

A COMMUNITY SERVICE PROJECT REPORT

ON

Awareness on impact consuming Junk food

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

BACHELOR OF TECHNOLOGY

IN

**COMPUTER SCIENCE & ENGINEERING
(DATASCIENCE)**



Submitted by

Name of the student: S. Afrin Banu

Register number: 20F21A3203

Under the esteemed guidance of Guide

MR SHAIK SANTHOSH KUMAR

**DEPARTMENT OF
COMPUTER SCIENCE & ENGINEERING
(DATASCIENCE)**

GATES INSTITUTE OF TECHNOLOGY

(Approved by A.I.C.T.E, New Delhi & Affiliated to JNTUA & Accredited by NAAC)

N.H-44, Gootyanantapuramu(V), Anantapuramu(Dist.),

Gooty- 515401, A.P.

Program Book for Community Service Project

Name of the Student: S. Afrin Banu

Name of the College: GATES INSTITUTE OF TECHNOLOGY

Registration Number: 20F21A3203

Period of CSP: 6 WEEKS From: 11/9/2022 To: 22/10/2022

Name & Address of the Community/Habitation:

Instructions to Students for Community Service Project

Please read the detailed Guidelines on Community Service Project hosted on the website of AP State Council of Higher Education <https://apsche.ap.gov.in>

Link:

<https://apsche.ap.gov.in/Pdf/Guidelines%20for%20the%20OJT%20Internship%20Community%20Service%20Project.pdf>

1. It is mandatory for all the students to complete 2 months (180 hours) of Community Service Project as a part of the 10 month mandatory internship/on the job training.
2. Consider yourself as a committed volunteer in the community, you work with.
3. Every student should identify the village/community/habitation for Community Service Project (CSP) in consultation with the College Principal/the authorized person nominated by the Principal.
4. Report to the community/habitation as per the schedule given by the College. You must make your own arrangements of transportation to reach the community/habitation.
5. You will be assigned with a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow volunteers. Post your daily activity done and/or any difficulty you encounter during the programme.
6. You should maintain punctuality in attending the CSP. Daily attendance is compulsory.
7. You are expected to learn about the community/habitation and their problems.
8. Know the leaders and the officials of the community/habitation.
9. While in project, always wear your College Identity Card.
10. If your College has a prescribed dress as uniform, wear the uniform daily.
11. Identify at least five learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Information about the community, including the realities and problems of the society.
 - Need for creating awareness on socially relevant aspects/programs.
 - Acquiring specific Life Skills.
 - Learning areas of application of knowledge and technologies related to your discipline.
 - Identifying developmental needs of the community/habitation.
12. Practice professional communication skills with team members, and with the leaders and officials of the community. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.
13. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**

14. At the end of Community Service Project, you shall be evaluated by the person in-charge of the community/habitation to whom you report to.
15. There shall also be evaluation at the end of the community service by the Faculty Guide and the Principal.
16. Do not indulge in any political activities.
17. Ensure that you do not cause any disturbance to the inhabitants or households during your interaction or collection of data.
18. Be cordial but not too intimate with the persons you come across during your service activities.
19. You should understand that during this activity, you are the ambassador of your College, and your behavior during the community service programme is of utmost importance.
20. If you are involved in any discipline related issues, you will be withdrawn from the programme immediately and disciplinary action shall be initiated.
21. Do not forget to keep up your family pride and prestige of your College.
22. Remember that you are rendering valuable service to the society and your role in the community development will become part of the history of the community.

Community Service Project Report

Submitted in accordance with the requirement for the degree of

Name of the College: GATES INSTITUTE OF TECHNOLOGY

Department: DATA SCIENCE

Name of the Faculty Guide: Mr. SHAIK SANTHOSH KUMAR

Duration of the CSP: 6 WEEKS From :11/9/2022 TO: 22/10/2022

Name of the Student: S. Afrin Banu

Programme of Study: AWARENESS OF JUNK FOOD

Year of Study: 3rd YEAR

Register Number: 20F21A3203

Date of Submission:

Student's Declaration

I **S. Afrin Banu** a student of community Service Project Program, Reg. No.**20F21A3203** of the Department of Data Science, Gates institute of technology College do hereby declare that I have completed the mandatory community service from 11/9/2022 to 22/10/2022 in Edururu under the Faculty Guideship of Mr shaik Santhosh kumar sir, Department Of Data Science in Gates institute of technology College

(Signature and Date)

Endorsements

Faculty Guide

Head of the Department

Principal

Certificate from Official of the Community

This is to certify that S. Afrin Banu Reg. No 20F21A3203 of Gates institute of technology underwent community service in Edururu from 11/9/2022 to 22/10/2022 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

I wish to express my gratitude to those who extended their valuable co-operation and contribution towards the project I would like to thank my project guide shaik santhosh kumar sir for his valuable time and continued assistance for the successful completion of the project would like also like to express gratitude to Mr shaik santhosh kumar sir coordinator of Gates insitute of Technology for facilitating this project and providing his guidance throughout the duration of the project i would also like to thank the facuity and staff of the insitute for their support

CHAPTER 1: EXECUTIVE SUMMARY

We took the project of the Awareness of junk food. After that we gathered the information for project then we discussed and choose a habitation for our project, then we prepared for the project all together and then finally we explained our main content to people of the community

LEARNING OBJECTIVES: -

- Discussion in unity
- Maintaining the group formation
- Sharing knowledge about the project

OUTCOMES: -

- We got the improvement of our speaking skills
- We got managed to lose our stage fear
- We managed to overcome our faults
- We managed to explain the content
- We successfully conducted our awareness camp

CHAPTER 2: OVERVIEW OF THE COMMUNITY

We had choosed the nearest habitation for our community service project that is near to the college in Edururu and it's near to the gooty which has a very good habitation and environmental for the people .

- We conducted our awareness camp successfully
- The people in the community were very obedient and they were very respectful
- The way they received our content is quite good
- Their ethics and values are quite different
- The way of talking with ourselves is good
- No pollution in the village
- the main occupation of the people in the community is AGRICULTURE
- finally, we successfully completed our project

CHAPTER 3: COMMUNITY SERVICE PART

We went there in wearing our identity cards and took a pictures of all the group members with the poster prepared by ourselves, we then went into the village and then we went to home by home and we explained about the disadvantages of the junk food. they received our topic very well

Then they started to explain their doubts regarding about the topics we discussed with them, we then clarified their doubts until they got clarified of all their doubts and we had prepared our own questions for this community service project, then we asked the questions we got for them they gave us their possible answers for the questions we asked them and we had a little chat with their parents about the performance of the children and their facilities their having they told us every thing that they know and they shared about the school and it's value Around the area

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day –1			
Day - 2			
Day – 3			
Day – 4			
Day – 5			
Day – 6			

WEEKLY REPORT

WEEK – 1 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day –1			
Day - 2			
Day – 3			
Day – 4			
Day – 5			
Day – 6			

WEEKLY REPORT

WEEK – 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day -1			
Day - 2			
Day - 3			
Day - 4			
Day - 5			
Day - 6			

WEEKLY REPORT

WEEK – 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day -1			
Day - 2			
Day - 3			
Day - 4			
Day - 5			
Day - 6			

WEEKLY REPORT

WEEK – 4 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day -1			
Day - 2			
Day - 3			
Day - 4			
Day - 5			
Day - 6			

WEEKLY REPORT

WEEK – 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

ACTIVITY LOG FOR THE SIXTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day -1			
Day - 2			
Day - 3			
Day - 4			
Day - 5			
Day - 6			

WEEKLY REPORT

WEEK – 6 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

[illegible]

Community status about junk foods

Describe the problems you have identified in the community

- | |
|--|
| • Lack of knowledge |
| • POOR health care |
| • Not taking the health seriously |
| • Eating non nutritious food by children |
| • No money to buy high nutritious food |

QUESTIONS
1. What are junk foods and why do we eat them?
2. How do I know if a product is junk food?
3. Can I include a small amount of junk food in diet?
4. Are all fast foods junk food?
5. Effects of junk food?

Answers

1)What are junk foods and why do we eat them?

'Junk foods' are foods that lack nutrients, vitamins and minerals, and are high in kilojoules (energy), salts, sugars, and fats. Junk food is so called because it does not play a role in healthy eating, especially if it's eaten to excess. Junk food is also known as discretionary food or optional food

2)How do I know if a product is junk food?

Note also that products known as 'health foods' such as some fruit juices and muesli bars can actually be junk food if they contain high levels of sugar, salt or fat. Check a product's Health Star Rating for a better indication of how healthy the product is.

3)Can I include a small amount of junk food in diet?

Yes, in line with the Australian Dietary Guidelines, a small amount of junk or discretionary food can be included in a healthy, balanced diet. This means you should only have junk food occasionally and in small amounts.

4)Are all fast foods junk food?

Though not all fast foods are junk foods, but a great number of them are. For instance, a salad may be fast food, but is definitely not junk food. Some foods like burgers, pizzas, and tacos may alternate between junk and healthy categories depending on the ingredients, calories and process of manufacturing

5)Effects of junk food?

Some of the side effects of junk food in kids can include adverse mental health, lack of energy and focus, nutrient deficiency, obesity, respiratory diseases, low self esteem, peptic ulcers, diabetes and memory issues. Junk food has become a way of life. It's almost taking over normal, healthy food.

Description of the Community awareness programme/s conducted w.r.t the problems and their outcomes.

1. A Community Awareness and Participation Plan (CAPP) has been prepared to ensure widespread, ongoing, and meaningful participation of the key stakeholders with a focus on the poor and the vulnerable groups. The “reach” and “sustainability” of development initiatives are improved when all stakeholders, including the poor and the vulnerable groups, have an opportunity to participate in shaping investment programs and the voice of the poor is heard at all levels of decision-making.

Stakeholder analysis was undertaken to ensure that relevant stakeholders are identified and included in the participatory project design process.

2. This is particularly relevant in a high-density urban setting like the Kathmandu Valley where disturbances related to construction activities are inevitable. Information disclosure and public awareness are essential for maintaining public support and mitigating grievances during this period. The stakeholders are to be made fully aware of the intent, design, schedule, impacts, and overall benefits of the project. These activities require a coordinated effort between the executing and implementing agencies as well as public, private, and community stakeholders. A Community Awareness and Participation Consultant (CAPC) firm will be recruited to help the Project Implementation Directorate (PID) in meaningful and widespread consultations and public awareness during project implementation. The Community Awareness and Participation Plan (CAPP) is a framework to help implement such activity

JUNK FOODS

'Junk foods' are foods that lack nutrients, vitamins and minerals, and are high in kilojoules (energy), salts, sugars, and fats. Junk food is so called because it doesn't play a role in healthy eating, especially if it's eaten to excess. Junk food is also known as discretionary food or optional food.

Some examples of junk food include:

- cakes and biscuits
- fast foods (such as hot chips, burgers and pizzas)
- chocolate and sweets
- processed meat (such as bacon)
- snacks (such as chips)
- sugary drinks (such as sports, energy and soft drinks)
- alcoholic drinks

Does eating junk food cause health complications?

Eating an excessive amount of junk food can have a negative effect on your general health and wellbeing and can also reduce your ability to be active.

As well as causing you to gain weight, the other short-term effects of eating junk food include:

- increased stress levels
- fatigue
- difficulty sleeping
- decreased energy levels
- concentration difficulties
- feeling down
- tooth decay

In the long-term, eating junk food can lead to:

- type 2 diabetes
- heart problems (such as cardiovascular disease)
- osteoporosis
- obesity
- certain cancers
- high blood pressure
- high cholesterol
- depression
- eating disorders

Effects of junk food

Some of the side effects of junk food in kids can include adverse mental health, lack of energy and focus, nutrient deficiency, obesity, respiratory diseases, low self-esteem, peptic ulcers, diabetes and memory issues. Junk food has become a way of life. It's almost taking over normal, healthy food.

Junk Foods

- Junk food is a popular term for any food which is low in essential nutrients and high in everything else particularly calories and sodium (2012, cited in Farlex).
- For the people who live in urban areas, junk food is not a new thing. They like junk foods owing to the fact that these foods are tasty and can be served quickly. That is why they are also called fast foods.
- However, although junk foods are delicious, they bring several bad impacts which can threaten our health such as obesity, harmful diseases, and addiction. Firstly, consuming junk foods can cause obesity.
- It is the fact they contain a lot of fats and oil because they are fried.
- For example, chips and burgers which contain high cholesterol instead of proteins, vitamins, and minerals.
- As a result, by consuming these bad substances in excessive amount will enlarge someone's likelihood to suffer corpulence. Secondly, eating junk foods brings harmful diseases.
- Research has shown that in some kinds of junk foods such as jellies, candies, and chewing gums which are served in various colour contain artificial colours and preservatives.
- Despite they are very attractive, they are quite dangerous for our body.
- Furthermore, those chemical substances can cause gene mutation or even lead us to suffer serious disease like cancer.
- Finally, like cigarettes, junk foods can cause addiction, too.

Student Self-Evaluation for the Community Service Project

Student Name: S. Afrin Banu

Registration No: 20F21A3203

Period of CSP: 6 weeks from: 11/9/2022 To: 22/10/2022

Date of Evaluation :

Name of the Person in-charge: Mr Shaik Santhosh Kumar

Address with mobile number :

Please rate your performance in the following areas:

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) OVERALL PERFORMANCE	1	2	3	4	5

Date:

Signature of the Student

Evaluation by the Person in-charge in the Community/Habitation

Student Name: S. Afrin Banu

Registration No:20F21A3203

Period of CSP: From: 11/9/2022 To: 22/10/2022

Date of Evaluation:

Name of the Person in-charge: Mr Shaik Santhosh Kumar

Address with mobile number :

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

Please note that your evaluation 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) OVERALL PERFORMANCE	1	2	3	4	5

Date:

Signature of the Supervisor

PHOTOS AND VIDEO LINKS

