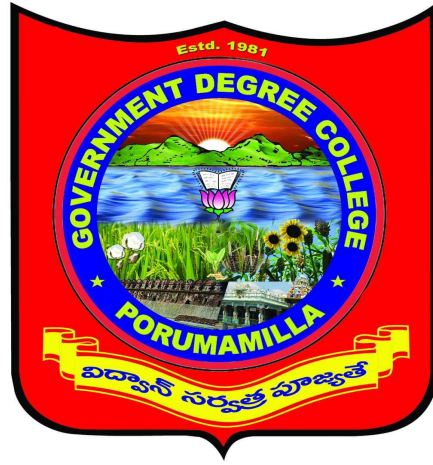


A COMMUNITY SERVICE PROJECT

SUBMITTED TO



Govt. Degree College Porumamilla

YSR Kadapa(**Dist**)

(Affiliated to YOGI VEMANA UNIVERSITY)

Dept. of Zoology

**Student Community Service Project(CSP)
On HEALTH & HYGIENE**

Submitted By

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2nd BSC BZC

(HALL TICKET NO: 206026049007)

Place of CSP execution: Rajupalem

MENTOR

P.SABITHA, Lecturer in Zoology

GOVERNMENT DEGREE COLLEGE Porumamilla

(2021 – 22)

CERTIFICATE

This is to certify that the project entitled

“Health & Hygiene”

is the Bonafede project work of

D. UDAY KUMAR ,

2nd BSC-BZC

(HALL TICKET NO: 206026049007)

done under supervision of

P. Sabitha , Lecturer in Zoology

For the Community Service Project in the

Department of Zoology

HOD

MENTOR

ACKNOWLEDGEMENT

I am extremely grateful to my beloved Principal, Dr.S. Naresh , Govt. Degree College Porumamilla, YSR KADAPA Dist., for my CSP Orientation.

The entire CSP work has been carried out in the Department of Zoology , Govt. Degree College porumamilla ,and I expressed my deep sense gratitude and sincere thanks to my Teachers P. SABITHA ,Lecturer in zoology and Head of the Department of Zoology .

I Thankful to my mentor for spending her precious time with me in discussing various typical problems relating to this Community Service Project and their kind co-operation.



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COMMUNITY SERVICE PROJECT

.....*Experiential learning through community engagement*

Aim: To identify the issues on health and hygiene in rural segments of Rayachoty ,with special reference to deficiency disorders.

1. INTRODUCTION

- Community Service Project is an experiential learning strategy that integrates meaningful community service with instruction, participation, learning and community development.
- 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.

2. OBJECTIVES

- To sensitize the students to the living conditions of the people who are around them,
- To help students to realize the stark realities of the society.
- To bring about an attitudinal change in the students and help them to develop societal consciousness, sensibility, responsibility and accountability
- To make students aware of their inner strength and help them to find new /out of box solutions to the social problems.
- 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.
- To develop a holistic life perspective among the students by making them study culture, traditions, habits, lifestyles, resource utilization, wastages and its management, social problems, public administration system and the roles and responsibilities of different persons across different social systems.

Timeline:

First week: Community survey. This includes the door-to-door survey along with the collection of data in the form of questionnaire. Different age groups are selected for the collection of data. A comparative study of food habits and diseases prevalent in young, adult, and old people is taken up for this purpose.

Second week: Community awareness. Under this programme, an attempt to create the awareness regarding the relation between food habits and disease prevalence has been made by the team members individually. Different age groups are addressed separately for this purpose.

Third week: All the data collected has been compiled in the form of project report. This includes the analysis of data. Based on this, definite conclusions are drawn regarding the relationship between food habits and public health profile. This includes the graphical representation of the data.

Fourth week: It includes the presentation of our project work to the internal viva committee at the college level individually.

BENEFITS OF COMMUNITY SERVICE PROJECT TO STUDENTS

Learning Outcomes

- ☐ Positive impact on students' academic learning
- ☐ Improves students' ability to apply what they have learned in "the real world"
- ☐ Positive impact on academic outcomes such as demonstrated complexity of understanding, problem analysis, problem-solving, critical thinking, and cognitive development
- ☐ Improved ability to understand complexity and ambiguity

Personal Outcomes

- ☐ Greater sense of personal efficacy, personal identity, spiritual growth, and moral development
- ☐ Greater interpersonal development, particularly the ability to work well with others, and build leadership and communication skills

Social Outcomes

- ☐ Reduced stereotypes and greater inter-cultural understanding
- ☐ Improved social responsibility and citizenship skills
- ☐ Greater involvement in community service after graduation

Career Development

- ☐ Connections with professionals and community members for learning and career opportunities
- ☐ Greater academic learning, leadership skills, and personal efficacy can lead to greater opportunity

TITLE: Health & Hygiene

Introduction

Health:

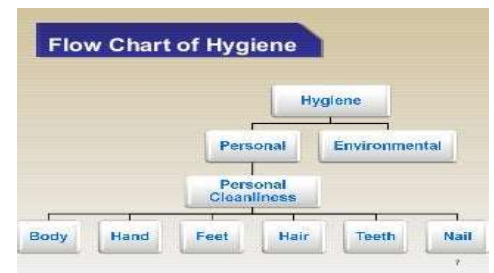
Health refers to a person's overall well-being and focuses not just on one's physical state but the mental and social state as well. Physical fitness refers to the bodily conditions and state of health with the absence of diseases. Mental health is the well-being of a person's psychological state, which is free from mental illness and having good cognitive health. Social well being is a person's capability to form and maintain relationships in their lives. The World Health Organization adds to this definition by stating that health does not just refer to the objective of living but also resources for everyday life. Having a sound body and mind constitutes good health.



Hygiene:

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.



Pure drinking water keeps us hydrated and helps in the functioning of our organs and removing toxins. Untreated and impure water causes many diseases. Boiling water or adding purifying agents help to clean the water for drinking.

Cleanliness is an essential hygienic practice towards being healthy. Showering regularly and wearing clean clothes is one form of personal Hygiene. Washing hands frequently, cutting nails, and brushing as well as flossing are some ways through which we can have good personal Hygiene.

Keeping our surroundings neat and clean keeps us fit. We need to ensure that water sources receive treatment. Contaminated water is the breeding ground for many water-borne diseases like typhoid and cholera. Proper sewage systems help to prevent this. Defecation in open places is very unhygienic and unhealthy. Dumping garbage on the roads attracts many insects which can be harmful to the surrounding. Adoption of proper garbage disposal will help to reduce this problem.

Home and everyday hygiene:

Home hygiene pertains to the hygiene practices that prevent or minimize the spread of disease at home and other everyday settings such as social settings, public transport, the workplace, public places etc. At present, these components of hygiene tend to be regarded as separate issues, although based on the same underlying microbiological principles. Preventing the spread of diseases means breaking the chain of infection transmission. Simply, if the chain of infection is broken, infection cannot spread. The main sources of infection in the home are people (who are carriers or are infected), foods (particularly raw foods) and water, and domestic animals (in the U.S. more than 50% of homes have one or more pets). Sites that accumulate stagnant water—such as sinks, toilets, waste pipes, cleaning tools, face cloths—readily support microbial growth and can become secondary reservoirs of infection.

Handwashing:

Hand hygiene is defined as handwashing or washing hands and nails with soap and water or using a waterless hand sanitizer. Hand hygiene is central to preventing spread of infectious diseases in home and everyday life settings. In situations where handwashing with soap is not an option (e.g., when in a public place with no access to wash facilities), a waterless hand sanitizer such as an alcohol hand gel can be used. They can be used in addition to handwashing to minimize risks when caring for "at risk" groups. To be effective, alcohol hand gels should contain not less than 60%v/v alcohol.



Food hygiene at home:

Food hygiene is concerned with the hygiene practices that prevent food poisoning. The five key principles of food hygiene are:

- Prevent contaminating food with mixing chemicals, spreading from people, and animals .
- Separate raw and cooked foods to prevent contaminating the cooked foods.
- Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
- Store food at the proper temperature.
- Use safe water and raw materials

Hygiene in the kitchen, bathroom and toilet:

Routine cleaning of (hand, food, drinking water) sites and surfaces (such as toilet seats and flush handles, door and tap handles, work surfaces, bath and basin surfaces) in the kitchen, bathroom and toilet reduces the risk of spread of pathogens. The infection risk from flush toilets is not high, provided they are properly maintained, although some splashing and aerosol formation can occur during flushing, particularly when someone has diarrhea. Pathogens can survive in the scum or scale left behind on baths and wash basins after washing and bathing.

Household water treatment and safe storage:

Household water treatment and safe storage ensure drinking water is safe for consumption. These interventions are part of the approach of self-supply of water for households. Drinking water quality remains a significant problem in developing and in developed countries; even in the European region it is estimated that 120 million people do not have access to safe drinking water.

Methods for treatment of drinking water, include:

- Chemical disinfection using chlorine or iodine
- Boiling
- Filtration using ceramic filters

- Solar disinfection - Solar disinfection is an effective method, especially when no chemical disinfectants are available
- UV irradiation - community or household UV systems may be batch or flow-through. The lamps can be suspended above the water channel or submerged in the water flow.
- Combined flocculation/disinfection systems – available as sachets of powder that act by coagulating and flocculating sediments in water followed by release of chlorine.
- Multibarrier methods – Some systems use two or more of the above treatments in combination or in succession to optimize efficacy.

PERSONAL HYGIENE:

Proper personal hygiene means taking care of every aspect of your body, from keeping it clean to looking your best. Basic hygiene should be taught to children at an early age to help establish good habits. Parents can reinforce good hygienic behavior by creating routines and being good role models. Personal hygiene practices include bathing, washing your hands, keeping your hair clean and brushing your teeth

MENSTRUAL HYGIENE

Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health outcomes.

objectives of health and hygiene

The goal of personal hygiene is **to keep your body healthy and the space you live and work in clean and germ-free**. Good hygiene will help prevent spreading germs to other people and prevent illness. Practicing proper hygiene will keep your body healthy while giving you confidence.

- Balanced Diet**- To maintain a healthy life, one should take a proper well-balanced diet with plenty of water.
- Personal Hygiene**- A person should live in a clean environment and must follow good personal hygiene. There should be proper disposal of wastes. Clean surroundings prevent the spread of diseases.
- Regular Exercise**- Along with good food and hygiene exercise is also very important in maintaining good health. Regular exercise and good sleep help a person to remain fit, stress-free, and active.

The practices that we follow in our day-to-day lives to maintain good health are known as hygiene. This includes:

- Personal hygiene
- Community hygiene

a. Personal Hygiene- The following practices should be followed every day to remain Healthy:

- Washing hands before and after eating



- Regular toilet habits
- Cleaning teeth
- Bathing on a regular basis
- Wearing clean and comfortable clothes
- Drinking clean water
- Keeping house clean and insect free
- Cooking in clean utensils

b. Community Hygiene- The environment in which we live plays a very important role in keeping us healthy. The practices to keep our surroundings clean should include:

- Proper disposal of household wastes
- Cleaning of roads and streets
- Keeping house clean
- Covering dustbins
- Spraying insecticides at regular intervals to ward off insects

Questionnaire on Health & Hygiene

1. What is your age, height and weight?

2. How many times do you wash your hands in a day?

3. Can you do exercise regularly?

4. All of your family members drink filtered water?

5. How frequently do you drink water in a day?

6. Do you have any health problems so far?

- 7. When did you check your Blood pressure (B.P) last time?**
- 8. Have you been vaccinated for Covid-19?**
- 9. Does your family have any history of genetic disorders?**
- 10. How many times do you consult your physician in a year?**
- 11. Do your village have underground drainage?**
- 12. Are you suffering from any vitamin or nutritional deficiencies?**
- 13. Do you prefer road side food?**
- 14. Can you take fresh greeny vegetables in your diet regularly?**
- 15. Do you ate fruits daily?**
- 16. Do you have any cavities in your teeth?**
- 17. Can you brush your teeth twice a day?**
- 18. Do your family members maintain menstrual hygiene?**
- 19. Is open defecation is still in vogue in your village?**
- 20. Are you maintaining proper sanitation in your home?**
- 21. Garbage should be disposed of in bins or not?**
- 22. Do you have any habits like smoking, drinking alcohol, tobacco, drugs etc ?**
- 23. Have you had problems with any infections?**
- 24. Have you been hospitalized for any health problems?**
- 25. Any complications of diabetes, heart diseases?**
- 26. Can you do yoga or meditation regularly to reduce stress, anxiety?**
- 27. What are the steps can you take to improve your hygiene?**
- 28. Can you take sufficient liquid fluids in your diet daily?**
- 29. Do you have any calorie awareness?**
- 30. Is your surroundings free from dirt, trash or waste?**

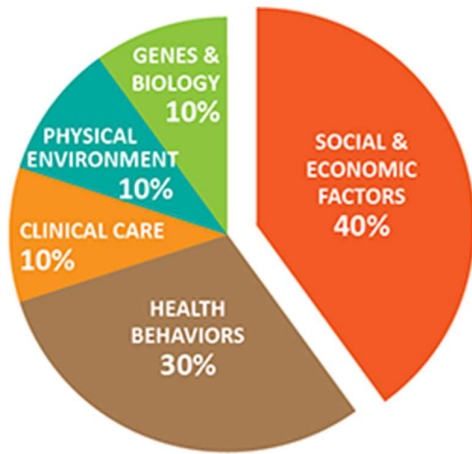
Table 1: Are you aware of Personal Health and Hygiene?

S. No.	Items	Number	%
1.	Yes	131	98.5
2.	No	02	1.5

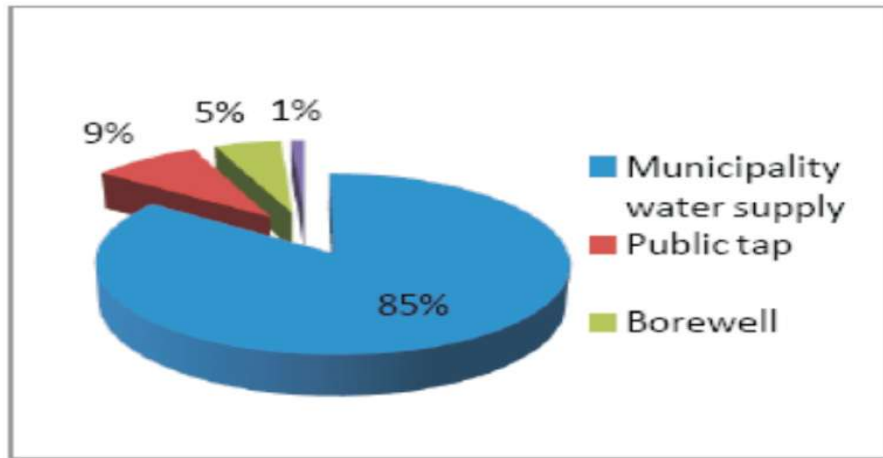
**Community
Service Project**

(CSP) – Log Book

1	Name of the Student.	D. Uday Kumar	
2	Regd. No. of the Student	206026049007	
3	Year	2nd t year ,2021-2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC	
5	Program Combination	Bzc	
6	Name of the Mentor	P. Sabitha	
7	Name of the CSP	Health and Hygiene	
8	Place of CSP execution	Rajupalem	
S.No	Date	Workdone	No of hours spent
1	25-06-2022	Survey on health and hygiene	3
2	26-06-2022	survey on health and hygiene	4
3	27-06-2022	survey on health and hygiene	3
4	28-06-2022	survey on health and hygiene	4
5	30-06-2022	survey on health and hygiene	3
6	30-06-2022	survey on health and hygiene	3



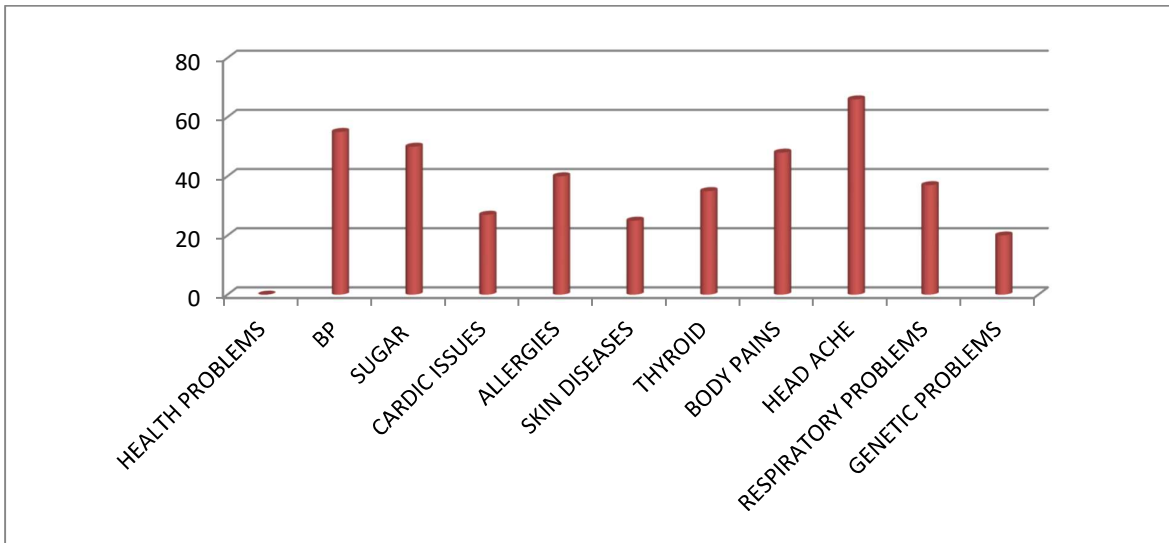
DETERMINANTS OF HEALTH



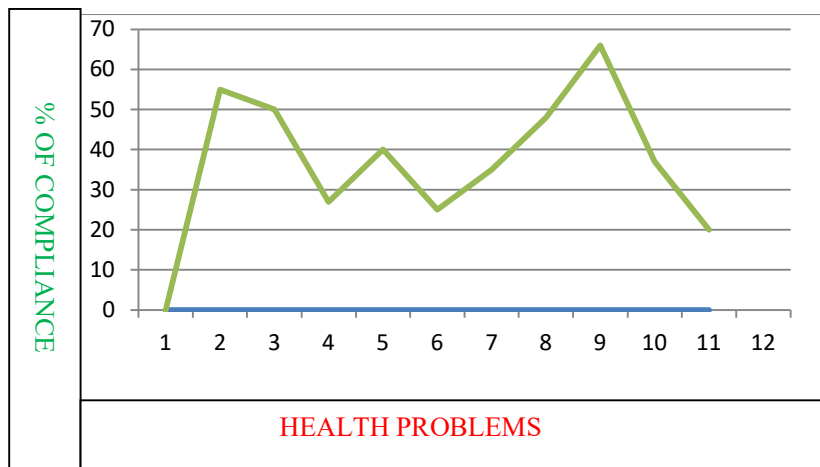
WATER FACILITIES

HEALTH ISSUES		
SNO	HEALTH PROBLEM	% OF COMPLIANCE
1	BP	55
2	SUGAR	50

3	CARDIC ISSUES	27
4	ALLERGIES	40
5	SKIN DISEASES	25
6	THYROID	35
7	BODY PAINS	48
8	HEAD ACHE	66
9	RESPIRATORY PROBLEMS	37
10	GENETIC PROBLEMS	20



Health issues



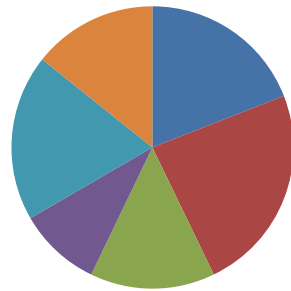
HEALTH PROBLEMS

DAILY ACTIVITIES						
SNO	EXERCISE	HAND WASH	BATHING	WATER INTAKE	BRUSHING	FOOD INTAKE
1	YES	4	2	4	2	3

2	NO	5	1	2	1	2
3	YES	3	3	31/2	2	3
4	NO	2	1	2	1	2
5	NO	4	2	3	1	3
6	YES	3	3	21/2	2	3



DAILY ACTIVITIES HAND WASH



- EXERCISE
- HAND WASH
- BATHING
- WATER INTAKE
- BRUSHING
- FOOD INTAKE

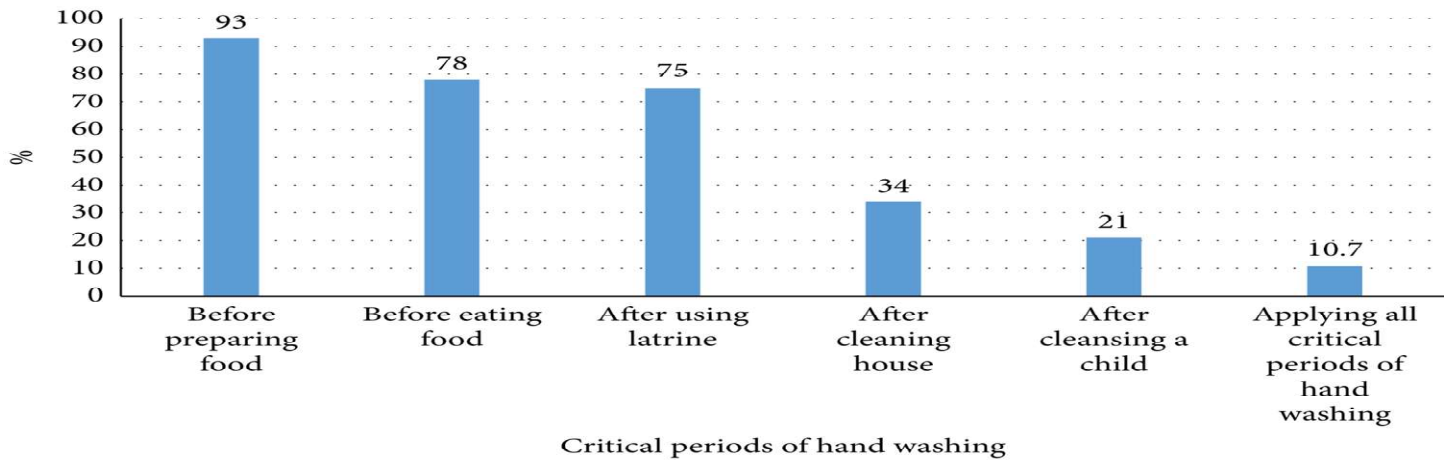
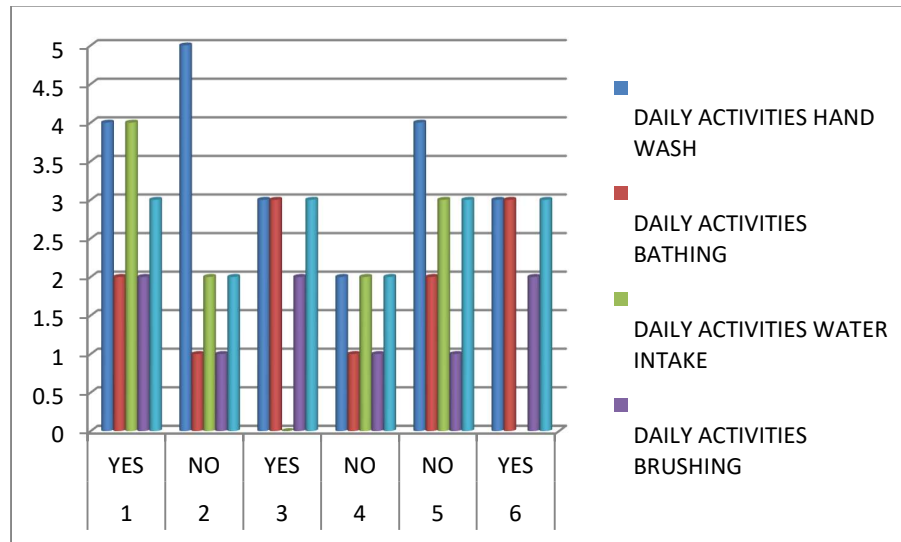


PHOTO GALLERY



Patha Ramapuram, Andhra Pradesh, India
4WHV+PWW, Patha Ramapuram, Andhra Pradesh 516217, India
Lat 15.129351°



Patha Ramapuram, Andhra Pradesh, India
4WHV+PWW, Patha Ramapuram, Andhra Pradesh 516217, India
Lat 15.129372°
Long 78.944167°



Patha Ramapuram, Andhra Pradesh, India
4WHV+PWW, Patha Ramapuram, Andhra Pradesh 516217, India



Patha Ramapuram, Andhra Pradesh, India
4WHV+PWW, Patha Ramapuram, Andhra Pradesh 516217, India



Ramapuram, Andhra Pradesh, India
4W8M+XXX, Ramapuram, Andhra Pradesh 516217, India
Lat 15.117621°
Long 78.935012°
25/06/22 02:26 PM

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CONCLUSION

I hope that your eyes have been opened to see the needs of citizens within your local community and those around the world. These needs are being met by organizations who are partnering with VOLUNTEERS such as yourself. Your research and volunteer experience have hopefully helped you to discover that "giving back" is a rewarding role of being a citizen and not only benefits those in need, but it benefits you too. It is my hope that you will continue to volunteer and more importantly, persuade and motivate others to do the same.