COMMUNITY SERVICE PROJECT ON

HEALTH AND HYGIENE

A project report submitted in partial fulfilment of the requirements for award of the Degree of

BACHELOR OF TECHNOLOGY In DATA SCIENCE

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AKNOWLEDGEMENT

It is a great pleasure to convey our sincere thanks to our Honourable Chairman Dr Alapati Ravindra sir and Honourable Secretary and Correspondent Sri Alapati Rajendra Prasad sir providing excellent facilities and everything and everything for our success.

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DECLARATION

We hereby declare that the work which is being Presented in the Dissertation Entitled

“**HEALTH AND HYGIENE** ”

Submitted towards the partial fulfilment of requirements for the award of the degree in Bachelor of Technology and authentic record in Department of

Data science at.

NRI Institute of Technology, Visadala, Guntur.

The matter embodied in this dissertation report has not been submitted by us for the award of any other degree. The details furnished in this report are purely relevant to the above project.

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| DATE | NAME | ROLL NO | BATCH NO | ACTIVITY |
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|  | T. Vishnu Vardhan | 20KP1A4456 | 3 | Presentation |
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|  | N. Phnaithar | 20KP1A4431 | 3 | Information gathering |

PROBLEM STATEMENT

Health problems are becoming more common than ever in the world today. This probably has to do with both progress in medical science, because of which it has been easy to diagnose health problems, and also people’s lifestyle, which is becoming increasingly unhealthy.

The principal causes for common health issues are unhealthy diet, lack of exercise, environmental degradation, high stress levels and genetics. While in the past, communicable ailments were the major issues, non-communicable diseases are the primary issues today.

Maintaining proper hygiene plays an important role in helping you prevent diseases. Proper hygiene can help reduce the risks of many bacterial and viral infections. To avoid poor hygiene, you must develop basic hygiene habits. That could include washing your body and hair regularly to brushing at least twice a day.

Basically in villages does not aware about how to be Healthy and how to keep there surrounding and house clean & Hygiene

To avoid this problem and situations me and my team decided to give an awareness about how to be healthy and hygiene in the rural areas and villages

By this awareness the villagers will come to know that how to be healthy and hygiene in the next coming days and they try to be healthy

Executive summary

Now a days in the present generation everyone is busy in the works and they does not care about there health conditions

So everyone is getting sick with small diseases and there immune system is weak and the people are not good at about their health conditions and how to keep there surroundings hygiene

Due to this problem me and my team decided to give an awareness about how to be healthy and hygiene to the people

We decided to gather information of people about their health and hygienic conditions.

We contacted our local volunteer and collected information of people.

We started survey about how people are maintaining their health conditions and hygienic .

We started asking some questions to people about how they are

* About their diet
* About their fitness
* About their hygienic level

By asking these questions we gathered some information of people and we got to know how people are surviving with their health conditions

At last we suggested them some health tips and sanitation protocols for a healthy life.







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CHAPTER 1

INTRODUCTION TO COMMUNITY SERVICE

**DEFINING**

Community Service Project involves students in community

development and service activities and applies the experience

to personal and academic development. • Community Service

Project is meant to link the community with the college for

mutual benefit.

Some students are required to complete community service as

part of a class requirement in order to graduate high school or

become a member of certain organizations, such as the

National Honor Society. Adults can also participate in

community service as a way to help others or if they are

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**What Are Examples of Community Service?**

There are hundreds of ways to participate in community

service, depending on your skills and interests. Some

common community service examples include:

Working with schoolchildren: Tutoring children after

school, collecting school supplies to donate, planting a

school garden.

**Working with senior citizens**: Visiting residents of a

retirement center, delivering meals to senior citizens,

driving them to appointments.

**Improving the environment:** Holding a recycling contest,

planting trees, creating a new trail at a nature center.

Helping low-income people: Passing out food at a soup

kitchen, collecting used clothes to be donated, making first

aid kits for homeless shelters.

**Collect Food**: Contact your local food bank and they will

provide you with the necessary information and materials

to have a food drive. For example, the Food Bank of

Delaware provides a food drive organization kit, most

wanted food list, and more. Encourage people to donate

their favorite food items. You can even offer prizes to

individuals who donate the most!

**Recycling Program**: Starting a recycling program is a big

task but a worthwhile one. Here’s a great guide to get you

started. When you recycle, those items can be turned into

amazing things, like the Green Guardian coat, made from

recycled PET plastic bottles.

Community Garden: A community garden is a great way

to bond with your community and provide healthy food.

You may be able to identify a sponsor to help get your

garden started. Consider making a garden just for

children, so they can learn about the process of

gardening. It is a great educational opportunity.

**Cleanup**: A community cleanup will improve the look of

your neighborhood or park and inspire people to keep the

space looking great. Hosting a potluck after is a wonderful

way to celebrate this community achievement!

**Blood drive**: Every two seconds, someone in the U.S.

needs blood. By hosting a blood drive, you and your

community can make a real difference. The American Red

Cross provides planning assistance, recruitment tools,

equipment, supplies, and a trained staff to screen and

collect donations safely.

Direct:-You can develop direct service activities where students interact with the recipients of service or

the physical environment they have targeted for improvement. You and your chapter can volunteer at a food

kitchen to serve community mem-bers in need. Or perhaps you can work with your communitysenior center

to create an adopt-a-grandparent program that lasts beyond FFA Week.

In-Direct:-If you don’t have the ability to come in direct contact with the beneficiaries of service, you can

organize an indirect service activity where students channel resources to a problem but do not interact with

those being served. This can include organizing a canned food drive to donate to a food pantry in a

neighboring community or participating in a community beautification project.



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WAYS TO PARTICIPATE IN COMMUNITY SERVICE

\* Volunteer at your local library.

\* Volunteer to chaperone a field trip.

\* Volunteer with a local nonprofit.

\* Volunteer at an animal shelter.

\* Volunteer at a community center.

\* Volunteer as a lifeguard.

\* Volunteer to be a crossing guard.

\* Volunteer to do social media for a local org.



CHAPTER 2

ACTIVITIES CONDUCTED

At first ,we contacted our locality volunteer to know the population in our surrounding area and collected information of people.

We started to collect information of people about their health and hygienic conditions .

Photo

We approached people in our localities and asked some questions..

* Which type of food your family prefers?

[brown rice/white rice]

* Does your family follow yoga / physical fitness regularly?

[ walking/ exercise/]

* Does your water containers are opened or closed ?
* Does your family members use masks and sanitizers while going out ?
* Does the GMC workers will come regularly to clean the garbage ?
* Do you separate the garbage?

[dry waste/ wet waste]

* Do you wash your clothes regularly, if so then with which water?

[soft water/hard water]

* What type of water your family prefer to drink &how will you purify the water

[normal water/boiled water/mineral water /copper purified water]

* If you have children less than 5 years[ dose he/she vaccinated with polio drops]?
* Are there any diabetic patients in your family?
* Which type of medical treatment your family prefers ?  
  [ ayurvedic/English medicine]
* Will you use any mosquito repellents at nights ?
* Are there any plants in your home ?  
  [for pure air]
* Will your family take any dairy products? Which consists of calcium ,lactose …etc[milk,curd]
* Does your family go for regular medical checkups?

In this way, we questioned people and we gathered answers of people.

We got to know the answers of the above questions.

Food

Fitness

Water

Plantation

Medical check up

Dairy products

Surroundings

Personal hygienic

Sanitation protocols

Water& Air

ypes of personal hygiene

There are many types of personal hygiene.

The following list is a good starting point for someone looking to build a personal hygiene routine:

Dental

Dental hygiene involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.

Body

Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor.

Washing the body will help prevent skin irritation, as well as removing the bacteria that cause body odor. Washing the hair removes oil and keeps a person looking clean and fresh.

Hand washing

Regular hand washing is one of the best ways to avoid spreading communicable diseases.

The Centers for Disease Control and Prevention (CDC)Trusted Source recommend washing the hands at certain times:

before, during, and after preparing food

before eating food

before and after looking after anyone who is vomiting or has diarrhea

before and after treating a cut or wound

after going to the bathroom

after changing diapers or cleaning up a child who has used the toilet

after blowing the nose, coughing, or sneezing

after touching garbage or dirty surfaces or objects

after handling pets or pet-related items, such as food

Nails

Fingernails may harbor dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.

How to maintain good personal hygiene

Knowing how to maintain good personal hygiene can make it easier to build a routine. A person should have some basic knowledge of the following types of hygiene:

Dental hygiene

For a healthy mouth and smile, the American Dental Association (ADA) recommend brushing the teeth for 2 minutes at least twice a day — once before breakfast and once before bed.

People should use an ADA-accepted fluoride toothpaste and replace the toothbrush every 3–4 months. The ADA also advise people to floss daily.

Learn more about good dental hygiene here.

Hand washing

The CDCTrusted Source outline five simple steps for effective hand washing:

Wet the hands with clean, running water, then turn off the tap and apply soap.

Lather the hands by rubbing them together with the soap, remembering to reach the backs of the hands, between the fingers, and under the nails.

Scrub the hands for at least 20 seconds, which a person can time by humming the “Happy Birthday” song twice.

Rinse the hands well under clean, running water.

Dry the hands using a clean towel or air dry them.

Learn more about proper hand washing here.

Body

It is advisable to shower or bathe daily, using soap and water to rinse away dead skin cells, oil, and bacteria. People can pay special attention to areas that accumulate more sweat, such as the armpits, in between the toes, and the groin area.

They should also wash their hair with shampoo at least once a week, or more if necessary. Applying deodorant when fully dry can help prevent body odors.

Learn more about how often to shower here.

Nails

Using sanitized tools to trim the nails and keep them short is one of the best ways to ensure that no dirt can collect underneath them.

Scrubbing the underside of the nails with a nail brush can form part of a person’s hand washing routine.

AND WE SUGGEST THEM A FEW HEATLH TIPS &INFORMATION..

AND SUGGESTING THEM ABOUT HYGIENIC CONDITIONS....

AT LAST ANALYZING HOW PEOPLE HEALTH CONDITIONS EXISTS AND WHAT TYPE OF LIFESTYLES THEY ARE MAINTAINING TOWARDS HEALTHY LIFE.

CONCLUSION

ANNEXURE

BIBILOGRAPHY

Reference links