of CSE  
Aditya College of Engineering  
& Technology  
SURAMPALAM-533437**



# ADITYA COLLEGE OF ENGINEERING & TECHNOLOGY

Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada

Accredited by NAAC (A+) and NBA

## DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING



### CERTIFICATE

This is to certify that the Community Service Project work entitled, "**Health and Hygiene**", is a Bonafede work carried out by S R K S S N RAJU in partial fulfillment of the requirements for the award of the degree of **BACHELOR OF TECHNOLOGY** in **COMPUTER SCIENCE AND ENGINEERING** from Aditya College of Engineering and Technology, Surampalem, during the academic year 2022-2023.

This project work has not been submitted in full or part to any other University or Educational Institute for the award of any Degree or Diploma.

#### PROJECT SUPERVISOR

Ms. N MADHURI, M.Tech., (Ph.D)

Assistant professor

#### HEAD OF THE DEPARTMENT

Dr. M. Anil Kumar, M.Tech., Ph.D.

Professor

#### EXTERNAL EXAMINER

## **STUDENT'S DECLARATION**

I, S.R.K S S N RAJU , a student of B. Tech Program, Reg. No. 21P31A05C3 of the Department of Computer Science and Engineering, Aditya College of Engineering and Technology College do hereby declare that, I have completed the mandatory community service project from 22\08\2022 to 4/9/2022 in **REPURU** under the Faculty Guideship of Ms N MADHURI, Department of Computer Science and Engineering in College Aditya College of Engineering and Technology.

*(Student Signature and Date)*

**Endorsements**

*Faculty Guide*

*Head of the Department*



## **CERTIFICATE FROM OFFICIAL OF THE COMMUNITY**

This is to certify that **S R K S S N RAJU** Reg. No. **21P31A05C3** of Aditya College of Engineering and Technology underwent community service in **REPURU** from 22 /8/2022 to 4/9/2022. The overall performance of the Community Service Volunteer during his/her community service is found to be \_\_\_\_\_ (*Satisfactory/Good*).

*Authorized Signatory with Date and Seal*

## ACKNOWLEDGEMENTS

It is with immense pleasure that we would like to express our indebted gratitude to my **project supervisor, Ms. N MADHURI**, M.Tech.,(Ph.D)., Assistant Professor who has guided us a lot and encouraged us in every step of project work, her valuable moral support and guidance has been helpful in successful completion of this Project.

We wish to express our sincere thanks to **Dr. M. ANIL KUMAR** M.Tech.,Ph.D., **Head of the Department of CSE**, for his valuable guidance given to us throughout the period of the project work.

We feel elated to thank **Dr. A. RAMA KRISHNA** M.Tech.,Ph.D., **Dean(Academics & Administration)** of Aditya College of Engineering and Technology for his cooperation in completion of our project work.

We feel elated to thank **Principal, Dr. DOLA SANJAY S** M.Tech.,Ph.D., of Aditya College of Engineering and Technology for his cooperation in completion of our project and throughout our course.

We wish to express our sincere thanks to all faculty members, and lab programmers for their valuable guidance given to us throughout the period of the project.

We avail this opportunity to express our deep sense and heart full thanks to the **Management of Aditya College of Engineering & Technology** for providing a great support for us by arranging the trainees, and facilities needed to complete our project and for giving us the opportunity for doing this work.

**STUDENT NAME**

**S.R.K S S N RAJU  
(21P31A05C3)**

## **ABSTRACT**

Health is well in terms of physical, social as well as mental aspects of a person. Having good health helps us to function better. Being healthy helps us to fight against diseases and make our bodies healthier. Hygiene refers to everyday practices to keep ourselves healthy. These practices protect us from illnesses.

Hygiene correlates to health. Hygiene refers to practices to ensure that we have good health. These practices focus on cleanliness, clean environment and nutritious diets, all of which are important to the human body personal and social hygiene help to protect our bodies from illnesses. Building a robust immune system requires good health with proper Hygiene.

A nutritious diet is a prerequisite to good health. A balanced diet involves consuming different kinds of foods like fruits, vegetables, staples, legumes and proteins. Fruits and vegetables contain minerals and vitamins that are important for the body. Drinking fluids help to keep our bodies hydrated. They flush out the toxins and make us stronger. Fats, oils and sugars provide us with energy, but we must consume them in limited quantities. Some people also include meat into their diet, which has sufficient protein. Dairy products have calcium that helps strengthen bones. Washing fruits and cooking vegetables before consumption is essential for Hygiene

Cleanliness is also necessary. Taking a bath regularly and wearing clean clothes improves our Hygiene. Washing hands helps to keep germs away. We must cut our nails when they grow long and brush and floss our teeth every day. Exercising every day makes us healthy and fit. These practices help to build our immune system.

Hygiene and good health also include keeping our surroundings clean. We must dispose of garbage correctly and not throw it on the streets. Defecation on the streets is highly unhygienic. We must adopt these practices not just to keep ourselves fit but also for our society.

# CONTENTS

CHAPTER	PAGE No.
ABSTRACT	12
LIST OF FIGURES	15
LIST OF TABLES	15
<b>1. EXECUTIVE SUMMARY</b>	
1.1 Brief description of the Community	16
1.2 Summary of all the activities	16
1.3 learning objectives	16
1.4 Project outcomes	16
1.5 Factors of good health and hygiene	17-19
<b>2. OVERVIEW OF THE COMMUNITY</b>	
2.1 Historical profile of the community/habitation	20
2.2 2011 census details	21
2.3 Statistics as per 2011	21
<b>3. COMMUNITY SERVICE PART</b>	
3.1 Activities undertaken in the Community	22
3.1.1 Activity log for the First week	23
3.1.2 Weekly Report of Week-1	24
3.1.3 Activity log for the Second week	25
3.1.4 Weekly Report of Week-2	26
<b>4. OUTCOMES DESCRIPTION</b>	
4.1 Details of the Socio-Economic Survey of the Village/Habitation	27
4.2 Method used to collect survey	27
4.3 Questionnaire prepared for the survey	28-30
4.4 On which bases questions are prepared	30-33



4.5	Problems identified in the community	33-35
4.6	A study on health and hygiene by who	35
4.7	Short-term and Long-term action plans for possible solutions	36-40
4.8	Surveys collected in csp	45-47
	4.8.1 Graphical representation of surveys	48-56
4.9	Report of the mini-project work done	56
<b>5</b>	<b>HEALTH AND HYGIENE</b>	
5.1	Importance of health and hygiene	58-59
5.2	Steps follow to collect information	60
		61
<b>6.</b>	<b>RECOMMENDATIONS AND CONCLUSIONS OF THE MINI PROJECT</b>	
		62-63
<b>7.</b>	<b>POWER POINT PRESENTATION SLIDES</b>	
		64
<b>8.</b>	<b>STUDENT SELF-EVALUATION FOR THE CSP</b>	
<b>9.</b>	<b>EVALUATION BY THE PERSON IN-CHARGE IN THE COMMUNITY / HABITATION</b>	65
<b>10.</b>	<b>PHOTOS &amp; VIDEO LINKS</b>	66-68
<b>11.</b>	<b>INTERNAL ASSESSMENT STATEMENT</b>	69

## **LIST OF FIGURES**

<b>S.No.</b>	<b>NAME OF FIGURE</b>	<b>PAGE No.</b>
1	Health and Hygiene	19,41-43
2	Photos and Videos Link	66-68

## **LIST OF TABLES**

<b>S.No</b>	<b>NAME OF TABLE</b>	<b>PAGE No.</b>
1	2.1 Statistical data of community	21
2	3.1.1 Activity Log for First week	23
3	3.1.3 Activity Log for Second week	25

## **CHAPTER 1- EXECUTIVE SUMMARY**

### **DESCRIPTION OF COMMUNITY:**

**REPURU** is a locality near **KAKINADA** City. It is a part of "KAKINDA Rural Municipal services “. Repuru is located in East Kakinada district in Andhra Pradesh. 533006 is the pin code (Postal code) of Repuru.

### **SUMMARY OF ACTIVITIES DONE :**

- Finding the village that is suitable for my project.
- Conducted the survey by preparing a form that is useful for gathering information from the individual persons about their health and the cleanliness around their area.
- From that information I found the major problems faced by the people in the surroundings and no having proper awareness on food diet.
- Find out the possible solution for their problems.
- Conducted the Awareness campaign in the village based on their problems and give the possible solution by interacting with them.

### **LEARNING OBJECTIVES:**

- To sensitize the students to the living conditions of the people who are around them,
- To make students aware of their inner strength and help them to find new /out of box solutions to the social problems.
- Provides opportunity to become active member of the community.
- Enables to acquire life skills and knowledge, as well as provide a service to those who need it most.
- To help students to initiate developmental activities in the community in co-ordination with public and government authorities.

## **OUTCOMES:**

- 1.Improved social responsibility and citizenship skills.
- 2.Improves students’ ability to apply what they have learned in “the real world”.
- 3.Greater interpersonal development, particularly the ability to work well with others, and build leadership and communication skills.

## **FACTORS OF GOOD HEALTH:**

Good health depends on a wide range of factors.

### **GENETIC FACTORS:**

A person is born with a variety of genes. In some people, an unusual genetic pattern or change can lead to a less-than-optimum level of health. People may inherit genes from their parents that increase their risk for certain health conditions.

### **ENVIRONMENTAL FACTORS:**

Environmental factors play a role in health. Sometimes, the environment alone is enough to impact health. Other times, an environmental trigger can cause illness in a person who has an increased genetic risk of a particular disease.

Access to healthcare plays a role, but the WHO suggest that the following factors may have a more significant impact on health than this:

- where a person lives
- the state of the surrounding environment
- genetics
- their income
- their level of education





such personal habit choices as how frequently to take a shower or bath, wash hands, trim fingernails, and wash clothes. It also includes attention to keeping surfaces in the home and workplace clean, including bathroom facilities. Some regular hygiene practices may be considered good habits by the society, while the neglect of hygiene can be considered disgusting, disrespectful, or threatening.



## **CHAPTER 2- OVERVIEW OF THE COMMUNITY**

### **ABOUT REPURU:**

Repuru is a locality in Kakinada City. It is a part of "Kakinada rural ". Repuru is located in Kakinada district in Andhra Pradesh.

Repuru is a Locality in Kakinada Rural City in Andhra Pradesh State, India. It belongs to Andhra region.

Repuru Pin code is 533006 and postal head office is Repuru .

Indhrapalem, Koavada , Chidiga , are the nearby Localities to Repuru.

Probably the most glaring and also depressing features of these village is the poverty and illiteracy of the village people. They are generally poor with a very low income. They take coarse food and put on rough clothes. The pressure on land is high resulting in fragmentation of holdings and poor productivity.

Besides poverty the village people are steeped in ignorance and illiteracy. The opportunities for education are meagre in the villages. The village school is generally in a dilapidated condition. Facilities for higher education are practically nil. Due to poverty the villagers cannot send their sons to city for education. Due to illiteracy, they cannot improve upon their agriculture or supplement their income by other means. Poverty is thus the cause and effect of illiteracy and the backwardness of the villagers. But, The lives of the people in that community are purely dependent on mother nature.



### **REPURU 2011 CENSUS DETAILS:**

Repuru Local Language is Telugu. Repuru Village Total population is 2200 and number of houses are 676. Female Population is 700. Village literacy rate is 63.51% .

### **THE STATISTICS AS PER THE YEAR 2011:**

<b>Census Parameter</b>	<b>Census Data</b>
Total Population	2200
Total No of Houses	676
Female Population %	700
Total Literacy rate %	63.51%



## **CHAPTER 3- COMMUNITY SERVICE PART**

### **Description of the Activities undertaken in the Community during the Community Service Project.**

#### **INTERACTING WITH PEOPLE AND CONDUCTING SURVEY:**

\_By conducting the survey, I gathered the information from the people of the locality related to my project which it includes the problems that are being facing by the people, i.e., about their health, personal hygiene and locality hygiene. This survey includes what type of precautions are taken by the government officials for health and hygiene.

#### **IDENTIFYING PROBLEMS AND FINDING THE SOLUTIONS:**

\_After conducting the survey, I identified all the major problems that are facing by the people and I have found some long term and short-term solutions for the problems in the village.

#### **CONDUCTING CAMPAIGN:**

With all the possible solutions I had conducted a campaign by going to the village and interacting with the people and telling them the solution which I have identified for their problems and creating awareness among the people about health and hygiene.

#### **INTERACTING WITH THE GOVERNMENT OFFICIALS:**

\_I had interacted with the village secretary and discussed all the problems that were noticed by me during the survey in the village and requested to solve the problems that are facing by the people.

Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large. Community

service or volunteerism enables students to acquire life skills and knowledge, as well as provide a service to those who need it most.

It also helps students develop civic and social responsibility skills and become more aware of what their community needs. It has Greater interpersonal development, particularly the ability to work well with others, and build leadership and communication skills .Psychological benefits, social benefits ,cognitive benefits are some of the common benefits of participating in a community service program.

## ACTIVITY LOG FOR THE FIRST WEEK

<b>Day &amp; Date</b>	<b>Brief description of the daily activity</b>	<b>Learning Outcome</b>	<b>Person In- Charge Signature</b>
Day-1 & 22\8\2022	On the first day, we have formed the team and meet our mentor	Team	
Day - 2 & 23\8\2022	Locality identification, discussion and finalization	Location	
Day – 3 & 24\8\2022	Taking permission from the authorities	Permission	
Day – 4 & 25\8\2022	Creating a root map for our survey by taking village officers guidelines	Map	
Day – 5 & 26\8\2022	Preparing the survey questions	Research	
Day – 6 & 27\8\2022	Just visited the place and gather the required information from the panchayat office.	Just visited the place	

## WEEKLY REPORT

**WEEK – 1 (From Dt 22\8\2022 to Dt 27\8\2022)**

<b>Objective of the Activity Done</b>	<b>Team formation and deciding of Topic</b>
Detailed Report	<p>We decided to start the project was started on . The main of the CSP Project is to make students socially responsible citizens who are sensitive to the needs of the disadvantaged sections. To help students to initiate developmental activities in the community in coordination with public and government authorities. On the first we have decided the team mates and next day we have decided the team head. We have gathered the information of the topic. The chapter-1 is completely about the summary of the project. The main of aim of Choosing this topic to bring awareness on the organic farming and income to get from banks for Cultivating farms</p>



## ACTIVITY LOG FOR THE SECOND WEEK

<b>Day &amp; Date</b>	<b>Brief description of the daily Activity</b>	<b>Learning Outcome</b>	<b>Person In-Charge Signature</b>
Day-1 & 30\8\2022	Visited 15 houses near at ward no:1,2 (1-1 to 1-53)and two schools an interacted with 30 people and survived them about the health and hygiene . Noted the facilities about the health and hygiene	Noted the details like water facilities, food diet, collection of waste materials, health issues, etc.	
Day-2 & 1\9\2022	Visited 15 houses at ward no :3,4 (1-54 to 2-37)and interacted with 30 people and survived them about the health and hygiene . Noted the facilities about the health and hygiene	Noted the details like water facilities, food diet, collection of waste materials, health issues, etc.	
Day-3 & 2\9\2022	Visited 10 houses at ward no:5,6 (2-38 to 3-15)and interacted with 25 people and survived them about the health and hygiene . Noted the facilities about the health and hygiene	Noted the details like water facilities, food diet, collection of waste materials, health issues, etc.	
Day-4 & 3\9\2022	Visited 1 houses at ward no:7,8 (3-16 to 3-98)and interacted with 35 people and survived them about the health and hygiene . Noted the facilities about the health and hygiene	Noted the details like water facilities, food diet, collection of waste materials, health issues, etc.	
Day-5 & 4\9\2022	Visited 15 houses at ward no:9,10 (3-99 to 3-158)and interacted with 28 people and survived them about the health and hygiene . Noted the facilities about the health and hygiene	Noted the details like water facilities, food diet, collection of waste materials, health issues, etc.	

## WEEKLY REPORT

WEEK-2(From Dt 30\8\2022 to Dt 4\9\2022)

<b>Objective of the Activity Done:</b>	<b>To collect the information from the people regarding the Health and Hygiene of the people and environment.</b>
Detailed Report:	<p>On the first day we had interacted with the village Gumasta and met Secretary to take the permission regarding conduction of project and taken the data from the sachivalayam staff about the corona cases recorded and how many number Of streets and how many numbers of houses in the village. In this we had interacted with nearly 110 people where we collected information regarding their health and environmental surroundings and what problems they are facing in the community. Actually, in this whole week we noticed that many problems that are being faced by the people like there are not having proper guidance on on what type of food diet, they need to follow, and waste materials are thrown on the streets and they do not know that the dry waste and wet waste need to be disposed separately. Hospital facility is not there.</p>

## **CHAPTER 4- OUTCOMES DESCRIPTION**

The topic for the Socioeconomic Survey that we have chosen is Health and Hygiene. For going forward to do the Survey, we went to the Village officials and taken their permission for the interaction with the people in the village. Later on, we went to the people for the direct interaction for knowing their problems and the changes that they were required to be change. For knowing their problem's, we interacted with most of the people in the village, so that we can identify the most common problems that were faced by people in the village. Among those details we can list out the most common problems and we can give them some solutions regarding their issues. we worked on it for showing some solutions for the people based on the problems they were facing in their daily life. So, to collect those details. we have interacted with the people by asking some questions that we prepared.

### **Which method is used to collect data while taking survey? and why?**

- We used google forms for our survey and we prepare 15 questions for our survey
- The interface is very easy to use.
- Any user with an average Internet knowledge can create forms using this tool.
- The assistant is simple to use.
- The What-You-See-Is-What-You-Get interface makes it easy to drag and drop form elements and organize them based on actions or events
- Finally after completing data we will get the survey output in excel sheet and each question can be represented in pie chat form or graphically.

### ***The Questions Prepared For The Survey:***

QUALIFICATION:

Your answer \_\_\_\_\_

OCCUPATION:

Your answer \_\_\_\_\_

1.How do you feel that the cleanliness  
in your local environment?

- ☐ Good
- ☐ Average
- ☐ Bad

2.After Cleaning the house what will  
you do the waste materials?

- ☐ Throw on the streets
- ☐ Throw in the dust bin



6. Did 104 vehicle visit your village or not?

- ☐ Yes
- ☐ No

7. What kind of waste do you find in your local environment?

- ☐ Disposable materials
- ☐ Non-Disposable materials

8. Is the drainage cleaned properly?

- ☐ Yes
- ☐ No

9. In case of emergency how long are you travelling?

- ☐ Within 1km
- ☐ 1-5km





13. Will you maintain proper food diet?

☐ Yes

☐ No

14. How would you rate the medical services in your area?

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

15. How would you rate the municipal services in your area?

1 ☐

2 ☐

3 ☐

### ***ON WHICH BASICS THE QUESTIONS ARE PREPARED :***

1. How do you feel that the cleanliness in your local environment?

We are doing survey on health and hygiene .so if the surroundings of our area is neat and clean there is the less chance of getting diseases.so we have prepared our first question on knowing about the environment.

2.After Cleaning the house what will you do the waste materials?

In villages most of the people are uneducated and and most of the people don't have idea about the cleanliness and we will have poor municipal services so on that reason we have prepared this reason.

3.What form of drinking water are you using?

In village most of the people will drink tap water which was not purified and now a days drinking unpurified water leads to health issues so on that bases we have prepared this question.

4.How many times in a week the street dustbins are cleaned in the streets?

If the waste was not collected regularly most of the people will through the waste on the street roads or in a empty land this will cause some health issues so we have prepared this question.

5.How the waste materials are collected?

We ask this question for knowing about cleanliness or hygiene and how the waste was collected is the waste was separated for both degradable and biodegradable waste or not.

6.Did 104 vehicles visit your village or not?

We made this question for knowing about the medical services in village .and 104 vehicle main scheme was to go to villages and serve the people.

7.what kind of waste do you find in your local environment?

We made this question on bases of hygiene and to know about the what kind of waste they found (bio degradable, degradable).

8.Is the drainage cleaned properly?

If the drainage was not cleaned properly .it will lead to some of the diseases like malaria and dengue so it is mandatory to clean drainage properly on that bases this question was prepared.

9.In case of emergency how long are you travelling?

In villages proper medical facilities are not available so to identify how many km they are traveling for medical services we have prepared this question.

10.Are there any safety measures taking by the officials to avoid mosquitos in your locality?

During winters and in rainy season most of the common disease are dengue and malaria and some of the viral fevers .to avoid these diseases how the government is responding and what are the actions taking by them to prevent disease on this basis the question has been prepared.

11.Do you think that you are getting proper medical services?

This is one of the important question to know about the medical services which was provided by government and private clinics and the availability of medicine in the village on this bases the question has been framed.

12. Did government officials gives you instructions towards new diseases?

This question is about to know how the government is responding towards new diseases and officers in village sachivalayam and how they are planning to avoid the new diseases.

13. Will you maintain proper food diet?

To stay healthy proper food diet plays an imp role in our daily routine .so on this basis the question has been prepared.

14. How would you rate the medical services in your area?

This question is prepared to know about the how many marks they will give for whole medical services available in village.

15. How would you rate the municipal services in your area?

This question is prepared to know about the how many marks they will give for whole municipal services available in village.

## The Problems Identified:

- Waste Materials are not thrown in the dustbin.
- Not having proper awareness on health.
- Waste materials are not collected properly.
- Going very long for hospitality services
- No proper water distribution

### **1. Waste Materials are not thrown in the dustbin:**

**17%** People in the village does not have proper knowledge about where to throw waste materials. They are dumping waste materials in open spaces instead of dustbins. They do not

have proper knowledge about dry waste and wet waste. They are dumping wet waste and dry waste together.

## **2. Not having proper awareness on health:**

Nearly half of the People (47%) in the village does not have proper awareness on health. Lack of health awareness is a big problem. Lack of awareness can be for a number of reasons: the absence, inaccessibility or inaccuracy of information; or even cultural taboos, myths and fears, which can stop people from taking preventative action or seeing healthcare workers.

## **3. Waste materials are not collected properly:**

Waste materials are not collected properly from the house. Waste poses a threat to public health and the environment if it is not stored, collected, and disposed of properly. The perception of waste as an unwanted material with no intrinsic value has dominated attitudes towards disposal.

Short-term and long-term action plan for possible solutions for the problems identified and that could be recommended to the concerned authorities for implementation.

After collecting all their problems and I sort out some major problems from them. And tried to give them some solutions for their problems. According to their problems I have given them some Short-term and long-term action plans for solving their problems. I thought these may helpful to the famers in the village to resolve their problems.

## **4. Going very long for hospital services:**

The major problem in repuru village is the hospital services they will travel Kakinada for hospital which is 5-10 km (70%) from the village there are facing more problem on hospital services .

## **5. No proper water distribution:**

Another major problem in repuru village is water problem, they don't have a proper water supply most of the people get water from Kakinada which is 5-10 km far from repuru village. and some them get water from Sai baba temple where they distribute 2 tins of water freely per day

## **A STUDY ON HEALTH AND HYGIENE BY WORLD HEALTH ORGANIZATION :**

According to WHO (1948) defined Health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Health is the natural state of a living organism. It means if a person is not in the least affected by any disease, he is called healthy.

In other words, a man is said to be healthy when he has got no bodily pain or disease (Deodar, 1983). Every year, due to diarrhea, around 842,000 people are estimated to die. The main reasons of the diarrhea are unsafe drinking water, sanitation and hand hygiene (WHO 2015). In 2015, 32 % of the world's population (2.4 billion) lacked improved sanitation facilities and 663 million people used unimproved drinking water (UNICEF 2016).

According to United Nations by the middle of this century between 2 billion to 7 billion people will be faced with water scarcity. So, there is little wonder that water has been described as “the oil of the twenty-first century” (Schumacher 2005).

Approximately 37% of the world population i.e., 2.5 billion people in the globe defecates in the open due to deficiency of adequate facilities for sanitation (WHO, 2014). To provide sanitation and hygiene to a growing population of more than 1.21 billion of India is a major challenge. Increase of population would further put pressure on sanitation,

## **SOLUTIONS:**

- Waste materials must be taken daily, so that we can reduce the growth of mosquitoes.
- Put wet waste like leftover foods, vegetables, peels etc in an organic dustbin.
- Mosquitos' sprays must be used everywhere in the locality.
- Dustbins should be different for both disposable and non-disposable wastes.
- Medical Campaigns should be conduct in that area.
- In case of any emergency, at least a doctor should be there in that area at any time.

## **SHORT-TERM SOLUTIONS:**

- Creating more awareness on wet waste materials and dry waste materials.
- Creating more awareness on food diet to follow. E.g. proper amount of water, intake of proteins, vitamins etc....
- We need to improve hygiene awareness.
- Medical Campaigns should be conduct in that area.
- In case of any emergency, at least a doctor should be there in that area at any time.
- Create Awareness among the people in Repuru.
- Government Officials have to create proper awareness about the proper diet in that area
- Govt. has to provide drinking water at no cost.



### 1. What is dry waste?

Dry waste consists of waste that does not decay. It is also known as waste which cannot be biodegradable. Dry waste consists of paper, glass, thermal, Styrofoam, rubber, metal, cloth, empty bottles, stationeries, etc. and can be recycled into new products further. Before segregating, sharp materials like glass and other metals shall be kept in a separate bag/container.

### 2. How dry waste is to be disposed?

Dry waste is the kind of waste which is not biodegradable. Hence wet waste can be converted and recycled into new products and reused further.

### 3. What is wet waste?

Wet waste is all the kitchen waste that we produce. E.g.: vegetable peels, used tea bags, fruits, leftovers, coconut shells, flowers, leaves, meat or nonveg, expired food items, bread, biscuits, etc.

### 4. How wet waste is to be disposed?

This is organic waste which can be recycled and converted into compost. Most of the wet waste comes from the kitchen itself. Restaurants, buildings and factories need efficient wet waste management systems.

## **AWARENESS ON FOOD DIET:**

- A healthy diet helps to protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.
- Unhealthy diet and lack of physical activity are leading global risks to health.
- Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer term health benefits such as reducing the risk of becoming overweight or obese and developing NCDs later in life.
- Energy intake (calories) should be in balance with energy expenditure. To avoid unhealthy weight gain, total fat should not exceed 30% of total energy intake (1, 2, 3). Intake of saturated fats should be less than 10% of total energy intake, and intake of trans-fats less than 1% of total energy intake, with a shift in fat consumption away from saturated fats and trans-fats to unsaturated fats (3), and towards the goal of eliminating industrially-produced trans-fats (4, 5, 6).
- Limiting intake of free sugars to less than 10% of total energy intake (2, 7) is part of a healthy diet. A further reduction to less than 5% of total energy intake is suggested for additional health benefits (7).
- Keeping salt intake to less than 5 g per day (equivalent to sodium intake of less than 2 g per day) helps to prevent hypertension, and reduces the risk of heart disease and stroke in the adult population (8).
- WHO Member States have agreed to reduce the global population's intake of salt by 30% by 2025; they have also agreed to halt the rise in diabetes and obesity in adults and adolescents as well as in childhood overweight by 2025 (9, 10).

## **AWARENESS ON PERSONAL HYGIENE:**

What is personal hygiene?

Good personal hygiene is one of the best ways to protect yourself from getting gastro or infectious diseases such as COVID-19, colds and flu. Washing your hands with soap removes germs that can make you ill. Maintaining good personal hygiene will also help prevent you from spreading diseases to other people.

**Personal hygiene includes:**

- cleaning your body every day
- washing your hands with soap after going to the toilet
- brushing your teeth twice a day
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
- washing your hands after handling pets and other animals

To slow the spread of COVID-19, you should:

- wash your hands often with soap and water or alcohol-based hand sanitizers
- avoid touching your eyes, nose and mouth
- clean and disinfect surfaces you use often such as benchtops, desks and doorknobs
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes increase the amount of fresh air by opening windows or changing air conditioning

## **LONG-TERM SOLUTIONS:**

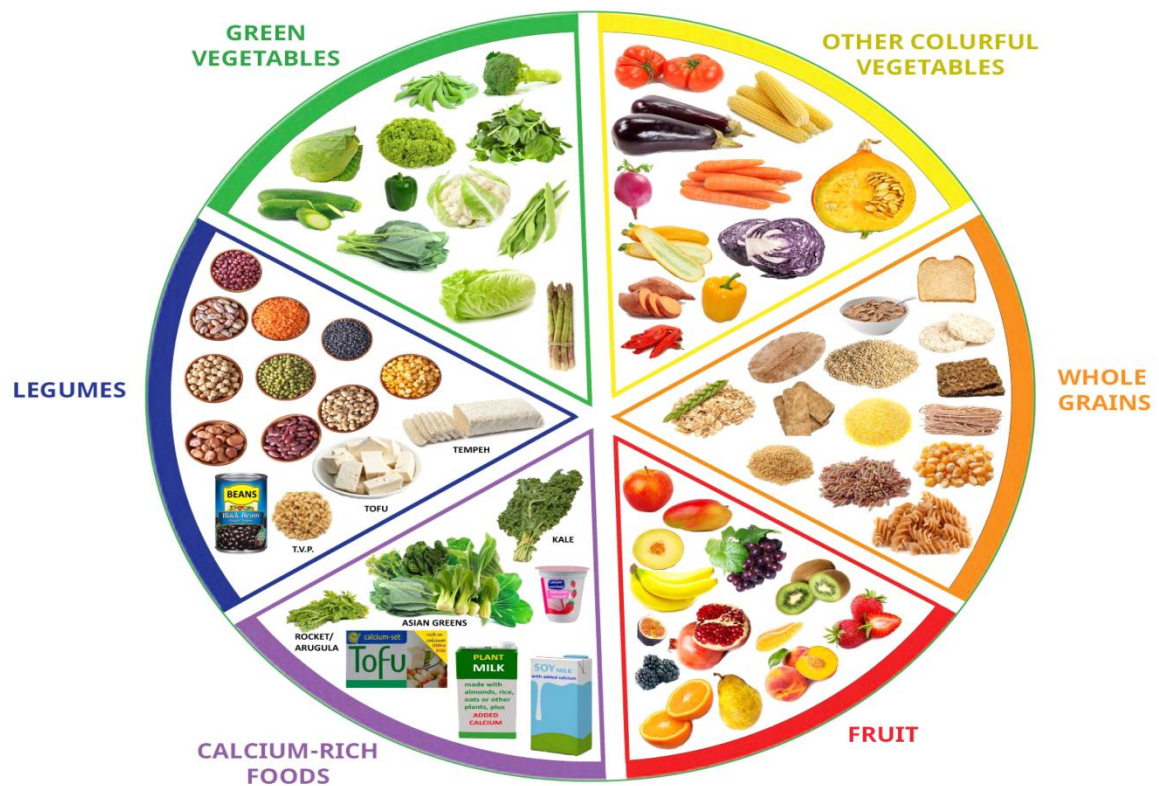
- Wet waste materials need to be dissolved into soil, so that fertility of soil will increase as well as recycling takes place.
- Dustbins must be provided everywhere
- Drainages must be cleaned every time.
- Pond must be cleaned to avoid long term diseases.
- Every person should maintain personal hygiene
- Early Detection of Malnutrition by the Dietitians
- School Teachers should teach the children about Proper diet and Suggest them to take proper diet.
- People in Repuru should know about how their diet effects their health.
- A Hospital should be construct in that area.
- Proper medical services should available in that area.
- Municipal water supply should be there in that area.

The solutions we have gathered in the short-term solutions should be implemented and create awareness among people. Wet waste materials can be used as compost to the plants and it increases the fertility of the soil. We discussed the problems and solutions identified in the

village and we request them to implement the solutions. Collecting of dry waste materials and wet materials in different bags reduces the mosquitoes. Dry waste materials can be recycled and wet waste materials can be used as compost.

We create an awareness among the people with the help of village secretary and other officials about the wet waste and dry waste. We discussed the problems of mosquitoes and drainage cleaning request them to implement our solutions. We create the awareness on personal hygiene among people by conducting the campaign. Village ponds must be cleaned to avoid long term diseases. We kindly request them to implement the solutions and help the people about the health awareness and conducting health check-ups.

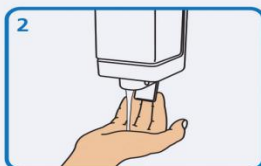




# Hand-washing technique with soap and water



Wet hands  
with water



Apply enough soap  
to cover all  
hand surfaces



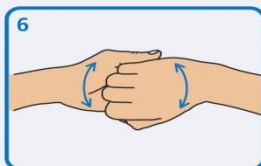
Rub hands palm  
to palm



Rub back of each hand  
with palm of other hand  
with fingers interlaced



Rub palm to palm with  
fingers interlaced



Rub with back of fingers  
to opposing palms with  
fingers interlocked



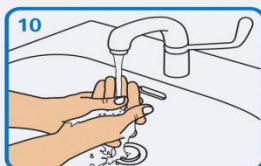
Rub each thumb clasped  
in opposite hand using a  
rotational movement



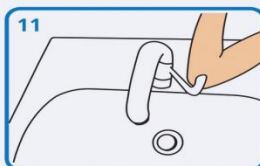
Rub tips of fingers in  
opposite palm in a  
circular motion



Rub each wrist with  
opposite hand



Rinse hands  
with water



Use elbow to  
turn off tap



Dry thoroughly with  
a single-use towel

 **midmeds**  
[www.midmeds.co.uk](http://www.midmeds.co.uk)

Adapted from World Health Organisation Guidelines



## **PRECAUTIONS TO STAY HEALTHY AND HYGIENE :**

- THINK POSITIVE AND FOCUS ON GRATITUDE
- EAT YOUR VEGETABLES
- EXERCISE DAILY
- SET A “5-MEAL IDEAL”
- GET A GOOD NIGHT'S SLEEP
- CLEANING YOUR BODY EVERY DAY.
- WASHING YOUR HANDS WITH SOAP AFTER GOING TO THE TOILET.
- BRUSHING YOUR TEETH TWICE A DAY.
- COVERING YOUR MOUTH AND NOSE WITH A TISSUE (OR YOUR SLEEVE) WHEN SNEEZING OR COUGHING.
- WASHING YOUR HANDS AFTER HANDLING PETS AND OTHER ANIMALS.

## TOTAL SURVEYS :

147

1	NAME:	AGE:	GENDER:	QUALIFIC	OCCUPATI	1.How do	2.After Cl	3.What fo	4.How ma	5.How the	6.Did 104	7.what kir	8.Is the dr	9.In case c	10.Are the	11.Do you	12.Did gov	13.Will yo	14.How w	15.How would y
2	Srinu	42	MALE	7 class	shop keep	Good	Throw in t	Filtered V	Alternate	Not separ	Yes	Non-Dispr	Yes	5-10km	Yes	Yes	Yes	No	3	5
3	M. Renuka	36	FEMALE	Shop	5 Average		Throw in t	Boiled W	Daily	medical w	Yes	Non-Dispr	Yes	5-10km	No	May be	No	No	1	2
4	Venkata k	28	FEMALE	7th class	Shop Keep	Good	Throw in t	Filtered V	Twice in a	medical w	Yes	Non-Dispr	No	1-5km	No	NO	Yes	No	1	5
5	Ch sagarik	38	FEMALE	Degree	walnteer	Good	Throw in t	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	No	No	4	4
6	Polavathi	60	FEMALE	Nil	Home ma	Good	Throw in t	Boiled W	Twice in a	medical w	Yes	Disposabl	Yes	5-10km	No	NO	Yes	Yes	1	5
7	G.sri Laksh	33	FEMALE	6	Home ma	Good	Throw in t	Boiled W	Twice in a	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	No	2	3
8	M.Durga c	37	FEMALE	5th	House wif	Good	Throw in t	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	Yes	May be	Yes	Yes	1	5
9	Lakshmi	44	FEMALE	3	Home ma	Good	Throw in t	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	No	NO	Yes	Yes	1	4
10	Prabhavat	37	FEMALE	5th class	House wif	Good	Throw in t	Filtered V	Twice in a	medical w	Yes	Non-Dispr	Yes	5-10km	Yes	Yes	Yes	Yes	4	5
11	Sai Veera	24	MALE	MBA	Searching	Good	Throw in t	Filtered V	Weekly or	Not separ	Yes	Disposabl	No	5-10km	No	Yes	Yes	Yes	3	3
12	Vishnu ch	19	MALE	Diploma	B.tech	Good	Throw in t	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	Yes	4	4
13	Aruna ran	36	FEMALE	No	House wif	Good	Throw on	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	Yes	4	5
14	Lakshmi ti	52	FEMALE	Not studi	House wif	Good	Throw in t	Filtered V	Weekly or	medical w	No	Non-Dispr	Yes	5-10km	Yes	NO	Yes	No	1	5
15	Mahalaksh	80	FEMALE	Nil	Home ma	Good	Throw in t	Boiled W	Twice in a	Not separ	Yes	Non-Dispr	Yes	5-10km	Yes	NO	Yes	No	1	5
16	Venkata k	40	FEMALE	7	House wif	Good	Throw on	Original f	Twice in a	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	Yes	5	4
17	Mangara	60	FEMALE	No	House wif	Good	Throw on	Filtered V	Daily	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	Yes	5	5
18	P Krishna	36	FEMALE	No	House wif	Good	Throw in t	Filtered V	Weekly or	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	Yes	4	4
19	Siva devi	52	FEMALE	7	Home ma	Good	Throw in t	Filtered V	Daily	Not separ	Yes	Disposabl	No	5-10km	Yes	NO	Yes	Yes	4	4
20	Veera lak	28	FEMALE	8 tech	Software	Average	Throw in t	Filtered V	Twice in a	medical w	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	No	4	4
21	Satyaveni	40	FEMALE	Nil	Home ma	Good	Throw in t	Filtered V	Daily	Not separ	Yes	Non-Dispr	Yes	5-10km	Yes	Yes	Yes	Yes	3	3
22	G bhagya	27	FEMALE	Not studi	House wif	Good	Throw in t	Filtered V	Weekly or	Not separ	Yes	Disposabl	No	5-10km	No	NO	Yes	Yes	5	1
23	Sheknurja	35	FEMALE	7th Class	Housewif	Good	Throw in t	Filtered V	Weekly or	Not separ	Yes	Disposabl	Yes	5-10km	Yes	Yes	Yes	No	3	3
24	Durga	45	FEMALE	Nil	Home ma	Good	Throw in t	Filtered V	Weekly or	Not separ	No	Non-Dispr	Yes	5-10km	No	May be	Yes	Yes	2	3

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
34	2022/08/3	G kalyan	22	MALE	Degree		Good	Throw in tl	Boiled Wa	Daily	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	Yes	5	5
35	2022/08/3	Ratnamala	60	FEMALE	BA BED	Govt teach	Good	Throw in tl	Filtered W	Daily	medical w	Yes	Non-Dispo	Yes	5-10km	No	Yes	Yes	No	4	4
36	2022/08/3	Kiranmai	58	FEMALE	BED	Governme	Good	Throw in tl	Filtered W	Daily	medical w	Yes	Disposable	Yes	1-5km	Yes	May be	Yes	Yes	3	3
37	2022/08/3	K V Sriniva	53	MALE	MSc Bed	Teacher	Good	Throw in tl	Filtered W	Alternate c	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	Yes	3	4
38	2022/08/3	M Srikanth	28	MALE	B.A	teacher	Good	Throw in tl	Filtered W	Daily	medical w	Yes	Non-Dispo	Yes	5-10km	No	Yes	Yes	Yes	4	5
39	2022/08/3	Kasi vishw	45	MALE	MA TBT	Govt teach	Good	Throw in tl	Filtered W	Daily	medical w	Yes	Non-Dispo	Yes	5-10km	Yes	May be	Yes	Yes	4	4
40	2022/08/3	DDR kuma	52	MALE	MA BED	Teacher	Good	Throw in tl	Filtered W	Alternate c	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
41	2022/08/3	RVV satya	53	MALE	Bsc Bed	teacher	Good	Throw in tl	Filtered W	Twice in a	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes	4	4
42	2022/09/0	Nuka ratna	26	FEMALE	10	Housewife	Good	Throw in tl	Filtered W	Twice in a	medical w	Yes	Disposable	Yes	5-10km	Yes	NO	No	No	4	2
43	2022/09/0	Samudraya	44	MALE	7	Farmer	Good	Throw in tl	Boiled Wa	Twice in a	medical w	Yes	Disposable	Yes	5-10km	No	NO	Yes	No	4	3
44	2022/09/0	Vara laksh	34	FEMALE			Good	Throw in tl	Filtered W	Weekly on	Not separ	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
45	2022/09/0	M.Devi	25	FEMALE	Degree	House wif	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	May be	Yes	Yes	4	3
46	2022/09/0	Kameswar	50	FEMALE	7th class	House wif	Average	Throw in tl	Filtered W	Twice in a	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	No	4	4
47	2022/09/0	Ram krishn	55	MALE	10	Farmer	Good	Throw in tl	Filtered W	Alternate c	medical w	Yes	Non-Dispo	Yes	Within 1kn	No	May be	No	Yes	3	4
48	2022/09/0	Suguna	48	FEMALE	6	House wif	Good	Throw on t	Original fo	Daily	medical w	Yes	Non-Dispo	Yes	5-10km	Yes	NO	No	Yes	4	2
49	2022/09/0	Krishna	50	MALE		Farmer	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
50	2022/09/0	Naga lask	60	MALE	7	Farmer	Good	Throw in tl	Filtered W	Twice in a	week	No	Disposable	No	5-10km	Yes	May be	Yes	No	4	3
51	2022/09/0	Padma	24	FEMALE	Inter	house wof	Good	Throw in tl	Filtered W	Twice in a	medical w	Yes	Non-Dispo	Yes	5-10km	Yes	NO	Yes	No	3	3
52	2022/09/0	Naga mani	50	FEMALE	4	House wif	Good	Throw in tl	Filtered W	Twice in a	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes	4	4
53	2022/09/0	Shyam	37	FEMALE		Businesses	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
54	2022/09/0	Lakshmi ku	32	FEMALE		Housewife	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
55	2022/09/0	P srinu	48	MALE	7	Auto drive	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
56	2022/09/0	Laxmi Kurn	30	FEMALE	8th class	Housewife	Good	Throw in tl	Filtered W	Twice in a	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	No	4	4
57	2022/09/0	Nagamma	88	FEMALE	2	House wif	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	Yes	4	4
58	2022/09/0	Nagaraju	78	MALE	6	House wif	Good	Throw on t	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	Yes	5	4
59	2022/09/0	Ammaji	52	FEMALE		Housewife	Good	Throw on t	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3
60	2022/09/0	Likhitha	55	FEMALE	No	Farming	Good	Throw in tl	Original fo	Weekly on	medical w	No	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes	4	5
61	2022/09/0	Venkata La	46	FEMALE	6	House wif	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes	5	4
62	2022/09/0	Durga pras	20	MALE	Iti	education	Good	Throw in tl	Boiled Wa	Weekly on	medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes		4	4
63	2022/09/0	Prabavathi	32	FEMALE		Housewife	Good	Throw in tl	Filtered W	Weekly on	medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No	3	3

Worksheet +

Average=0 Count=0 Sum=0

23°C Clear

Search

ENG IN

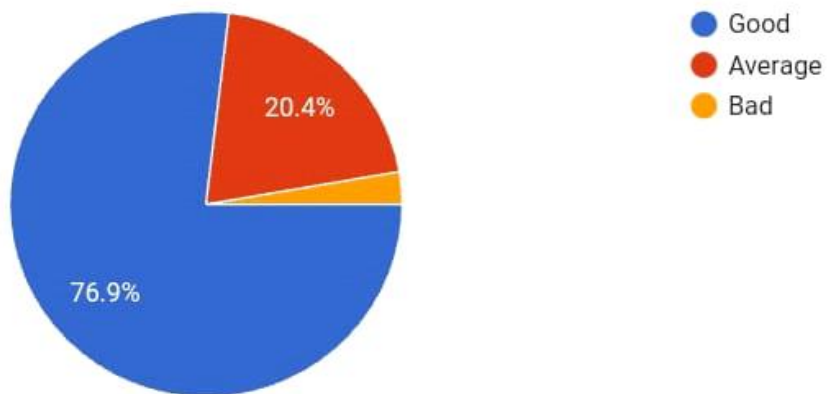


	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
127	2022/09/0	Ramesh	64	MALE	7th class	Farmer	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No		3	4		
128	2022/09/0	Kumari	36	FEMALE	Farming	Farming	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes		4	5		
129	2022/09/0	Durga	40	FEMALE	10	House wif	Average	Throw in tl	Filtered W	Twice in a medical w	Yes	Disposable	No	5-10km	Yes	Yes	Yes	No		3	3		
130	2022/09/0	Lakshmi	35	FEMALE	10	House wif	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes		4	5		
131	2022/09/0	Satya Nara	58	MALE	10th class	Business	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No		2	4		
132	2022/09/0	Surya Nara	45	MALE	Degree	Farmer	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Non-Dispo	Yes	5-10km	Yes	Yes	Yes	No		4	5		
133	2022/09/0	Sidhart	25	MALE	Btech	study	Average	Throw on t	Filtered W	Weekly on medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No		4	4		
134	2022/09/0	Vekateswa	45	MALE	10	Farmer	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	No		4	3		
135	2022/09/0	Murali	33	MALE	Degree	job	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	No		5	5		
136	2022/09/0	Kalyani	38	FEMALE	7th class	Housewife	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No		3	3		
137	2022/09/0	Vishali	43	FEMALE	4	House wif	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	Yes		4	4		
138	2022/09/0	Kumari	33	FEMALE	8th class	Shopkeepe	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Non-Dispo	Yes	5-10km	Yes	Yes	Yes	No		4	5		
139	2022/09/0	Narayana	45	MALE	10	Shop	Good	Throw in tl	Filtered W	Weekly on medical w	Yes	Disposable	Yes	5-10km	Yes	Yes	Yes	No		3	3		
140	2022/09/0	Satya	33	FEMALE	Degree	job	Good	Throw in tl	Filtered W	Twice in a medical w	Yes	Disposable	Yes	1-5km	Yes	Yes	Yes	No		3	4		
141	2022/09/3	Chinnari	27	FEMALE	None	Housewife	Average	Throw in tl	Original fo	Daily	Not separe	Yes	Non-Dispo	Yes	1-5km	No	NO	No	Yes	4	3		
142	2022/09/3	S.vasu	22	MALE	Diplamo	Freedom o	Average	Throw in tl	Original fo	Daily	medical w	Yes	Non-Dispo	Yes	1-5km	Yes	Yes	No	Yes	5	3		
143	2022/09/3	Chiranjeev	45	MALE	5	Inti clg	Bad	Throw on t	Original fo	Daily	Not separe	Yes	Disposable	No	Within 1kn	No	NO	No	Yes	1	2		
144	2022/09/3	Bhavani	27	FEMALE	Nil	Municipali	Bad	Throw in tl	Original fo	Alternate c	Not separe	No	Non-Dispo	No	1-5km	No	NO	No	Yes	1	1		
145	2022/09/3	Manasa	17	FEMALE	9th class	House wif	Average	Throw in tl	Original fo	Weekly on	Not separe	Yes	Non-Dispo	Yes	1-5km	Yes	NO	Yes	Yes	5	4		
146	2022/09/3	G.Durga	25	FEMALE	None	House wif	Average	Throw on t	Original fo	Alternate c	Not separe	No	Disposable	Yes	more than No	Yes	Yes	Yes		5	2		
147	2022/09/3	K.Krishna v	45	FEMALE	10	House wif	Bad	Throw in tl	Original fo	Daily	medical w	Yes	Non-Dispo	No	more than No	Yes	Yes	Yes		3	5		

## GRAPHICAL REPRESENTATION OF QUESTIONS :

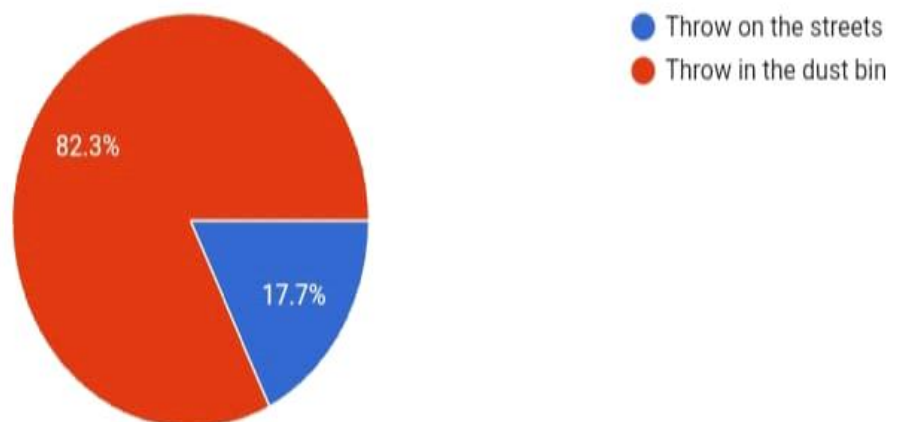
1.How do you feel that the cleanliness in your local environment?

147 responses



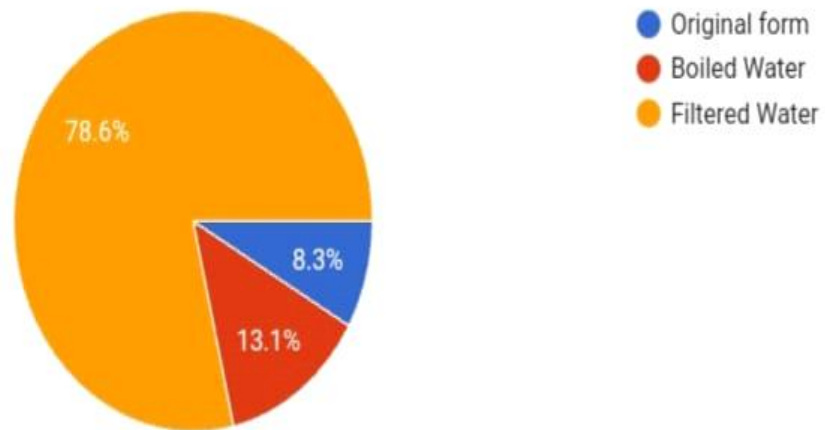
2.After Cleaning the house what will you do the waste materials?

147 responses



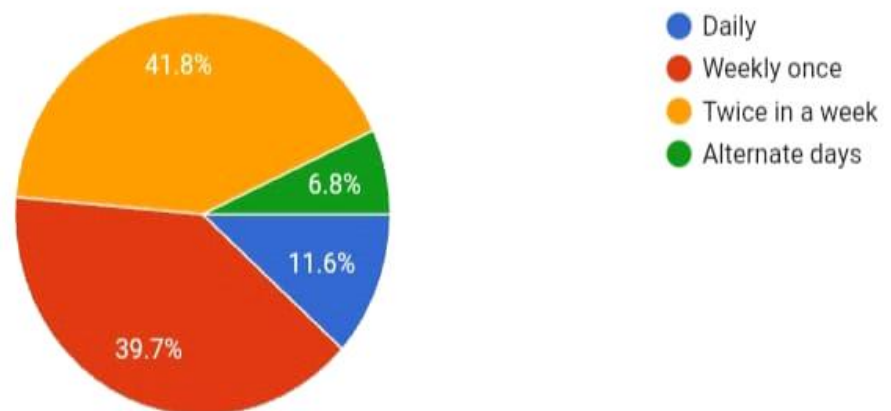
### 3.What form of drinking water are you using?

145 responses



### 4.How many times in a week the street dustbins are cleaned in the streets?

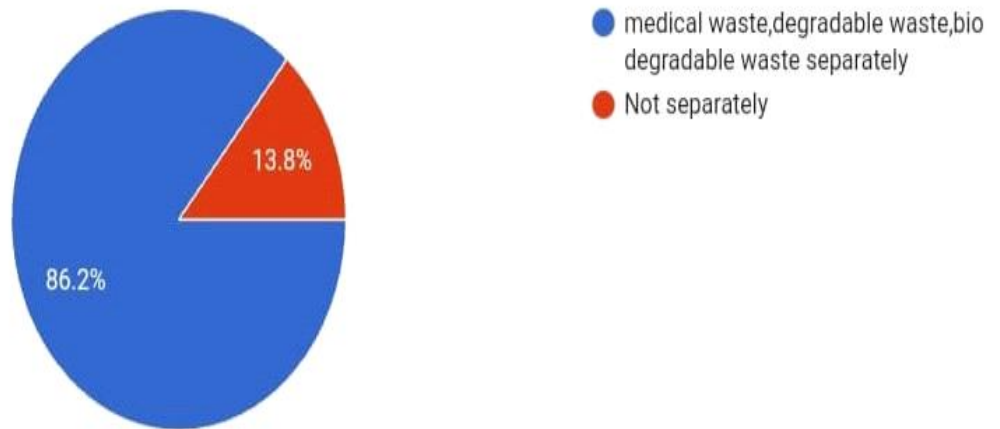
146 responses



## 5.How the waste materials are collected?

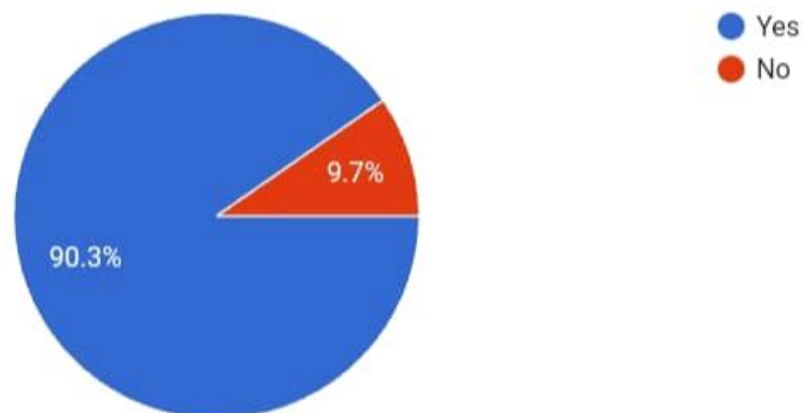


145 responses



## 6.Did 104 vehicle visit your village or not?

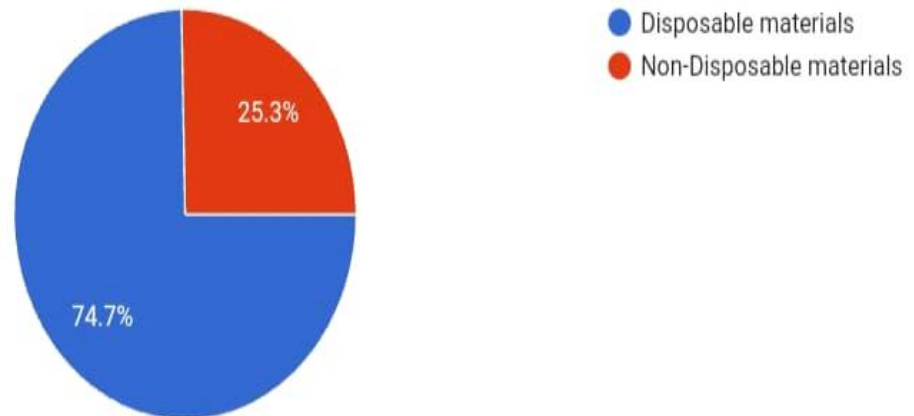
145 responses





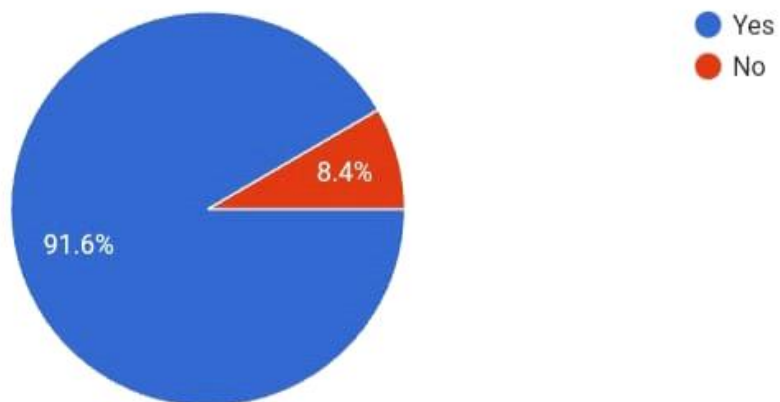
7.what kind of waste do you find in your local environment?

146 responses



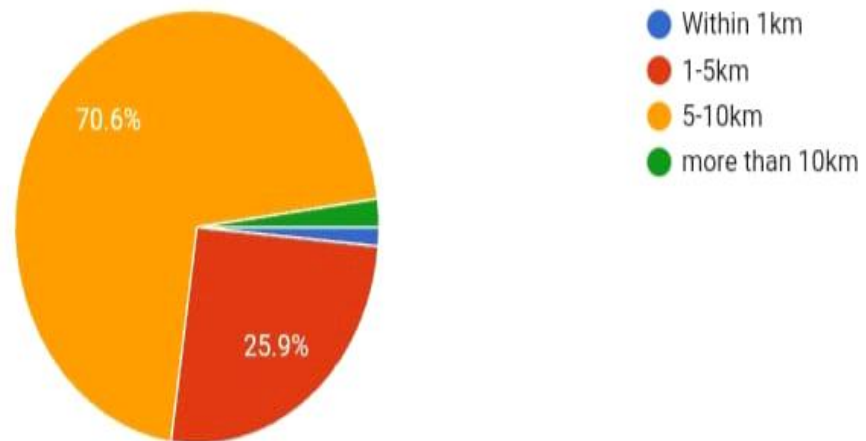
8.Is the drainage cleaned properly?

143 responses



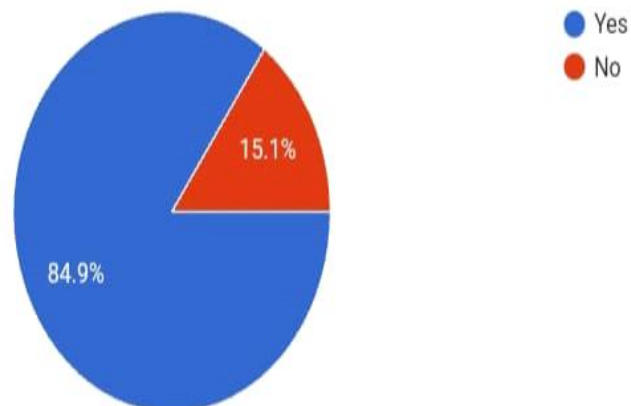
9. In case of emergency how long are you travelling?

143 responses



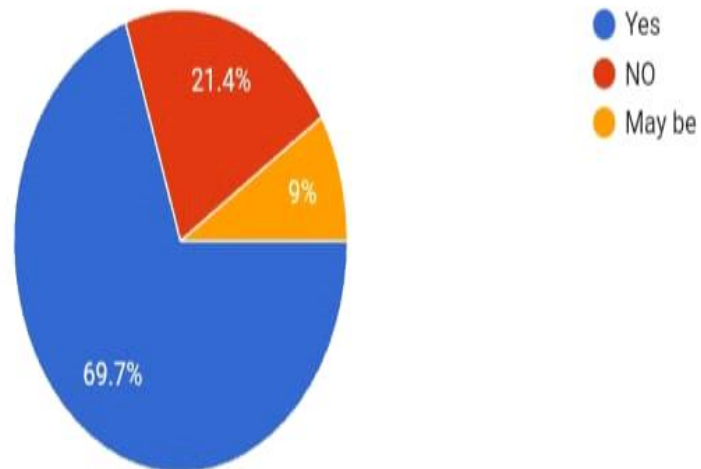
10. Are there any safety measures taking by the officials to avoid mosquitos in your locality?

146 responses



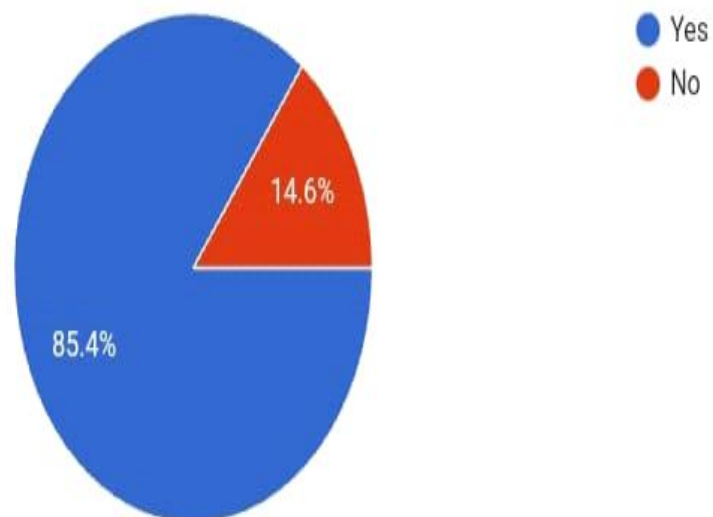
11. Do you think that you are getting proper medical services?

145 responses



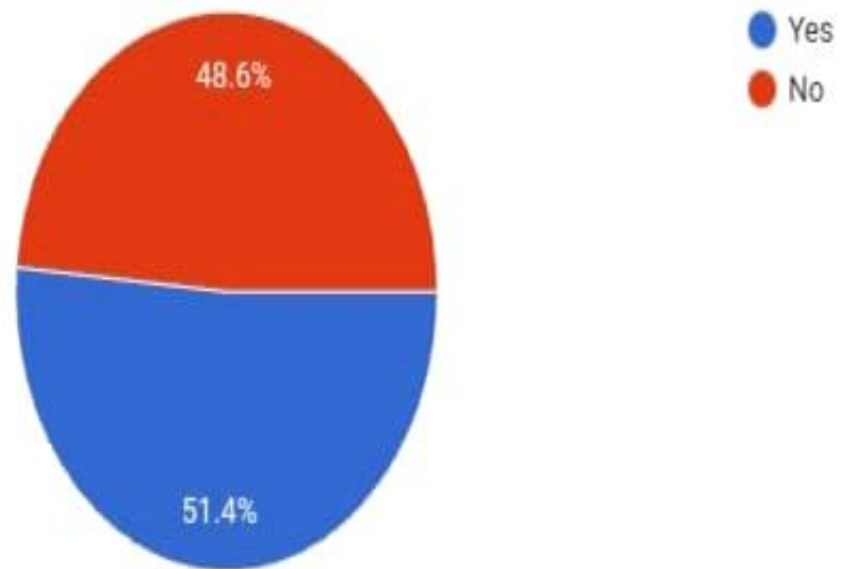
12. Did government officials give you instructions towards new diseases?

144 responses



### 13. Will you maintain proper food diet?

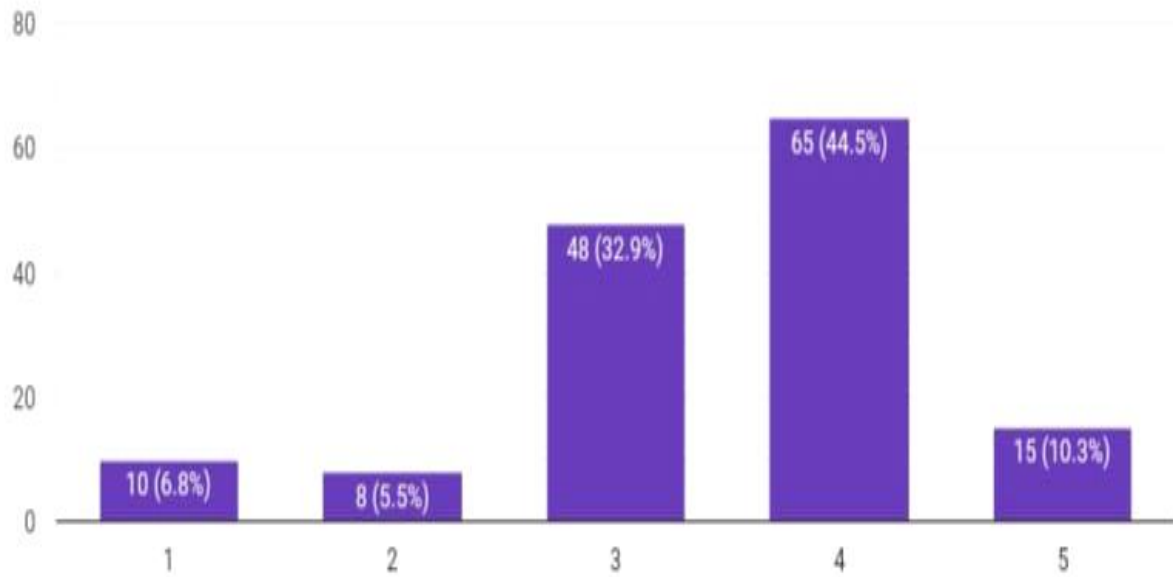
144 responses



#### 14. How would you rate the medical services in your area?



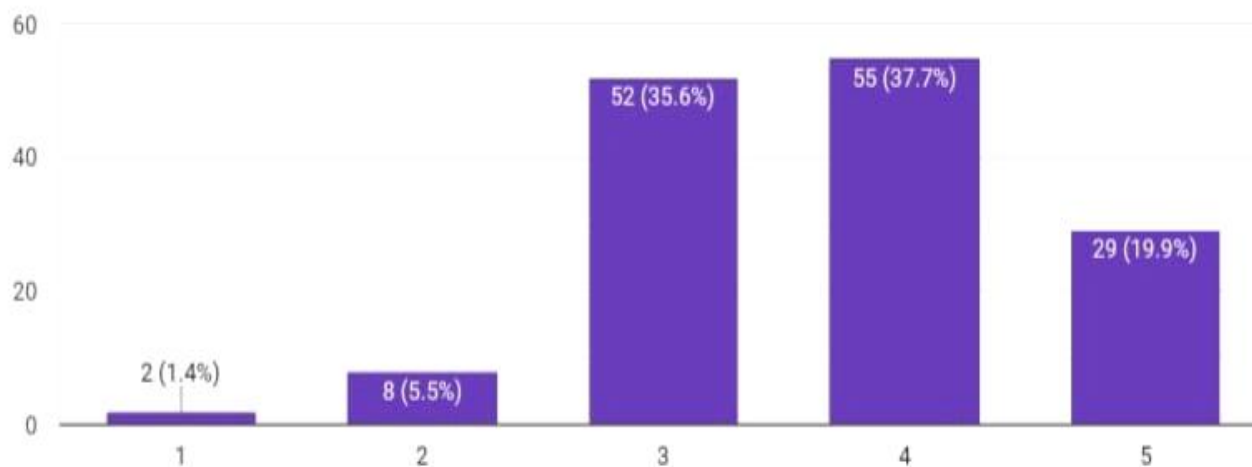
146 responses



15.How would you rate the municipal services in your area?



146 responses



## **REPORT OF THE MINI-PROJECT WORK DONE IN THE RELATED SUBJECT W.R.T THE HABITATION/VILLAGE.**

This is about the mini project work that was done in the village. This project is about the health and hygiene. For this we choose a village and conduct the survey and awareness campaign within the village. For this we choose the Repuru village which is situated near Kakinada City in Andhra Pradesh. Repuru is located in Kakinada district in Andhra Pradesh.

## **CHAPTER 5: HEALTH AND HYGIENE**

In simple terms, health refers to a person's physical, emotional and psychological well-being. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.

For every individual, it is important to lead a healthy life. The 7th of April has been declared as “World Health Day by” the World Health Organization (WHO) in view of creating awareness about the importance of health. To stay healthy, it is important to understand the actual meaning of health and hygiene. Let us learn more about it.

The WHO defines health as – “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.” That is to say, a person cannot be termed healthy merely by being in a disease-free state. Physical and mental health are equally important and require a hygienic condition. Health and hygiene are two terms that are correlated.

Hygiene can be outlined as the practice of a few habits in order to maintain good health, overall. Maintenance of hygiene can be at the community level (social hygiene) or personal level (personal hygiene).

### **PERSONAL HYGIENE:**

It covers physical exercise, cleanliness, sleep, proper rest and other related practices such as keeping away from consuming alcohol, smoking, drugs etc. Many diseases can be prevented to a great extent just by maintaining good personal hygiene.

## **SOCIAL HYGIENE:**

The surrounding and other public places around us is our society. An individual's mental and physical condition is greatly influenced by a good environment. Improper, unkempt and untidy surroundings and inappropriate ways of waste disposal in public places results in the unhealthy surrounding. Such practices can cause an alarming growth of rodents, pathogens and other microbes, which can make us unwell. Consequently, both social and personal hygiene are vital aspects.

## **IMPORTANCE OF HEALTH AND HYGIENE:**

In modern times, it has become so important to take care of one's health and hygiene. With the rising population levels, pollution levels, emission of harmful gases, it has to be a priority for everyone to maintain their health and hygiene. The health and hygiene essay guide you the different ways into which a person should be aware of his/her health.

For the human body, health is a positive state where every part of the mind and body is in harmony. Additionally, it is also functioning and balancing the other parts. Thus, in other words, when all parts of the body are functioning well, this physical well-being state of the human body is called health. It is well said and proved that a healthy person is someone who has a sound body and a sound mind. Health is one of the characteristics of life that helps a person live longer.

According to WHO, health is a state of complete mental, spiritual, physical, and social wellbeing and not only the absence of disease. If a person is in a good physical state and free from any diseases but is under constant stress, greed, tension, anger, etc., then that person is not healthy.

Hygiene refers to good practices and rituals that prevent diseases and leads to good health. Thus, it



mainly includes proper sewage disposal, cleanliness, and safe drinking water supply. So, it includes all the activities that are done for preserving and improving as well as maintaining sound health.

## **GOOD HABITS FOR BETTER HEALTH AND HYGIENE**

### **1. NUTRITIOUS FOOD :**

For good health, one needs to eat wholesome food. Some part of the food that we take in serves as fit to keep the body warm. While another part results in the flesh that helps in giving strength. One of the most nutritious food is considered as pure milk. There are many other things like vegetables that we generally take in order to have nutritious food. For a human body, a mixed diet is considered the best option. It should have an adequate amount of minerals, vitamins, and calories required to run our body.

### **2. PURE WATER:**

One of the major sources of good health and hygiene is pure water. Although it seems like a normal thing, water is one essential that makes up our body. Many people get sick because of drinking impure water. Also, it mostly happens in villages where people bathe, washcloths, and clean the cattle in the same water. Thus, when this water is used for drinking purposes, then it may result in hazardous health.

### **3. CLEANLINESS:**

Cleanliness is one of the most important elements of good health. Thus, it is an important hygiene habit to keep yourself and your surroundings neat and clean. Whenever there is dirt, there are germs that thrive in it. Also, the dirt is light in air and thus it moves around in the air. So, a dirty man is often the one that is attacked easily with various diseases.

#### **4. SURVEY CONDUCTION:**

We formed a group of 7 members and conduct a survey in the Konthamuru village. For this we prepare a questionnaire to gather the required information about the villagers and the problems faced by the villagers about their health and hygiene.

#### **STEPS FOLLOWED TO COLLECT THE INFORMATION:**

Our Project is mainly based on their health conditions and the surroundings where they are living. This Project mainly involves 4 Stages. They are:

##### **1. SURVEY:**

In this stage we are going to collect the data from every house the data includes the information about the type of water, food diet, mosquito's problem, collection of waste materials etc....

##### **2. IDENTIFYING THE PROBLEM:**

Based on the above information we will analyze and identify the problem in this stage.

##### **3. LONG TERM AND SHORT-TERM SOLUTIONS:**

After identification of problems in that area we are going to provide long term and short term solutions which means the solutions which can be implemented immediately and the solutions which takes more time to implement.

## **CHAPTER 6-RECOMMENDATIONS AND CONCLUSIONS OF THE MINIPROJECT**

After completion of the campaign, we made them aware of the health and hygiene in the village. Village people used to follow some steps to maintain a good health and hygiene. We helped them take good precautions against everything which they might not have known about.

In the village some areas had very bad conditions in terms of cleanliness which might lead to health problems in the area. We spread awareness about cleaning the area which would benefit them only in the end.

People were interested to participate in campaign and get knowledge about the importance of health and hygiene how to maintain it.

Outline Slides

1 HEALTH AND HYGIENE

2 HYGIENE TO PREVENT

3 HEALTH : "HEALTH IS WEALTH"

4 HYGIENE : "CODEX OF HEALTH"

5 OVERVIEW OF THE COMMUNITY

# HEALTH : "HEALTH IS WEALTH"

Health is the biggest wealth for a human being in his/her entire lifetime.

- According to WHO, Health is a state of Physical , Mental and social Well being and not having the absence of Disease.
- Signs of Physical Health :  
Energetic ,Body mass index , Internal Organs Functioning normally, Good Appetite and Sleep.
- Signs of Mental Health :  
Controlling Emotions , Accepting the society , Sensitivity towards People , Helping Others .
- Signs of Social Health :  
Positive Attitude , Pleasant Personality , Fulfilling the Responsibility .

Slide 3 / 36 Wisp T? Font Missing

🔍 Search
📁
📄
📝 Notes
💬 Comment

🌤️ 21°C Clear
🖥️
📶
🔋



## CHAPTER 8-STUDENT SELF-EVALUATION FOR THE COMMUNITY SERVICE PROJECT

**Please rate your performance in the following areas:**

**Rating Scale:**                      **Letter grade of CGPA calculation to be provided**

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
<b>15</b>	<b>OVERALL PERFORMANCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Date:**

**Signature of the Student:**

## CHAPTER 9-EVALUATION BY THE PERSON IN-CHARGE IN THE COMMUNITY/HABITATION

**Please rate the student's performance in the following areas:**

Please note that your evaluations shall be done independent of the Student's self-evaluation

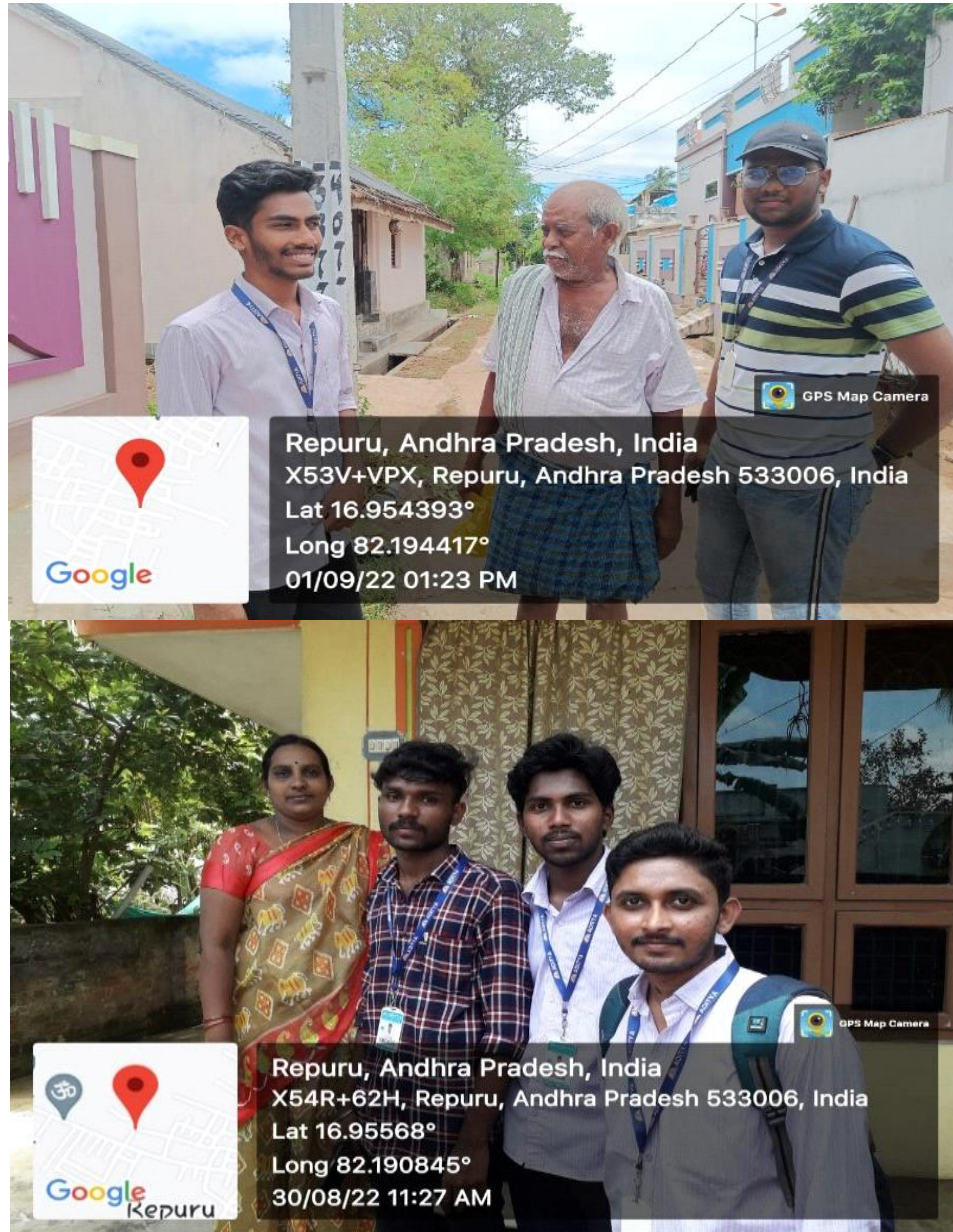
**Rating Scale: 1 is lowest and 5 is highest rank**

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
15	<b>OVERALL PERFORMANCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Date:**

**Signature of the Person-in-charge:**

## CHAPTER 10 -PHOTOS&VIDEOLINKS









## CHAPTER 11-INTERNAL ASSESSMENT STATEMENT

(To be used by the Examiners)

**Name of the Student:** S R K S S N RAJU

**Programme of Study:** B.TECH

**Year of Study:**2nd year

**Group:** COMPUTER SCIENCE AND ENGINEERING (CSE)

**Register No/H.T. No:**21P31A05C3

**Name of the College:** ADITYA COLLAGE OF ENG &TECH.(ACET)

**University:** JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY KAKINADA

SL.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	20	
2.	Community Service Project Implementation	30	
3.	Mini Project Work	25	
4.	Oral Presentation	25	
	<b>GRANDTOTAL</b>	100	

**Date:**

**Signature of the Faculty Guide**

**Certified by**

**Date:**

**Signature of the Head of the Department/Principal**

**Seal:**