

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

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A Report of Community Service Project on

Water pollution

Submitted

to

Department of.....*Botany*.....
GOVT COLLEGE FOR MEN, KURNOOL



In partial fulfillment of the requirements for the award of the Degree of
BACHELOR IN ...*B.Sc. Horticulture*...

At the end of semester 3
By under the Supervision of

Name of the student:.....*T. Maneesha*.....

Hall Ticket No :.....*2030310009*.....

Under Supervision of

D Madhusudhakar Sir department of Botany
Govt. Degree College For men, Kurnool.

Community Service Project Report

Submitted in accordance with the requirement for the degree of B.Sc. Horticulture

Name of the College: Govt. Degree College - Formen, Kurnool

Department: Botany

Name of the Faculty Guide:

Duration of the CSP: From 18/6/22 To 29/7/22

Name of the Student: J. Maneesha

Programme of Study: Water pollution

Year of Study: 2021 - 2024

Register Number: 21030310009

Date of Submission: 25-07-2022

Student's Declaration

I, J. Maneecha, a student of CSP Program,
Reg. No. 21030310009 of the Department of Botany,
Gvt Degree Eramba College do hereby declare that I have completed
the mandatory community service from 18/6/22 to 21/7/22 in
Water Pollution (Name of the Community/Habitation) under the Faculty
Guideship of D. Madhusudhakar, (Name of the Faculty Guide), Department
of Botany in Gvt College Degree Eramba

J. Maneecha

(Signature and Date)

Endorsements

D. Madhusudhakar
Faculty Guide 25/07/2022

K. V. Madhul
Head of the Department

J. K. S. S. S. S.
Principal

Certificate from Official of the Community

This is to certify that J. Maneksha (Name of the Community Service Volunteer) Reg. No 21030310009 of Gau Degree For Men College (Name of the College) underwent community service in Water pollution (Name of the Community) from 16/12 to 21/12. The overall performance of the Community Service Volunteer during his/her community service is found to be satisfactory (Satisfactory/Good).

P. Vasundhara
Authorized Signatory with Date and Seal

WARD ADMINISTRATIVE SECRETARY
FCI Colony-2 Secretariat-1016055
Ward No.21, Kurnool Municipal Corporation
KURNOOL.

ACKNOWLEDGEMENT

I wish to express my gratitude to those who extend their valuable cooperation and contribution towards the project.

I would like to thank our principal garu for facilitating the project and providing her guidance throughout the duration of the project.

I would like to express gratitude to my project guide D. Madhu Sudhakara sir for his valuable time in continuous assistance for the successful completion of the project.

Finally, I would like to thank the faculty and staff of the institute and also to my parents for their support.

J. Maneehar

Signature of the student

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What is Water Pollution?

Water pollution occurs when harmful substances - often chemicals or microorganisms - contaminate a stream, river, lake, ocean, aquifer, or other body of water, degrading water quality and rendering it toxic to humans or the environment.

What are causes of water pollution

Water is uniquely vulnerable to pollution known as a "universal solvent" water is able to dissolve more substances than any other liquid on earth. It's the reason we have Cool-Aid and brilliant blue waterfalls. It's also why water is so easily polluted. Toxic substances from farms, towns and the factories readily dissolve into and mix with it, causes water pollution.



Types of Water pollution

1. Ground water
2. Surface water
3. Ocean water
4. Point Source
5. Non point Source
6. Transboundary.

(1) Ground Water:-

When rain falls and seeps deep into the earth, filling the cracks crevices and porous spaces of an aquifer (basically an underground store house of water). It becomes the ground water - one of our least visible but most important natural resources. Nearly 40 percent of Americans rely on groundwater, pumped to the earth's surface.

For drinking water, for some folks in rural areas, it's their only freshwater source. Ground water get polluted when contaminants - from pesticides and fertilizers to waste leached from landfills and septic systems - make their way into an aquifer, rendering it unsafe for human use. Picking ground water of contaminant can be difficult to impossible, as well as costly. Once polluted, an aquifer may be unusable for decades or even thousand of years.

(2) Surface Water

Covering about 70% of the earth surface water is what fills our oceans lakes, rivers and all those other blue bits on the world map surface water. From freshwater sources (that is, from sources other than the ocean) accounts for more than 60% of the water delivered to American homes. But a significant pool of that water is in peril, according to the most recent surveys on national water quality from the U.S.



Environment protection Agency. nearly half

Of our rivers and streams and more than one-third of our lakes are polluted and unfit for swimming, fishing, and drinking. Nutrient pollution which includes nitrates and phosphates, is the leading type of contamination in these freshwater sources.

(3) Ocean Water:-

Eighty percent of ocean pollution (also called marine pollution) originates on land - whether along the coast or far inland. Contaminants such as chemicals, nutrients, and heavy metals are carried from farms, factories and cities by streams and rivers into our bays and estuaries; from there they travel out to sea. Meanwhile, marine debris, particularly plastic - is blown in by the wind or washed in via storm drains and sewers - and seas are also sometimes spoiled by oil spills and.

leaks - big and small - and are consistently

Soaking up carbon pollution from the air

4) Point Source

When Contamination originates from a single

Source, its called point source pollution

Examples include wastewater (also called effluent)

discharged legally or illegally by a manufacture

oil refinery, or wastewater treatment facility.

as well as contamination from leaking septic

systems chemical and oil spills and illegal

dumping. The EPA regulates point source pollution

by establishing limits on what can be discharged

by a facility directly into a body of water. While

Point Source pollution originates from a specific place.

it can affect miles of waterways and ocean.

Non-point Source

Non-point source pollution is contamination derived from diffuse sources. These may include agricultural or stormwater runoff or debris blown into waterways from land. Nonpoint source pollution is the leading cause of water pollution in US waters, but it's difficult to regulate. Since there's no single, identifiable culprit.

Transboundary

It goes without saying that water pollution can't be contained by a line on a map. Transboundary pollution is the result of contaminated water from one country spilling into the waters of another. Contamination can result from accidents.



The Most Common Types of Water Contamination

- (1) Agricultural
- (2) Sewage and waste water,
- (3) Oil pollution
- (4) Radioactive Substances

(1) Agricultural

Not only is the agricultural sector the biggest consumer of global freshwater resources, with farming and livestock production using about 70 percent of the earth's surface water supplies, but it's also a serious water polluter. Around the world, agriculture is the leading cause of water degradation. In the United States, agricultural pollution is the top source of contamination in rivers and streams, the second - biggest source in wetlands, and the third main source in lakes. It's also a major contributor of contaminant to estuaries and ground water. Every time it rains, fertilisers, pesticides,



and animal waste from farms and livestock operations wash nutrients and pathogens - such bacteria and viruses - into our waterways. Nutrient pollution caused by excess nitrogen and phosphorus in water or air, is the number-one threat to water quality world wide and can cause algal blooms.

Sewage and Waste Water

Used water is wastewater. It comes from our sinks, showers, and toilets (sewage) and from commercial industrial and agricultural activities (think metals, solvents, and toxic sludge). The term also includes storm water runoff, which occurs when rainfall carries road salts, oil, grease, chemicals and debris from impermeable surfaces into our waterways more than 80% of the world's waste water flows back into the environment without being treated or reused, according to the United Nations.



In some least-developed countries the figure tops 95 percent. In the United States, wastewater treatment facilities process about 34 billion gallons of waste water per day. These facilities process about 34 billion gallons of waste water per day. According to "EPA" estimates, our nations aging and easily overwhelmed sewage treatment systems also release more than 850 million gallons of untreated wastewater each year.

Oil Pollution

Big spills may dominate headlines, but consumers account for the vast majority of oil pollution in our seas, including oil and gasoline that drips from millions of cars and trucks every day. Moreover, nearly half of the estimated 1 million tons of oil that makes its way into marine environments each year comes not from tanker spills but from land-based sources, such as factories, farms, and cities. At sea tankers, spills account for about 10% of the oil.

In waters around the world where regular operations of the shipping industry through both legal and illegal discharges contribute about one-third oil is also naturally released from under the ocean floor through fault fractures known as seeps.

Radioactive Substances

Radioactive waste is any pollution that emits radiation beyond what is naturally released by the environment. It is generated by uranium mining, nuclear power plants and the production and testing of military weapons, as well as by universities and hospitals that use radioactive materials for research and medicine. Consider the decommissioned Hanford nuclear weapons production site in Washington. Cleanup of 50 million gallons of radioactive waste is expected to cost more than \$100 billion and last through 2060. Accidentally released or improperly disposed of contaminants threaten groundwater, surface water.



What are the effects of water pollution

- ⇒ on human health
- ⇒ on the environment

8 on human health

to put it bluntly: Water pollution kills in fact, it caused 1.8 million deaths in 2015, according to the study published in 'the lancet' contaminated water can also make you ill. Every year, unsafe water sickens about 1 billion people, and low income communities are disproportionately at risk because their homes are often closest to the most polluting industries.

Water borne pathogens, in the form of disease-causing bacteria and viruses from human and animal waste, are a major cause of illness from contaminated drinking water. Diseases spread by unsafe water include cholera, giardia and typhoid. Even in wealthy nations, accidental or illegal releases

-From sewage treatment facilities as well as runoff from farms and urban areas, contribute harmful pathogens to waterways thousands of people across the United States are sickened every year by Legionnaires disease (a severe form of pneumonia contracted from water sources like cooling towers and piped water) with cases cropping up from California Disneyland to Manhattan's upper east side.

Meanwhile, the plight of residents in Flint, Michigan:

Where cost-cutting measures and aging water infrastructure created a lead contamination crisis - offers a stark look at how dangerous chemical and other industrial pollutants in our water can be. The problem goes far beyond Flint and involves much more than lead, as a wide range of chemical pollutants from heavy metals such as arsenic and mercury pesticides and nitrate fertilizers - are getting into our water supplies. Once they're ingested these



Toxins can cause a host of health issues from cancer to hormone disruption to altered brain function. Children and pregnant women are particularly at risk.

Even swimming can pose a risk. Every year 3.5 million Americans contract health issues such as skin rashes, pink eye, respiratory infections and hepatitis from sewage laden coastal waters according to EPA estimates.

On the Environment:-

In order to thrive, healthy ecosystems rely on a complex web of animals, plants, bacteria and fungi - all of which interact directly or indirectly with each other. Harm to any of these organisms can create a chain effect, impeding entire aquatic environment.

When water pollution causes an algal bloom in a lake or marine environment the proliferation of newly introduced nutrients stimulates plant and algae growth, which in turn reduces oxygen levels in the water. This death of oxygen, known as eutrophication.

Suffocates plants and animals and can create "dead zones" where waters are essentially devoid of life. In certain cases these harmful algal blooms can also produce neurotoxins that affect wildlife, from whales to seagulls.

Chemical and heavy metals from industrial and municipal waste water contaminate waterways as well. These contaminants are toxic to aquatic life, most often reducing an organism's life span and ability to reproduce - and make their way up the food chain as predator eats prey. That's how tuna and other big fish accumulate high quantities of toxins such as mercury.

Marine ecosystems are also threatened by marine debris, which can strangle, suffocate and starve animals, much of this solid debris such as plastic bags and soda cans, gets swept into sewers and storm drains and eventually out to sea, turning our oceans into trash soup and sometimes consolidating into floating garbage patches. Discarded fishing gear and other types of debris are responsible.

for harming more than 200 different species of marine life.

Meanwhile, ocean acidification is making it tougher for shellfish and coral to survive. Though they absorb about a quarter of the carbon pollution created each year by burning fossil fuels, oceans are becoming more acidic. This process makes it harder for shellfish and other species to build shells and many impact the nervous systems of shrews, clownfish and other marine life.



What Can you Do to prevent water pollution?

⇒ With your actions

⇒ With your voices

* With your actions

We're all accountable to some degree for today's water pollution problem. Fortunately there are some

simple ways you can prevent water contamination or at least limit your contribution to it;

⇒ learn about the unique qualities of water

Where you live where does your water come from?

Is the waste water from your home treated?

Where does storm water flow to? Is your area in a drought? Start building a picture of the

situation so you can discover where your action will have the most impact - and see if your neighbours would be interested in joining in!

- ⇒ Maintain your car in it doesn't leak oil, anti-freeze or cool
- ⇒ If you have a yard, consider land scaping that reduces runoff and avoid applying pesticides and herbicides.
- ⇒ Don't flush your old medications! Dispose of them in the trash to prevent them from entering local waterways.
- ⇒ Be mindful of anything you pour into storm sewers, since that waste often won't be treated before being.

⇒ Released into local waterways. If you notice a storm sewer blocked by litter, clean it up to keep that trash out of the water (you'll also help prevent troublesome street floods in a heavy storm)

⇒ If you have a pup, be sure to pick up its poop.

With Your Voice

one of the most effective ways to stand up for our waters is to speak out in support of the clean water act, which has helped hold polluters accountable for five decades - despite attempts by destructive industries to get its authority but we also need regulations that keep pace with modern-day challenges, including microplastics, PFAS. Pharmaceuticals and other contaminants our wastewater, treatment plants weren't built to handle not to mention polluted water that's dumped untreated.

Tell the federal government, the U.S Army Corps of engineers, and your local elected officials that you support water protections and investments in infrastructure like waste water treatment lead pipe removal programs, and storm water - obtaining green infrastructure.

Also learn how you and those around
you can get involved in the policymaking process.

Our public water ways serve everyone of us.
We should all have a say in how they're protected.

Steps (or) Measures taken by the

Government to prevent water pollution:

Various programmes have been launched by the Government of India for the conservation and protection of rivers and water bodies in the country.

- * National River Conservation programme (NRCP)
- * National Lake Conservation programme (NLCP)
- * Atal Mission for Rejuvenation and Urban transformation (AMRUT)
- * Smart cities mission
- * Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS)
- * Repair, Renovation and Restoration (RRR) schemes

* National River Conservation Programme (NRCP)

The Ministry of Environment and Forests (MOEF)

National River Conservation Plan (NRCP) aims to protect rivers from pollution and enhance water quality.

* National Green Tribunal

The concerned states and union territories (UTs) are trying to implement action plans for the restoration of water quality in the identified polluted stretches of rivers in accordance with the directives of the national Green Tribunal.

* Jal Jeevan Mission:-

Since August 2019, the Indian government has been working with the states to carry out the Jal Jeevan Mission (JJM); which aims to provide drinkable.

tap water to every rural home in India by 2024, including those in habitations where the water quality is poor.

Children are especially sensitive to water borne diseases and contamination in drinking water. A particular effort was started in 2020 to make the provision of potable tap water supply in schools, Anganwadi centres, athram shalas etc. on a priority basis.

As a result, 8.52 lakh (83%) schools and 8.76 lakh (78.4%) Anganwadi centre across the country now have access to tap water.

* National lake conservation programme (NLCP)

The national lake conservation plan (NLCP) is being implemented by the ministry of Environment and forests to manage and conserve contaminated and degraded lakes in urban and semi urban areas.

Its objective was to conserve aquatic ecosystems (lakes and wetlands) by putting longterm conservation plans into action that were guided by uniform policies and standard.

Atal Mission for Rejuvenation and Urban Transformation (AMRUT)

Atal Mission for Rejuvenation and Urban
Transformation (AMRUT) was established
with the intention to make sure that every home
has access to a water tap with a reliable
water supply and a sewer connection.

Water Body Regulating and Monitoring Agency

The water quality of the country's various rivers is regulated by several agencies such as:-

- ⇒ Central Pollution Control Board (CPCB)
- ⇒ State Pollution Control Boards (SPCBs)
- ⇒ Pollution Control Committees (PCCs)
- ⇒ Central water commission (CWC)

Government's Stand to control industrial pollution which leads to water pollution

According to the provisions of the water (Prevention and control of pollution) Act of 1974 and the environment.

(protection) Act of 1986, industrial units must install effluent treatment plants (ETPs) and treat their effluents to meet specified environmental standards before discharging into rivers and other bodies of water.

As a result, the (CPCB), central pollution control Board, state pollution control Board (SPCB) and pollution control committees (PCCs) keep an eye on industries compliance with effluent discharge standards and take appropriate legal action in the event of non-compliance with these Acts provisions.

Additionally, the industries are urged to maintain zero liquid discharge (ZLD) whenever possible, enhance the technology to reduce waste water output reuse wastewater, and recycle waste water.

State Governments have the primary responsibility to monitor as well as take corrective actions, regarding pollution of water sources by industries or mines.



AGAR



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1. మీరుమినంల్యుటర్ / మున్సిపల్ కార్పొరేషన్ లో ?

మ్యునిసిపల్ కార్పొరేషన్ లో

2. మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

సీని

3. మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / కమిషనర్

4. ఒకవేళ మీరుమినంల్యుటర్ / మున్సిపల్ కార్పొరేషన్ లో ఉన్నట్లయితే ? దానిపై ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / మున్సిపల్ కార్పొరేషన్ లో

5. నెలకు మీరుమినంల్యుటర్ / మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

ఇన్ ఛార్జ్

6. మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

కమిషనర్

7. మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / మున్సిపల్ కార్పొరేషన్ లో

8. మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / మున్సిపల్ కార్పొరేషన్ లో

9. మీరుమైనంల్యుటర్ / మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / మున్సిపల్ కార్పొరేషన్ లో

10. మీరుమైనంల్యుటర్ / మున్సిపల్ కార్పొరేషన్ లో ఎలాంటి పదవిలో ఉన్నారు ?

మేయర్ / మున్సిపల్ కార్పొరేషన్ లో

III. నీటికాలుష్యం

1. మీరుమీనదిలో మునిగిపోతారా ?

మనశ్శాంతి

2. మునిగిపోతే ఏమి చేయాలి ?

దీని

3. మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

4. ఒకసారి మీరుమీనదిలో మునిగిపోతే ?

మనశ్శాంతి

5. నదిలో మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

6. మునిగిపోతే ఏమి చేయాలి ?

దీని

7. మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

8. మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

9. మీరు నదిలో మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

10. మీరు నదిలో మునిగిపోతే ఏమి చేయాలి ?

మనశ్శాంతి

III. నీటికాలుష్యం

1. మీరుమీనరిల్వటర్ | మున్సిపల్వటర్ గుర్తున్నారా ?

ಮಿನರಲ್ಯಾಟ್ರಿ ಆಗುತ್ತಾ

2. మున్సిపల్ కౌన్సిల్స్ ఏర్పాటు చేయడంపై మీ అభిప్రాయం తెలుపండి.

402

3. ముచ్చిపాలిటిసరపరాచేస్తున్న నీటిపట్లమీరదిస్తాయా?

మొదటి ప్రశ్నలు

4. ఒక పోలీసు మినిస్టర్ ల్యాబ్ గారు ఉన్నట్లైతే ? దానిపట్ల మీ అభిప్రాయం?

ॐ नमो भगवते वासुदेवाय

5. నెలకు మీరు మినరల్స్ ట్రాక్కిన సంపాదన డబ్బు ఖర్చు చేస్తున్నారు ?

300 Rs. ఇచ్చి-ఉన్నది-0

6. మున్సిపల్ కమిటీ సభ్యులను ఎన్నుకునే ప్రక్రియను వివరించండి.

આદ્ય .

7. మున్సిపాలిటీలోని వన్సి రోజులకు ఒకసారి క్లీనింగ్ చేయవలసి ఉన్నది ?

మొదటి అక్షరం

8. మున్సిపాలిటీనిరుద్ధాగుతున్నప్పుడుమరియుమినరల్వాటర్డుగుతున్నప్పుడుమీఆరోగ్యంలోఎటువంటితేడాగమ
ఉందారు ?

ಎರಡು-ಒಂದು ದಿನದ ತಾಯಿ ತಂದೆ ಎಂಬ ಗುರುತಿಲ್ಲ.

9. మీరు త్రాగునీరు సలుపేటం అయినప్పుడు ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు? (వడపోత , నేడే చేయడం, పటికకలపడం

వెడే-పొయ్యడం

10. మీ పరిసరాలలో మురికికాలువల పూడిక తీరమున్ని పాలిటీవారు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు ?

విద్యుత్తు సరి గుర్తించుట

III. నీటికాలువ్యం

1. మీరుమినరల్వటర్ | మున్సిపల్వటర్ గాగుతున్నారా ?

మున్సిపల్వటర్ ఆగుతు

2. మున్సిపల్వటర్ యొక్క సృష్టిగా ఉందా లేదా ?

ఉంది

3. మున్సిపల్వటర్ నీటిని పట్లమీ ఆదిస్తాయా ?

మరియు ఉపయోగం

4. ఒకవేళ మీరుమినరల్వటర్ గాగుతున్నట్లైతే ? దానిపట్లమీ ఆదిస్తాయా ?

మరియు మినరల్వటర్ ఆగుతు

5. నెలకు మీరుమినరల్వటర్ సెంటర్ డబ్బులు రుచ్చేస్తున్నారు ?

ఏమి భర్తీ చేయాలి

6. మున్సిపల్వటర్ నీటిని పట్లమీ ఆదిస్తే వాటిపై పులుడినే జీతం ఉంటున్నాయా ?

తెలు .

7. మున్సిపల్వటర్ నీటిని పట్లమీ ఆదిస్తే జీతం ఒకసారి క్షేపిస్తే ఉంటున్నారా ?

మరియు నీటిని పట్లమీ ఆదిస్తే

8. మున్సిపల్వటర్ నీటిని పట్లమీ ఆదిస్తే పులుడి మరియు మినరల్వటర్ గాగుతున్న పులుడి మీ ఆర్గంట్ ఎటువంటి రేడాగమం ఉందా ?

మరియు తెలు గాగుతుంటే తెలు .

9. మీరు గాగునీరు సులభం అయిన పులుడి ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా ? (వడపోత , నడిచేయడం , పట్లకలపడం

వడపోత

10. మీ పరిసరాలలో మురికి కాలువల పూడిక తీసి మున్సిపల్వటర్ నీటిని పట్లమీ ఆదిస్తే జీతం ఉంటున్నారా ?

తెలు మరియు శుభ్రం చేస్తారు .

III. నీటి కాలుష్యం

1. మీరు మినరల్స్ టర్ | మున్సిపల్స్ టర్ గుర్తున్నారా ?

మున్సిపల్స్ టర్ తో తోడు.

2. మున్సిపల్స్ కాలుష్యం ఏలా ఉంటుంది ?

ఉంటుంది

3. మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

మంచి ఉపయోగం

4. ఒకసారి మీరు మినరల్స్ టర్ గుర్తున్నారా ? దాని ఉపయోగం ఏలా ?

మంచి ఉపయోగం తోడు.

5. నీటిని మీరు మినరల్స్ టర్ ను ఏలా ఉపయోగిస్తారు ?

నీటిని ఉపయోగిస్తారు

6. మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

తీరు

7. మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

నీటిని ఉపయోగిస్తారు

8. మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

నీటిని ఉపయోగిస్తారు.

9. మీరు మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

నీటిని ఉపయోగిస్తారు

10. మీరు మున్సిపల్స్ టర్ నీటిని ఏలా ఉపయోగిస్తారు ?

నీటిని ఉపయోగిస్తారు.

III. నీటికాలుష్యం

1. మీరుమినరల్స్/మున్సిపల్స్/టర్గులగుతున్నారా ?

మ్యునిసిపల్స్ ఆగుతుంది

2. మ్యున్సిపల్స్/కాయిస్పరెండాడాలదా?

అంది

3. మ్యున్సిపల్స్/టర్గులగుతున్నారా? నీటిపట్లమీదా?

మరియు అందరినీ

4. ఒకవేళమీరుమినరల్స్/టర్గులగుతున్నట్లైతే ? దానిపట్లమీదా?

మీరు మ్యునిసిపల్స్ ఆగుతుంది .

5. నెలకుమీరుమినరల్స్/టర్గులగుతున్నారా?

మరియు అందరినీ

6. మ్యున్సిపల్స్/టర్గులగుతున్నారా? నీటిపట్లమీదా?

అంది

7. మ్యున్సిపల్స్/టర్గులగుతున్నారా? నీటిపట్లమీదా?

మరియు అందరినీ

8. మ్యున్సిపల్స్/టర్గులగుతున్నారా? నీటిపట్లమీదా? నీటిపట్లమీదా?

మరియు అందరినీ

9. మీరుటర్గులగుతున్నారా? నీటిపట్లమీదా? నీటిపట్లమీదా?

మరియు అందరినీ

10. మీరుటర్గులగుతున్నారా? నీటిపట్లమీదా? నీటిపట్లమీదా?

మరియు అందరినీ

III. నీటికాలువ్యం

1. మీరుమీనరల్వాటర్ / మున్సిపల్వాటర్ గా గుర్తున్నారా ?

మేమిస్వల్వర్స్ ఆఫ్ ఇండియా .

2. మున్సిపల్ వాటర్స్ యొక్క రంగం గా ఉందా లేదా ?

ఉంది

3. మున్సిపాలిటీ సరఫరా చేస్తున్న నీటి పట్ల మీ అభిప్రాయం ?

మంచి అభిప్రాయం

4. ఒకవేళ మీరు మీ నరల్వాటర్ గా గుర్తున్నట్లైతే ? దాని పట్ల మీ అభిప్రాయం ?

మేమే ఆక్వేటర్స్ మినరల్స్
గురించి కేసు ఉంది.

5. నెలకు మీరు మీ నరల్వాటర్ కి సంబంధించిన బిల్లు చెల్లుస్తారా ?

మీరు భర్తీ చేయాలి

6. మున్సిపల్ నీటి సరఫరా చేస్తున్న వాటర్స్ పులుడైన జీతాలు ఉన్నాయా ?

తెలు .

7. మున్సిపాలిటీ నీరు ఎన్ని రోజులకు ఒకసారి క్లీన్ చేస్తున్నారు ?

మేమిటి నీరు క్లీన్

8. మున్సిపాలిటీ నీరు తాగుతున్నప్పుడు మరియూ మీ నరల్వాటర్ గా గుర్తున్నప్పుడు మీ ఆరోగ్యంలో ఎటువంటి తేడా గమనించారు ?

ప్రస్తుతం నీరు మంచిది తెలుగు ఆరోగ్యం నీరు, చేతులు అ క్లీన్
గురించి తెలుసు .

9. మీరు తాగునీరు సలుపేట అయినప్పుడు ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు ? (వడపోత, వడిచేయడం, పటికకలపడం

వడపోత

10. మీ పరిసరాలలో మురికి కాలువల పూడిక తీరే మున్సిపాలిటీ నీరు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు ?

మేమిటి నీరు క్లీన్ శుభ్రం చేస్తుంది .

III. సీటికాలపట్నం

1. మీరుమీనరల్వాటర్ | మున్సిపల్వాటర్ గుర్తున్నారా ?

మేజర్ పబ్లిక్ టౌన్

2. మున్సిపల్ వాటర్ యొక్క రహదారిగా ఉందా లేదా ?

ఉంది

3. మున్సిపాల్ టీనర పరాచేస్తున్న సీటి పబ్లిక్ టౌన్ ప్రాంతం ?

మేజర్ పబ్లిక్ టౌన్

4. ఒక పామ్ మీరు మీనరల్వాటర్ గుర్తున్నట్లైతే ? దాని పబ్లిక్ టౌన్ ప్రాంతం ?

వేయి పబ్లిక్ టౌన్ టౌన్ .

5. నెలకు మీరు మీనరల్వాటర్ రేసు ఎంత డబ్బులు చెల్లుస్తారు ?

వేయి ఇన్చు రెండు

6. మున్సిపల్ టీనర పరాచేస్తున్న వాటర్స్ పులుడైన సీటి కలుస్తున్నాయా ?

అవును

7. మున్సిపాల్ టీనర పరాచేస్తున్న రోజులకు ఒక పామ్ రేసు చెల్లుస్తారు ?

రెండు రోజులకు

8. మున్సిపాల్ టీనర గుర్తున్న పుడు మరియు మీనరల్వాటర్ గుర్తున్న పుడు మీ ఆరోగ్యంలో ఎటువంటి తేడా గమనించారు ?

వేయి తేడా గమనించలేదు.

9. మీరు త్రాగునీరు సలుపే అయిన పుడు ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు ? (వడపోత , వడిచేయడం, పటికకలపడం

వేడి చేయడం

10. మీ పరిసరాలలో మురికి కాలువల పూడిక తీసి మున్సిపాల్ టీనర గుర్తున్న రోజులకు తీసుకుంటున్నారు ?

రెండు రోజులకు సుభ్రం చేస్తున్నాను .

III. నీటికాలుష్యం

1. మీరుమినరల్వాటర్ / మున్సిపల్వాటర్ గా ఉన్నారా ?

మ్యునిసిపల్ వాటర్ / మినరల్ వాటర్

2. మున్సిపల్ వాటర్ గా ఉన్నారా ?

అవును

3. మున్సిపల్ వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

4. ఒకసారి మీరుమినరల్వాటర్ గా ఉన్నారా ? దానివల్ల మీ అభిప్రాయం?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

5. నెలకు మీరుమినరల్వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

6. మున్సిపల్ వాటర్ గా ఉన్నారా ?

అవును

7. మున్సిపల్ వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

8. మున్సిపల్ వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

9. మీరు మున్సిపల్ వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

10. మీరు మున్సిపల్ వాటర్ గా ఉన్నారా ?

మినరల్ వాటర్ / మున్సిపల్ వాటర్

CONCLUSION

Deaths Due to lack of clean water:-

According to the 2018 Composite Water Management Index (CWMI) study from (NITI) Aayog, around two lakh people per year die as a result of insufficient access to clean water.

According to the same NITI Aayog report, over 600 million people or 40% of India's projected population may experience water stress by 2050.

Way Forward (Conclusion)

The Government has taken several initiatives to control water pollution but further changes are also important. A few of them are:-

- The minimum flow of the river is necessary to preserve and it is important to restore the aquatic health & ecosystem.

Citizen involvement and engagement are essential for overhauling the waste Managements industry.

⇒ A comprehensive waste managements policy is required one that emphasises the importance of decentralised garbage disposal procedures since this will encourage private actors to participate.

⇒ It's crucial that bioremediation or the use of microbes to purify contaminated soil and water, become mandated in all regions where it is possible.

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

A Report of Community Service Project on
Water pollution

Submitted

to

Department of.....*Horticulture.*
GOVT COLLEGE FOR MEN, KURNOOL



In partial fulfillment of the requirements for the award of the Degree of
BACHELOR IN*Bsc. Horticulture.*

At the end of semester 3
By under the Supervision of

Name of the student:.....*P. Tyathi*.....
Hall Ticket No :.....*21030310021*.....

Under Supervision of
D. Madhu Sudhakar Sir
Lecturer in Botany
Govt. degree clg,
-formen, kurnool.

Community Service Project Report

Submitted in accordance with the requirement for the degree of B.Sc. Horticulture

Name of the College: Govt. degree clg, formen

Department: Horticulture

Name of the Faculty Guide: Madhu Sudhakur

Duration of the CSP: From 18/6/22 To 18/7/22

Name of the Student: P. Jyothi

Programme of Study: Community Service project
(water pollution)

Year of Study: 2021-24

Register Number: 210300310021

Date of Submission: 25/07/22

Student's Declaration

I, P. Jyothi, a student of CSP Program,
Reg. No. 21030310021 of the Department of Horticulture
GDC College do hereby declare that I have completed
the mandatory community service from 18/6/22 to 26/6/22 in
water pollution (Name of the Community/Habitation) under the Faculty
Guideship of D. Madhusudhakar, (Name of the Faculty Guide), Department
of Botany in Gvt College for Men, Kurnool.

P. Jyothi
(Signature and Date)

Endorsements

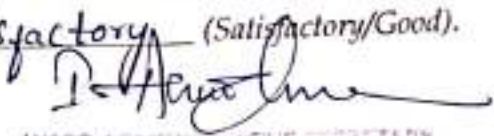
D. Madhusudhakar
Faculty Guide 25/6/22

K. V. Reddy
Head of the Department

S. K. Lakshmi
Principal

Certificate from Official of the Community

This is to certify that P. Jyolhi (Name of the Community
Service Volunteer) Reg. No 21030310021 of Govt. degree clg (Name of
the College) underwent community service in
water pollution (Name of the Community) from 18/6/21 to
29/6/21 The overall performance of the Community Service Volunteer during
his/her community service is found to be satisfactory (Satisfactory/Good).


WARD ADMINISTRATIVE SECRETARY
District of ...
Authorized Signatory with Date and Seal

GOVT COLLEGE FOR MEN, KURNOOL

CERTIFICATE

This is to certify that Mr/Miss P. Tyothi RegdNo: 21030310021 of

I B.Sc Horticulture has successfully completed the Community Service project entitled
" Water pollution " under
the guidance of D. Madhu, Lecturer in Botany, Government College For
Men, Kurnool. Sudhakar Sir

D. Madhu
Mentor 25/07/22

P. Kalavathi
Principal

ACKNOWLEDGEMENT

I wish to express my gratitude to those who extend their valuable cooperation and contribution towards the project.

I would like to thank our principal garu for facilitating the project and providing her guidance throughout the duration of the project.

I would like to express gratitude to my project guide D. Madhu Godhakar Sir for his valuable time in continuous assistance for the successful completion of the project.

Finally, I would like to thank the faculty and staff of the institute and also to my parents for their support.

P. Jyothi
Signature of the student

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2. What are the Causes of water pollution.
3. Types of water pollution.
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6. What can you do prevent water pollution.
7. Measures taken by the government to prevent water pollution.
8. Water body regulating and monitoring agency.
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10. Deaths due to lack of clean water.
11. Way forward (Conclusion).

What is water pollution?

Water pollution occurs when harmful substances - often chemicals or micro-organisms - contaminate a stream, river, lake, ocean, aquifer, or other body of water, degrading water quality and rendering it toxic to humans or the environment.

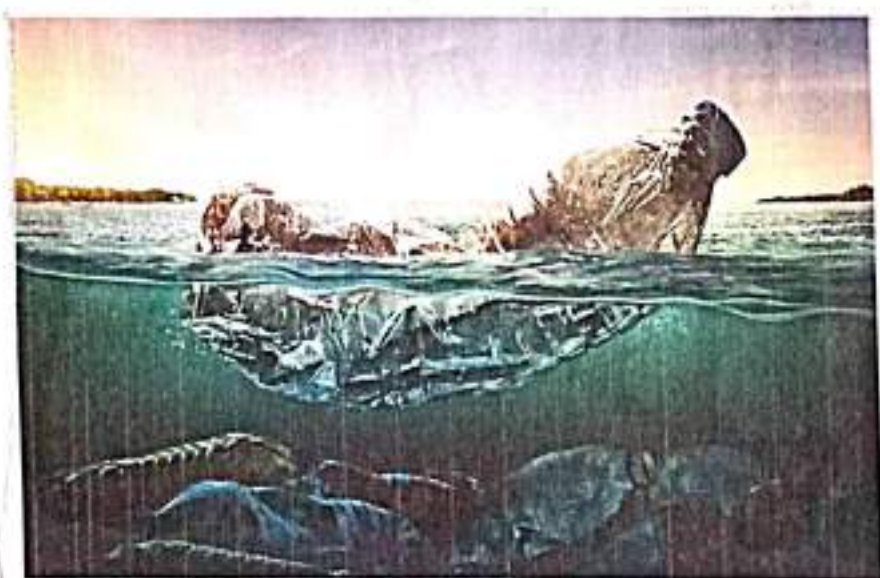
What are the Causes of water pollution:-

Water is uniquely vulnerable to pollution, known as a "Universal Solvent". Water is able to dissolve more substances than any other liquid on earth. It's the reason we have cool and brilliant blue waterfalls. It's also why water is so easily polluted. Toxic substances from farms, towns and the factories readily dissolve into and mix with it, water pollution. And there are so many types of water pollution included.

Types of water pollution:-

1. Ground water
2. Surface water
3. Ocean water
4. Point Source
5. Non-point Source
6. Transboundary.

1. **Ground water** :- when rain falls and seeps deep into the earth, filling the cracks, crevices and Porous spaces of an aquifer. (basically an Under ground Storehouse of water.) it becomes the ground water - One of our least visible but most important natural resources. Nearly 40% of Americans rely on groundwater, purposed to the earth's surface for drinking water. For some folks in rural areas, it's their Only freshwater Source. Ground water gets polluted when Contaminants - From pesticides and fertilizers to



waste leached from landfill, and septic system, make their way into an aquifer, rendering it unsafe for human use. Removing ground water of contaminants can be difficult to impossible as well as costly. Once polluted, an aquifer may be unsafe for decades, or even thousands of years.

Surface Water:- Covering about 70% of the earth, surface water is what fills our ocean, lakes, rivers, and all those other blue bits on the worldmap. Surface water from freshwater sources (that is from sources other than the ocean), accounts for more than 60% of the water delivered to American homes. But a significant pool of that water is in peril. According to the most recent surveys on national water and streams and more than one-third of our lakes are polluted.

Ocean Water:- Eighty percent of Ocean pollution (also called marine pollution) originates on land - whether along the coast or far inland. Contaminants such as chemicals, nutrients, and heavy metals are carried from farms, factories and cities by stream and rivers into our bays and estuaries; from there they travel out to sea. Meanwhile, marine debris - particularly plastic - is blown in by the wind or washed in via storm drains and sewers. Our seas are also sometimes spoiled by oil spills and leaks - big and small - and are constantly soaking up carbon pollution from the air.

Point Source:- When contamination originates from a single source, it's called point source pollution. Examples include wastewater (also called effluent) discharged legally or illegally by a manufacturing oil refinery or wastewater treatment facility, as well as



Contamination from leaking septic systems, chemical and oil spills and leaks and dumping. The EPA regulates point source pollution by establishing limits on what can be discharged by a facility directly into a body of water. while point source pollution originates from a specific place. it can affect miles of waterways and ocean.

Non-point Source: Non-point source pollution is contamination derived from diffuse source. these may include agricultural or stormwater runoff or debris blown into waterways, from land. Non-point source pollution is the leading cause of water pollution in U.S. waters but its difficult to regulate, since there's no single, identifiable culprit.

Transboundary: it goes without saying, that water pollution can't be contained by a line on a map. transboundary pollution is the result of contaminated water from one country spilling into the water of another. Contamination can result from a disaster.



The Most Common types of water Contaminants.

1. Agriculture
2. Sewage and waste water.
3. Oil pollution.
4. Radiactive Substances.

Agricultural:- Not only is the agricultural sector the biggest consumer of global freshwater, resource with farming and livestock production. Using about 70 percent of the earth's surface water supplies, but it's also a serious water polluter. Around the world agriculture is the leading cause of water, agriculture of water degradation. In the United States, agricultural pollution is the top source of contamination in rivers and also a major contributor of contamination and groundwater. Every time rains, fertilizers, pesticides, and animal from farms and livestock. Operations and nutrients and pathogens - such bacteria viruses into our waterways. Nutrient caused by excess nitrogen and phosphorus in water or air, is the



number-one threat to water quality worldwide and can cause algal bloom.

Sewage and wastewater:

Used water is wastewater. It comes from our sinks, showers and toilets (Sewage) and from Commercial, industrial and agricultural activities (think metals, solvents, and toxic sludge.) The term also includes storm water runoff, which occurs when rainfall carries road salts, oil, grease, chemicals and debris from impermeable surfaces into our waterway more than 80% of the world's wastewater flows back into the environment without being treated or received, according to the United Nations. In some least developed countries, the figure tops at 95 percent. In the United States, and the wastewater treatment facilities process states, about 34 billion gallons of wastewater per day. These facilities process about 34 billion gallons of waste water per day. According to "EPA" estimates, Our nation aging and easily overhauled sewage treatment systems also release more than 850 billion gallons of untreated wastewater each year.

Oil pollution:- Big/Spills may dominate headlines, but Consumers account for the vast majority of oil pollution in Our Seas, including oil and gas oilne that drips from millions of cars and trucks every day. Moreover, nearly half of the Estimated 1 million tons of oil that makes its way into marine environments each year comes not from tanker spills but from land based sources, such as factories, farms and cities. At sea, tanker spills account for about 10% of the oil in water around the world, while regular operations of the shipping industry through both legal and illegal discharges - contribute about one-third. Oil is also naturally released from Under the Ocean floor through fractures known as seeps.

Radioactive Substances:-

Radioactive waste is any pollution that emits radiation beyond what is naturally released by the Environment. It is generated by Uranium Mining, nuclear power plants and the production and testing of military weapons as well as by Universities and hospitals that use radioactive materials for research and medicine.



Consider the decommissioned Hanford nuclear weapons production site in Washington, cleanup of 50 coast more than \$100 billion and lost through 2060 Accidentally released or improperly disposed of Contaminants threaten groundwater, surface water.

What are the effects of water pollution?

⇒ On human health

⇒ On the Environment.

* On Human health:- To put it bluntly; water pollution kills in fact, it caused 1.8 million deaths in 2015. According to the study published in the "the Lancet" Contaminated water can also make you ill. Every year, unsafe water sickens about 1 billion people and low income communities are disproportionately at risk because their homes are often closest to the most polluting industries.

Water borne pathogens, in the form of disease-causing bacteria and viruses from human and animal waste, are a major cause of illness from contaminated drinking water.



Diseases Spread by Unsafe water include cholera, giardia, and typhoid. Even in wealthy nations, accidental on illegal release, from sewage-treatment facilities, as well as runoff from farms and Urban areas. Contribute harmful pathogens to waterways.

Thousands of people across the United States are Sickened every year by Legionnaires, disease a severe form of pneumonia Contracted from water Sources like cooling towers and piped water cases cropping up from California's Disneyland to Manhattan's Upper East Side. Meanwhile, the plight of residents in Flint, Michigan - where cost-cutting measure and aging water infrastructure Created a lead Contamination, crisis - offers a stark look at how dangerous chemical and other industrial pollutants in Our water can be. the pollut Problem goes far beyond Flint and wide range of Chemical pollutants - from heavy metals. Such as砒霜 and mercury - to pesticides and nitrate fertilizers - are getting into Our water Supplies. Once they are ingested these toxins can Cause a host of health issues, from Cancer to hormone disruption to abberant.

On the Environment:- In Order to thrive, healthy, ecosystem rely on a complex web of animals, plants, bacteria and fungi - all of which interact, directly or indirectly, with each other. Harm to any of these organisms can create a chain effect, imperilling entire aquatic environments. When water pollution causes an algal bloom in a lake or marine environment, the proliferation of newly introduced nutrients stimulates plant and algae growth, which in turn reduces oxygen levels in the water. This death of oxygen, known as eutrophication, suffocates plants and animals and can create "dead zones", where waters are essentially devoid of life. In certain cases, these harmful algal blooms can also produce neurotoxins that affect wildlife, from whales to seaturtles.

chemicals and heavy metals from industrial and municipal wastewater contaminate waterways as well.

these contaminants are toxic to aquatic life - most often reducing an organism's life span and ability to reproduce - and make their way up the food chain as predator eats prey. That's how tuna and other big fish accumulate high quantities of toxins, such as mercury.

Marine ecosystems are also threatened by marine debris, which can strangle, suffocate, and strangle animals, much of this solid debris, such as plastic bags and soda cans, gets swept into sewers and storm drains and eventually out to sea, turning our oceans into trash soup and sometimes consolidating to form floating garbage patches. Discarded fishing gear and other types of debris are responsible for harming more than 200 different species of marine life.

Meanwhile, Ocean acidification is making it tougher for shellfish and coral to survive. Though they absorb about a quarter of the carbon pollution created each year by burning fossil fuels, oceans are becoming more acidic. This process makes it harder for shellfish and other species to build shells and many impact the nervous systems of sharks, clownfish, and other marine life.



What can you do to prevent Water pollution:-

=> With your actions.

=> With your voice.

With your actions:- We're all accountable to some degree for today's water pollution problem. Fortunately these are some simple ways you can prevent water contamination or atleast limit your contribution to it.

=> Learn about the unique qualities of water where you live. Where does your water come from? Is the waste water from your home treated? Where does storm water flow to? Is your area in a drought? Start building a picture of the situation so you can discover where your actions will have the most impact - and see if your neighbours would be interested in joining in!

=> if you have a yard, consider land scaping that reduces runoff and avoid applying pesticides and herbicides.

=> don't flush your old medications! dispose of them in the trash to prevent them entering local waterways

With Your Voice :- One of the most effective ways to stand up for our waters is to speak out in support of the Clean Water Act, which has helped hold polluters accountable for five decades - despite attempts by destructive industries to get its authority.

But we also need regulations that keep pace with modern-day challenges, including microplastics, PFAS, Pharmaceuticals, and other contaminants our wastewater treatment plants weren't built to handle, not to mention polluted water that's dumped untreated.

Tell the federal government, the U.S. Army Corps of engineers, and your elected officials that you support water protections and investments in infrastructure like wastewater treatment, lead-pipe removal programs and stormwater - abating green infrastructure - Also learn how you and those around you can get involved in the policymaking process. Our public water ways serve everyone of us. we should all have a say in how they're protected.



Steps and Measures taken by the government to prevent water pollution:-

Various programmes have been launched by the government of India, for the conservation and protection of rivers and water bodies in the country.

- * National River Conservation Programme (NRCP)
- * National Lake Conservation Programme (NLCP)
- * Atal Mission for Rejuvenation and Urban Transformation (AMRUT)
- * Smart Cities Mission
- * Mahatma Gandhi National Rural
- * Repair, Renovation and Restoration (RRR) schemes.

The ministry of Environment and forests (MOEF) National rivers conservation plan (NRCP) aims to protect rivers from pollution and enhance water quality.

* **National Green Tribunal**:- The concerned states and Union territories are trying to implement action plans for the restoration of water quality in the identified polluted stretches of rivers in tribands.

Jal Jeevan Mission: Since August 2019, the Indian government has been working with the States to carry out the Jal Jeevan Mission (JJM) which aims to provide drinkable, tap water to Every rural home in India, by 2024. Including those in habitation where the water quality is Poor.

Children are Especially Sensitive to water-borne disease and contamination in drinking water. A particular effort was started in 2020, to make supply in schools, Anganwadi centres, Ashram shalas etc. on a priority basis.

As a result, 8.52 (lakh) 83% schools and 8.76 lakh (78.4%) Anganwadi centres across the country now have access to tap water.

National Lake Conservation Programme (NLCP): The National lake conservation plan is being implemented by the minister of Environment and forests to manage and conserve contaminated and degraded.

(17)

* Atal Mission for Rejuvenation and Urban Transformation (AMRUT) :- Atal mission for rejuvenation and Urban transformation was Established with the intention to make sure that every home has access to a water tap with a reliable water supply and a sewer connection.

Water body Resolving and Monitoring Agency :- The water quality of the country's various rivers is regulated by several agencies such as:-

- * Central pollution control Board (CPCB)
- * State pollution control Board (SPCBs)
- * Pollution Control Committees (PCCs)
- * Central water Commission (CWC)

Government's lack to control industrial pollution which leads to water pollution:-

According to the provisions of the water act of 1974 and the Environment (protection) Act of 1986, industrial units must install effluent treatment plants (ETPs) and treat their effluents to meet

(1/2)

As a result, the (CPCB) Central pollution Control Board, State pollution Control Board (SPCB) and Pollution Control Committees (PCCs) keep an eye on industries compliance with effluent discharge standards and take appropriate legal action in the event of non-compliance with these Acts' provisions....

Additionally, the industries are urged to maintain zero liquid discharge (ZLD) to maintain wherever possible, enhance the technology to reduce waste water outputs reuse wastewater, and recycle waste water.

State government have the primary responsibility to monitor, as well as take corrective actions, regarding pollution of water sources by industries or mines.

III నీటికాలుష్యం

1. మీరుమినరల్స్/మున్సిపల్స్/టర్నాగుతున్నారా?

మిస్టర్

2. మున్సిపల్స్/కాయిస్పరతింగాడందాలేదా?

3. మున్సిపాలిటీసరపరాచేస్తున్ననీటిపట్లమీఅభిప్రాయం?

అలవాటు కేదీ.

4. ఒకవేళమీరుమినరల్స్/టర్నాగుతున్నట్లైతే?

5. దానిపట్లమీఅభిప్రాయం?

హిగుంటుంది

6. నెలకుమీరుమినరల్స్/టర్నాగుతున్నంతదబ్బుఖర్చుచేస్తున్నారు?

300/-

7. మున్సిపల్టీసరపరాచేస్తున్నవాటరైపులుడరైనేజీకలుస్తున్నాయా?

కాస్తా.

8. మున్సిపాలిటీనీరుఎన్నిరోజులకుఒకసారిక్లోసిఫ్చేస్తున్నారు?

10-15 రోజులు

9. మున్సిపాలిటీనీరుతాగుతున్నప్పుడుమరియుమినరల్స్/టర్నాగుతున్నప్పుడుమీఆరోగ్యంలోఎటువంటితేడాగమణించారు?

వ్యాస వ్యాధులు, హాగ్ అలవాటు పడిపోయింది.

10. మీరుతరగునీరుసలుపితంఅయినప్పుడుఎటువంటిజాగ్రత్తలుతీసుకుంటున్నారు?(వడపోత,వేడిచేయడం,పటికకలపడం)

వేడి చేసి తాగుతారు.

11. మీవరిసరాలలోమురికికాలువలపూడికతీతమున్సిపాలిటీవారుఎన్నిరోజులకుశుభ్రంచేస్తున్నారు

ఒకటి రోజు.

At.no:- housing board
50-6-1640

III నీటికాలుష్యం

1. మీరుమినరల్వాటర్ \ మున్సిపల్వాటర్ గుతున్నారా ?
యినరల్ వాటర్
2. మున్సిపల్ వాటర్లు సరఫరా అవుతున్నాయిగా ఉందా లేదా ?
3. మున్సిపల్ వాటర్ల సరఫరా చేస్తున్న నీటి పట్ల మీ అభిప్రాయం ?
బాగుంటుంది
4. ఒకవేళ మీరు మినరల్ వాటర్ గుతున్నట్లైతే ?
5. దాని పట్ల మీ అభిప్రాయం ?
బాగుంటుంది
6. నెలకు మీరు మినరల్ వాటర్ ను సంపాదించుకుంటున్నారా ?
కాదు
7. మున్సిపల్ వాటర్ల సరఫరా చేస్తున్న వాటర్లు పురుషులైనా లేదా స్త్రీలైనా ?
స్త్రీలు
8. మున్సిపల్ వాటర్ల నీరు ఎన్ని రోజులకు ఒకసారి క్లీన్ చేస్తున్నారు ?
నెలకు సారి
9. మున్సిపల్ వాటర్ల నీరు తాగుతున్నప్పుడు మరియు మినరల్ వాటర్ గుతున్నప్పుడు మీ ఆరోగ్యంలో ఏ
టెంషన్ లేదా ఇబ్బంది ఉందా ?
లేదు, చక్క
10. మీరు తాగునీరు సలుపే అయినప్పుడు ఏ టెంషన్ లేదా ఇబ్బంది జాగ్రత్తలు తీసుకుంటున్నారు ?
(వడపోత, వేడిచేయడం, పటికకలపడం)
వేడిచేయడం
11. మీ పరిసరాలలో మురికి నీరు వలస వాడక తీత మున్సిపల్ వాటర్ల నీరు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు
నెలకు సారి

III నీటిదారుష్యం

1. మీరుమినరల్వటర్ | మున్సిపల్వటర్ గుతున్నారా ?

మినరల్ వటర్

2. మున్సిపల్వటర్ యొక్క సృరతింగాడందారేదా?

3. మున్సిపాలిటీ సరఫరా చేస్తున్న నీటిపట్ల మీ అభిప్రాయం?

సంతోషం

4. ఒకవేళ మీరుమినరల్వటర్ గుతున్నట్లైతే ?

5. దానిపట్ల మీ అభిప్రాయం?

అసంతోషం

6. నెలకు మీరుమినరల్వటర్ కి సంబంధించిన ఖర్చు చేస్తున్నారు ?

కేర

7. మున్సిపల్ నీటి సరఫరా చేస్తున్న వాటరైపులు డరై నేజీ కలుస్తున్నాయా ?

కలుస్తుంది

8. మున్సిపాలిటీ నీరు ఎన్ని రోజులకు ఒకసారి క్లోసింగ్ చేస్తున్నారు ?

నెలకోసారి

9. మున్సిపాలిటీ నీరు తగుతున్నప్పుడు మరియు మినరల్వటర్ గుతున్నప్పుడు మీ ఆరోగ్యంలో ఏ టువంటి తేడా గమనించారు ?

దుగ్ధం, గొంతునొప్పి

10. మీరు తరగిన నీరు సలుపితం అయినప్పుడు ఏ టువంటి జాగ్రత్తలు తీసుకుంటున్నారు? (వడపోత, వేడిచేయడం, పటికలపడం)

వేడిచేయడం

11. మీ పరిసరాలలో మురికి నీరు వలపుడిక తీత మున్సిపాలిటీ వారు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు

రెండు వారాలకు సారి.

III నీటికాలుష్యం

1. మీరుమినరల్స్ లాట్ మున్సిపల్ కార్పొరేషన్ గుర్తున్నారా?

మ్యున్సిపల్ నోడల్

2. మున్సిపల్ కార్పొరేషన్ సర్టిఫికేట్ ఉందా లేదా?

3. మున్సిపల్ కార్పొరేషన్ సర్టిఫికేట్ నీటిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

4. ఒకవేళ మీరుమినరల్స్ లాట్ గుర్తున్నట్లైతే?

5. దానిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

6. నెలకు మీరుమినరల్స్ లాట్ ను సందర్శించి చూస్తున్నారా?

జూనియర్ సర్టిఫికేట్

7. మున్సిపల్ కార్పొరేషన్ సర్టిఫికేట్ నీటిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

8. మున్సిపల్ కార్పొరేషన్ సర్టిఫికేట్ నీటిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

9. మున్సిపల్ కార్పొరేషన్ సర్టిఫికేట్ నీటిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

10. మీరు కార్పొరేషన్ సర్టిఫికేట్ నీటిపట్టమీద బిల్డింగ్ చేసారా?

జూనియర్ సర్టిఫికేట్

11. మీ పరిసరాలలో మురికికాలు వలపుడిక తీత మున్సిపల్ కార్పొరేషన్ గుర్తున్నారా?

జూనియర్ సర్టిఫికేట్

III నీటికాలుష్యం

1. మీరుమినరల్స్/మున్సిపల్స్/టర్నాగుతున్నారా?
మినరల్ డిపార్ట్
2. మున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
3. మున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
టర్నాగుతున్నారా
4. ఒకవేళమీరుమినరల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
టర్నాగుతున్నారా
5. దానిపట్లమీరుభయపడారా?
6. నెలకుమీరుమినరల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
300
7. మున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
టర్నాగుతున్నారా
8. మున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
నెలకుసారి
9. మున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
టర్నాగుతున్నారా/ఉండాలేదా?
10. మీరుటర్నాగుతున్నారా/ఉండాలేదా?
వడపోత, వేడిచేయడం, పటికలపడం
వడపోత, వేడిచేయడం
11. మీపరిసరాలలోమున్సిపల్స్/టర్నాగుతున్నారా/ఉండాలేదా?
నెలకుసారి.

III నీటికాలుష్యం

1. మీరుమినరల్స్ బర్ / మున్సిపల్ బర్ గుతున్నారా?

మున్సిపల్ బర్

2. మున్సిపల్ బర్ లో ఇంకా ఉన్నట్లుగా ఉందా లేదా?

3. మున్సిపల్ బర్ లో సరఫరా చేస్తున్న నీటి పట్ల మీ అభిప్రాయం?

బాగా లేవు

4. ఒకవేళ మీరు మినరల్స్ బర్ గుతున్నట్లైతే?

బాగుంటుంది

5. దాని పట్ల మీ అభిప్రాయం?

6. నెలకు మీరు మినరల్స్ బర్ కి సంబంధించిన ఖర్చు చేస్తున్నారు?

కాదు

7. మున్సిపల్ బర్ లో సరఫరా చేస్తున్న వాటర్స్ లు డిలైవరీ చేసే జీతాలు ఉన్నాయా?

కాదు

8. మున్సిపల్ బర్ లో నీరు ఎన్ని రోజులకు ఒకసారి క్లీన్ చేస్తున్నారు?

నెలకు సారి

9. మున్సిపల్ బర్ లో నీరు తాగుతున్నప్పుడు మరియు మినరల్స్ బర్ గుతున్నప్పుడు మీ ఆరోగ్యంలో ఏ టువంటి తేడా గమనించారు?

బలం, గొంతు నొప్పి

10. మీరు తాగునీరు సలుపే అయినప్పుడు ఏ టువంటి జాగ్రత్తలు తీసుకుంటున్నారు? (వడపోత, వేడి చేయడం, పటికలపడం)

వేడి చేయడం, వడగట్టడం

11. మీ పరిసరాలలో మురికి కాలువల పూడిక తీత మున్సిపల్ బర్ వారు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు

నెలకు సారి.

4. No:- 87/100

III నీటికాలుష్యం

1. మీరుమినరల్వాటర్ / మున్సిపల్వాటర్ గా గుర్తున్నారా?

మినరల్

2. మున్సిపల్లో ఇయిస్సు రేటింగ్ గా ఉందా లేదా?

3. మున్సిపాలిటీ సరఫరా చేస్తున్న నీటి పట్ల మీ అభిప్రాయం?

చాలా బాగుంది.

4. ఒకవేళ మీరు మినరల్వాటర్ గా గుర్తున్నట్లైతే?

5. దాని పట్ల మీ అభిప్రాయం?

6. నెలకు మీరు మినరల్వాటర్ కి సంబంధించిన ఖర్చు చేస్తున్నారు?

300/-

7. మున్సిపల్ నీటి సరఫరా చేస్తున్న వాటర్ నెట్ వర్క్ లు డిరై నేజీ కలుస్తున్నాయా?

కనీసం.

8. మున్సిపాలిటీ నీరు ఎన్ని రోజులకు ఒకసారి క్లోరినేషన్ చేస్తున్నారు?

నీటి పరిశోధన

9. మున్సిపాలిటీ నీరు తాగుతున్నప్పుడు మరియు మినరల్వాటర్ గా గుర్తున్నప్పుడు మీ ఆరోగ్యంలో ఏ టువంటి తేడా గమనించారు?

బుబు, దగ్గు వంటివి ఉన్నాయి.

10. మీరు తరగతు నీరు సలుపితం అయినప్పుడు ఏ టువంటి జాగ్రత్తలు తీసుకుంటున్నారు? (వడపోత, వేడిచేయడం, పటికకలపడం)

వేడిచేసి తగ్గడం, వడపోత వంటివి చేస్తారు.

11. మీ పరిసరాలలో మురికికాలు వలపు ఉడికతీతం మున్సిపాలిటీ వారు ఎన్ని రోజులకు శుభ్రం చేస్తున్నారు?

రెండు మూడు రోజులు

Conclusion:-

Death due to lack of clean water:-

According to the 2018 Composite Water Management index (CWMI) study from NITI Aayog, around two lakh people per year die as a result of insufficient access to clean water.

According to the Same NITI Aayog Report, Over 600 million people or 40% of India's Projected population may Experience water Stress by 2030.

Way forward (conclusion):-

The government has taken several initiatives to the control water pollution but further changes are also important. A few of them are:-

- => The minimum flow of the river is necessary to preserve and it is important to restore the aquatic health & Ecosystem.

A Report of Community Service Project on

Submitted

to

Department of..... Horticulture
GOVT COLLEGE FOR MEN ,KURNOOL



In partial fulfillment of the requirements for the award of the Degree of
BACHELOR IN Bsc. Horticulture

At the end of semester 3
By under the Supervision of

Name of the student:..... Thumati Venkata Sai
Hall Ticket No :..... 21030310028

Under Supervision of


Madhu Sudhakar garu.
Lecturer in Botany
Govt. collage for men.
Kurnool

Community Service Project Report

Submitted in accordance with the requirement for the degree of BSC Horticulture

Name of the College: Government college for Men, Kurnool

Department: Horticulture

Name of the Faculty Guide:

Duration of the CSP: From 29/7/22 To 29/7/22

Name of the Student: Thumati Venkata sai

Programme of Study: CSP - Health & Hygiene

Year of Study: 2021-2024

Register Number: 21030310028

Date of Submission: 25/7/2022

Certificate from Official of the Community

This is to certify that T. Venkatasai (Name of the Community Service Volunteer) Reg. No 21030310628 of Gc former (Name of the College) underwent community service in Health & Hygiene (Name of the Community) from 29/7/22 to 9/7/22. The overall performance of the Community Service Volunteer during his/her community service is found to be Satisfactory (Satisfactory/Good).


WARD ADMINISTRATIVE SECRETARY
Doctors Colony Secretariat- 1016054
Ward No:21, Kurnool Municipal Corporation

Authorized Signatory with Date and Seal

Student's Declaration

U. Venkata Sai, a student of CSP Program,
Reg. No. 21050310028 of the Department of Horticulture
GC for Men College do hereby declare that I have completed
the mandatory community service from 29/1/22 to 31/3/22, in
Health & Hygiene (Name of the Community/Habitation) under the Faculty
Guideship of madhu sudhakar garu (Name of the Faculty Guide), Department
of Botany in College


(Signature and Date)

Endorsements


Faculty Guide

Head of the Department


Principal

GOVT COLLEGE FOR MEN, KURNOOL
CERTIFICATE

This is to certify that Mr/Miss T. Venkata Sai RegdNo: 21030310028 of

II B.Sc Horticulture has successfully completed the Community Service project entitled
“ Health and Hygiene ” under
the guidance of Madhu Sudhan^{galy} Lecturer in Botany, Government College For
Men, Kurnool.


Mentor


Principal

Health and hygiene

1. Health

- (i) physical health
- (ii) Mental health
- (iii) Social health

2. Hygiene

it personal and Community healthy

- ii) Personal health
- iii) ~~Balanced~~ diet

Personal hygiene

Domestic hygiene

Clean food and drinks

Cooking with Care

~~Exercise~~

Regular Sleep and relation

Abstain from habit and -farming

3. Community health

4. Disease

- i) Viral

Common Cold

~~Hepatitis~~

~~Aids~~

- ii) Bacterial disease

a) typhoid

b) Cholera

Health

you must be familiar with the famous saying health is wealth. when we are healthy we enjoy our work and live our life to the fullest. to attain good health we need to develop certain habits Hygiene is an integral part of our body and our surroundings.

Definition :

It means physical fitness or just absence of disease. Before proceeding further we would like to know your definition of health. Write it down.

According to the World Health Organization (WHO) health is a state of complete physical, mental, and social being and not merely the absence of disease. It means proper functioning of the body and the mind.

People enjoying good health are more cheerful, energetic, full of life, more efficient at work and therefore more productive.

Try to recall you were sick or suffered from major illness. Were you not irritable, feel like working because your body became wanted to. In contrast when you are healthy you feel happy and enthusiasm and are likely to enjoy doing the work assigned to you.

Signs of good health:

Given below are some of physical, mental and social health. They help assessing one's state of health.

- Shall be energetic and alert
- Have weight which is normal for your age and height
- Have bright and shining eyes
- Have all the body organs functioning normally and fall sick less often
- Have clean and clear skin
- Have normal growing hair of natural colour and texture.
- Have clean and clear skin
- Have achesless back
- Have good appetite and good
- get sound sleep

Signs of mental health

- Control over your emotions
- Balanced feelings, desires, ambitions and ideas
- The ability to accept the realities of life and face them.
- Confidence in your self
- The ability to cope with the normal stresses of life

Signs of Social-Health

- If you have good social health, you shall
- Have a positive attitude towards life
 - get along well with others
 - Have a pleasant personality
 - fulfill responsibility towards others
 - Have healthy interpersonal relationships
 - Be able to express disagreement relatively

Such people form on progressive society that tries to address social issues and find solutions.

Hygiene

To keep ourselves free from diseases and maintain good health we need to practise proper hygiene. The various practices that help in maintaining hygiene constitute hygiene. The word hygiene comes from a Greek word hygiein practice and workplace prevent spread of infectious diseases. Hygiene with both personal as well as community health.

Personal and Community Health:

Both personal and community health are important for the community healthy may be affectively the as conservation. availability of quality and other necessities.

Personal health:

In the table below we have listed some of the health habits Community Prescribed by adults but we would like to know your ideas about healthy habits list them in the table given below.

(i) Balanced diet:

A balanced diet is one containing Carbohydrates, proteins, fats, vitamins, minerals and fibers in correct proportion to meet the nutritional requirement of a person of a certain age and doing a certain amount of physical work. The energy required for moderately active adolescent body is about 2700 to 2900 Calories where as for adolescent girls it is 2000 Calories. The food pyramid shows the different types of food and their quantities that we need to include in our diet.

(ii) Personal hygiene:

- Regular toilet habit
- Washing hands before eating
- Bathing regularly and wearing clean clothes
- Cleaning the teeth
- Washing hair, cleaning eyes
- Cleaning nails and ears etc.

Importance Of Health And Hygiene



8 symptoms of good health



(iii) Domestic Hygiene:

We dust and mop our houses to keep them clean and free from dirt, flies and germs. Disposal of garbage in the allotted bins ensures clean surroundings and prevents breeding of disease causing germs. Sanitary napkins need to be wrapped and put in the garbage bins.

(iv) Clean food and Water:

Before they are consumed, fruits and vegetables should be washed thoroughly in clean water to make them free from germs.

In many households, it is a common practice to remove the footwear outside before entering the house. What could be the possible advantage of this practice?

(v) Cooking with Care:

- Food should be prepared in a clean kitchen.
- While cooking food, it is important to heat to heat it to high temperature to kill germs.
- Cooked food should be eaten fresh or covered and stored in cool and clean place. If stored food should be kept at a low temperature refrigerator.

(vi) Exercise:

Regular walking, yoga and physical exercise and outdoor games keep the heart and circulatory system.



(vii) Ab staining — from habit-forming substances: Smoking, chewing of betel nut, gutka, tobacco and drinking alcohol.

These are addicted and their continuous use damages the liver, kidney, heart, lungs and teeth. You may have noticed that spitting is quite common among people who chew betel nut, gutka, tobacco. We must stay away from such habits and try to remove. Convince others to do the same. You will learn more about it next lesson.

Community Health

In the previous section you studied some of the ways that will help you to remain healthy. However, can we remain entirely by our own efforts? Consider the following situations.

1. In absence of potable water, your mother collects water from a shallow hand pump in the neighbourhood.
2. Garbage is not collected for many days. As a result, it forms a breeding to bed place.
3. There is an outbreak of infectious disease like dengue / malaria.
4. A natural part of your country.

Community health is the practice of preventing disease and promoting health of a population through the organized efforts of society, public and private organizations, communities and individuals.

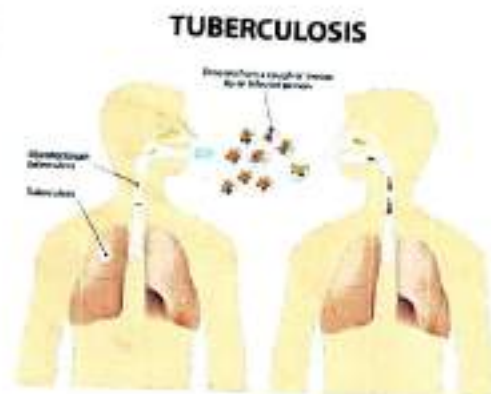
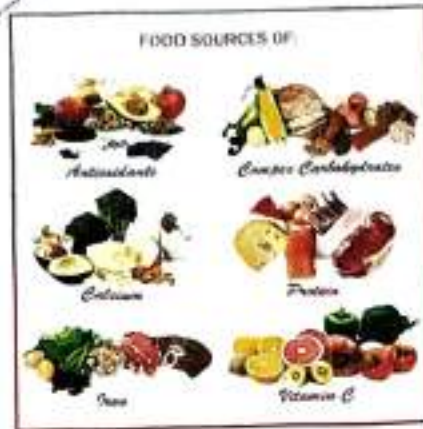
There are various activities and programmes undertaken by the govt and local organizations to maintain health of the people and keep them free from disease.

Some of these activities and programmes are listed below.

- 1) Maintain cleanliness of the villages, towns, cities, and localities through proper garbage disposal.
- 2) Ensure that prescribed standards in food stores, meat and milk outlets are strictly followed.
- 3) Organise the promotion and disease prevention including.

a) Immunization programmes have been undertaken against the spread of diseases of national concern like malaria, AIDS, Polio, Leprosy, B. The national malaria eradication programme is an example of one such of programme.

- 4) Organize mid day meals in schools to provide adequate nourishment to growing children.



5) Set up hospitals and dispensaries to provide medical facilities and dispensaries. Public either free or cost or at highly subsidized rates.

The Bhagidari Scheme :

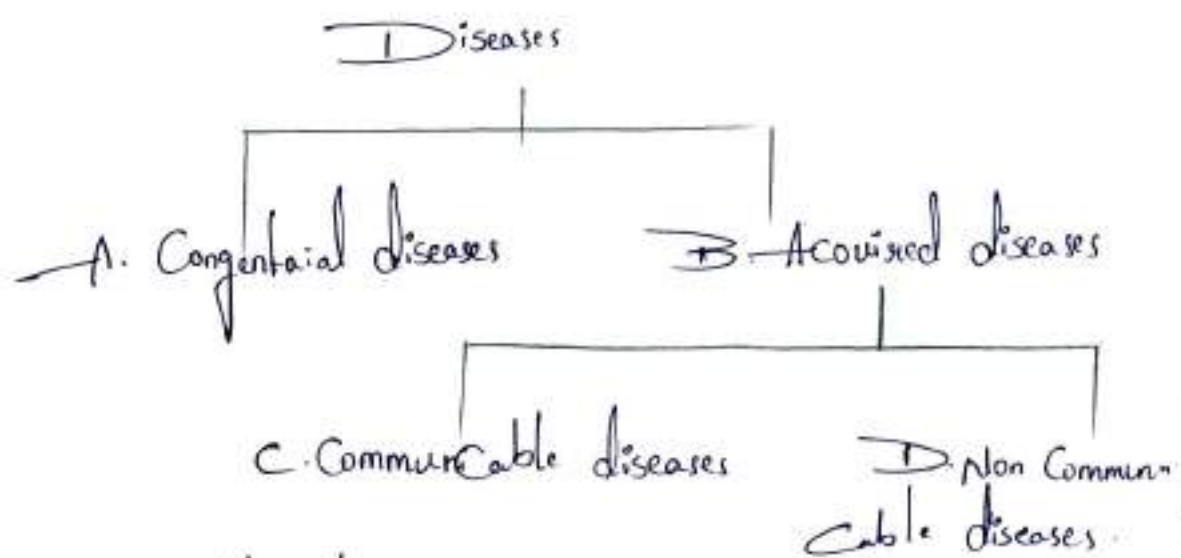
It is the government responsibility to provide Civic amenities like water, electricity, roads and garbage disposal facilities. However every individual who uses these facilities has a responsibility in maintaining them. Taking this idea forward the government then taking government of Delhi has launched unique Scheme named Bhagidari which aims at letting peoples participate in government. The basic idea to establish a dialogue between the stakeholders i.e. the Government Departments and traders Associations (MTAs) market and traders Association (RWAs) in order to work out solutions to common Civic Problems.

Disease :

A condition that interferes with the normal functioning of the body is called a disease. It can be as mild as a cold, sore throat or as serious as Cancer or TB.

→ A disease can strike any part of the body at any age. We will discuss some common diseases of the body.

You have already learnt about communicable diseases in lessons of life process 2 and congenital disease and STD in the lessons reproduction and heredity respectively. Classify the following diseases on the basis of the table.



Communicable diseases:

Communicable diseases spread from one person to another by the entry of pathogens. Pathogens enter our body through various means and then multiply there. They can be transferred from one person to another by direct or indirect contact.

Method of Transmission

Direct	Indirect
• Close Contact with the diseased person. • Droplet infection • Exposure to Contaminated blood • Infected mother to the fetus.	• Fomite like bedding used utensils, towels etc • Vector like mosquitoes • Carrier like house flies and cockroaches • Though inhalation of infected droplets present in air.

Some Common Communicable Diseases

S.No	Name of disease	Casualty agent transmission	Symptoms	Prevention and treatment
1.	Amoebiasis:	Caused by Entamoeba histolytica a protozoan parasite transmitted by air and house fly	abdominal Pain, Cramps	Prevention: • Washing hands before eating and after defecation Treatment: Antibiotics
2.	Ascariasis:	Ascaris lumbricoides Transmission: Eggs of the parasite	Muscular Pain	Anthelmintic drugs.

3	Malaria : Caused by plasmodium	Shivering and high fever	Anti malarial drugs
4.	filariasis : Caused by the Cow Choceria bronchifili	fever in the initial days	Medicines on doctor's prescription
5.	Dengue : Caused by the virus.	High fever	Doctor to be Consulted
6.	Influenza : Transmitted by the infected droplets.	fever	medicine prescribed by the physician
7	Tuberculosis Caused by the mycobacterium tuberculli	Persistent low grade fever and Cough	BCG Vaccine

Non Communicable diseases :

Hypertension, Diabetes and obesity :

In the fast paced life that many of us live today, there is a lot of Conflict, unhealthy of Competition and pressure to make quick money and gain power. This kind of lifestyle generates a lot of Stress that leads to anger and frustration. In trying to going mileage in mindless Competition people are likely to neglect their health and suffer from ailments like high blood pressure.

Causes :

1) Sedentary lifestyle :

Insufficient or no physical activity no outdoor games, lack of excessive use of vehicles are some of the factors that are responsible for the above mentioned diseases.

2) Easily available fast food that is high in fat or and sugar in popular food items like burgers, cakes, aerated drinks lead to obesity at young age. Can never replace the balanced nutrition provided by the Indian meal of Chutneys or rice.



3) Type 'A' Personality :

People who are always focused on doing better than others rather than doing their best, these who get angry and frustrated easily lifestyle diseases

4) Family history :

Heart disease and diabetes also predispose people to these diseases.

Prevention :

- Increased awareness of the reasons for lifestyle related disorders
- Regular exercise, yoga, meditation
- Avoiding junk food, and increasing intake of vegetables and water.
- Stress management, increased tolerance for others and positive attitude.
- Motivating people around you for practising the above mentioned healthy habits.

Immunity

We are exposed to a large number of disease causing agents every day. Our body is able to ward off most of these foreign agents. This overall ability of the body to protect itself against the foreign agents disease causing. It is of two types



a) Innate immunity

b) Acquired immunity

a) Innate Immunity :

It is present from the time of birth and provides protection against the entry of any foreign agent into our body. Skin and the mucous membranes them.

b) acquired immunity

It develops during one's life time by producing antibodies in response recognized by a specific antigens. Each antigen is proteins produced by lymphocytes against specific antigen.

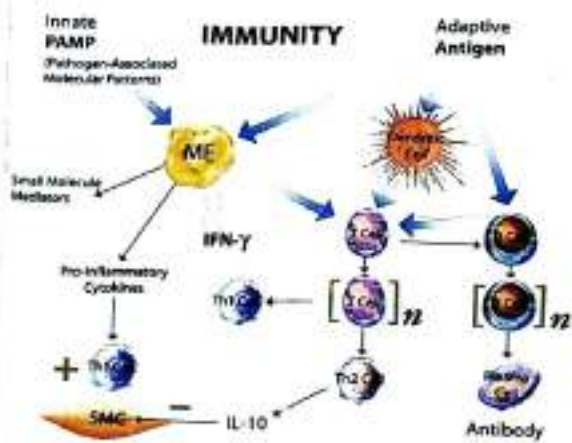
Types

(i) Natural acquired immunity :

Develops after infection or exposure to a disease. The body develops its own antibodies which remain in the body and provides immunity against the pathogen in the future.

(ii) Artificial acquired immunity :

It can be developed through vaccination are inactivated or weakens pathogens their products that function as antigens acquired immunity may be active passage.



Active immunity

- Host develops antibody against Pathogens
- It takes some time to show the response
- Ex: BCG

Passive immunity

- Ready made antibodies are given
- Provides immediate protection

Primary immunization:

You are aware of various immunization programmes that are run by the government for the general public especially for the pregnant women, infants, and children.

Immunization is given free of cost at all government dispensaries and hospitals. Sibling during childhood and list them.

Vaccine	Age				
	Birth	6 weeks	10 weeks	14 weeks	9+2 weeks
Primary Vaccination					
BCG against TB	✓				
Oral polio	✓	✓	✓	✓	
DPT		✓	✓	✓	
Measles					✓

Booster doses

DPT + oral polio	16	to 24	Months
DT	5	years	
Tetanus toxoid	At 10	years	and again 16 years
Vitamin A	9, 18, 24, 30	and 36	Months

Pregnant Women

Tetanus toxoid	As early as possible during pregnancy
2nd dose	1 Month after 1st dose
3rd dose	Within 3 years

- Has the child received all the primary immunization as per the Schedule
- 1. Contact the health workers for possible remedy.
- 2. Tell the parents the healthy food and hygienic of environment and prevent all diseases.
- 3. Feel Sorry as nothing can now be done
- 4. Convince the parents to take the child to the nearest Centre and Contact the health for possible action you would take.

First Aid

While playing working or otherwise one could meet with an accident. You may get burnt, hurt or fall sick suddenly. Timely intervention and immediate care can prevent further you can be of great help in such situations if you have the basic knowledge of first aid.

1. Shock :

When a person is hurt, a person experiences sick and looks pale and tired. The following first aid can help someone in shock.

- Lay down the clothes
- Look at the victim and raise the legs.
- Calm down the patient
- If mouth feels dry give a clean wet cloth to suck.
- Call the doctor immediately.

2. Severe bleeding :

- To stop bleeding keep sterilized dressing clean thumb.
- Make the victim lie down and elevate the bleeding part to minimize flow of blood.
- Call the doctor immediately.

3. For Nose bleeding

- (i) Make the victim sit up and place a Compress over the nose
- (ii) Consult a doctor if bleeding doesn't stop.

4. Dehydration:

- (i) Excessive loss of body fluid and causes severe headache, dizziness result in death
- (ii) In mild to moderate dehydration there is the decreased urine output, dry sticky mouth, thirst little or no urine output rapid and feeble infection.
- (iii) Victim should be made to drink small quantities of oral rehydration solution also available free cost at all government health centres.

5. Animal bites:

Can be Serious Sometimes

- Wash the area of bite with Soap and Water loosely from a hospital bandage
- In case of dog bite, antibiotics injection is to be taken from a hospital or qualified doctor dog kept under observation for a week to check for rabies.

6. Burns :

The first aid for burns depends upon severity of the injury.

Place the injured area in cold water immediately to reduce the pain and tissue damage. Boil the area and apply a dry sterile dressing. Do not break any blister formed on it.

7. Fractures and dislocations :

- Do not move the victim until expert help arrives.
- Apply a splint in that area if victim has to be moved. Splint is a support which can be made by padding a stick or scale the fracture.
- Do not move a person who has suffered neck or spinal injury. Ask for immediate medical help.

Prevention of Substance abuse

It is a matter of great concern that use of tobacco, alcohol and drugs is on the rise world over especially among the youth. Young people are more curious and like to try out new things. In order to further increase their profit margins tobacco, alcohol etc.

Health and Hygiene

Good health is an asset for individuals, their communities and the nation at large. A nation cannot progress without a healthy population.

There are large numbers of factors which affect our health. Some of them maintain health while others such as germs, stressful environment cause diseases and disorders.

In this lesson we will learn that good health implies both physical and mental well-being. It requires consistency.

In this lesson we will learn that good health requires physical and positive life so that you can realize your potentials.

Objectives:

- 1) Appreciate different dimensions of health and the role of different positive and negative influences on health.
- 2) Emphasise the importance of hygiene, personal and community interrelationship.
- 3) Define disease, classify them and explain causes, symptoms and prevention of a few communicable diseases.

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవును అవును ఉంది .

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవును అవును ఉంది .

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా ?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

సేకరిస్తున్నారు.

5. మీ ఇంటి నుండి మున్నిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా ?

సేకరిస్తున్నారు .

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

ఈ మంచి హైజియన్లు , ముంపునీరు

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా ?

అవును

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా ?

ఎవరూ ఇకావడం లేదు .

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా ?

పెంచుతున్నారు

10. మీ ఆరోగ్యం కోసం వ్యాయామం , యోగ , నడక , ధ్యానం లో ఏదైనా చేస్తున్నారా ?

చేస్తున్నారు .

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవగాహన ఉంది

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవగాహన ఉంది

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

సెంట్రల్ ట్రాష్ లాగి వేస్తున్నారు

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

సెక్రెటరీస్తున్నారు.

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

మోక్షానిధి నిధులు, క్రొత్త ట్రాష్ బ్యాగ్లు.

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవునున్నారు.

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూలేరు.

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్లు పెంచుతున్నారా?

చెట్లును పెంచుతున్నారు.

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానంలలో ఏదైనా చేస్తున్నారా?

నడక

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

(రవ్వెమున (గుడ్)

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

(రవ్వెమున (గుడ్)

3. స్వచ్ఛ భరత్, డీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

(తెలుసు)

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చెండ్లముడింగి తోలుతున్నారు

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

న చెత్తను సేకరిస్తున్నారు.

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

మీరదినాము తొలుత హిందూలు

7. మీరు రోజు ఒక ఏదైనా పండును తింటున్నారా?

పండ్లను తింటున్నారు.

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

పెంచుతున్నారు.

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగ, నడక, ధ్యానంలలో ఏదైనా చేస్తున్నారా?

నడక

I. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

క్రిసిగ్గాన ఉంది.

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

క్రిసిగ్గాన ఉంది.

3. స్వచ్ఛ భరత, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును.

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

-నిత్రే షుంట్ లో వేస్తున్నారు.

5. మీ ఇంటి నుండి మున్నిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

నో ఆసనం.

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

మంచి నిద్ర తీసుకోవడం మరియు తాగునీరు తాగడం.

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవును.

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు.

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

అవును.

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానం లో ఏదైనా చేస్తున్నారా?

నడక.

I. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవేగమైన ట్రెండి

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవేగమైన ట్రెండి

3. స్వచ్ఛ భరత్, కీన్ ఆండ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చింజే గుండ్లి

5. మీ ఇంటి నుండి మున్నిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

హైలెస్ట్ న్యూరు

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

త్రాసుకుంటున్నారు

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవునున్నారు

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

హైలెస్ట్ న్యూరు

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానం లో ఏదైనా చేస్తున్నారా?

నాడిక

I. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవగాహన ఉంది

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవగాహన ఉంది

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

ఆ చెత్తను

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

సౌకరిస్తుంది

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

మంచి నీరు త్రాగడం

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవును తింటున్నాను

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

పెంచుతున్నాను

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానం లో ఏదైనా చేస్తున్నారా?

నాడే

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అనిగహన ఉంది

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అనిగహన ఉంది

3. స్వచ్ఛ భరత్, కీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

ఇంట్రెక్టండ్

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

నోటిస్టున్నారు

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

అనుకుంటున్నారు

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవును

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్లు పెంచుతున్నారా?

అవును

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానం లో ఏదైనా చేస్తున్నారా?

నడక

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవును లేదా

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవును లేదా

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చెంజేసుంటి

5. మీ ఇంటి నుండి మున్నిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

నోకరిస్తున్నారు

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

క్రాసుకుంటున్నారు

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

క్రాసుకుంటున్నారు

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

పెంచుతున్నాము

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగ, నడక, ధ్యానంలలో ఏదైనా చేస్తున్నారా?

నడక

I. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవగాహన ఉంది

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవగాహన ఉంది

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చెత్తపండ్లి

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

నోటిఫైంగుంది

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

ప్రొసెక్యూటర్లు

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

ప్రొసెక్యూటర్లు

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణం లో ఏదైనా చెట్టు పెంచుతున్నారా?

అవును ప్రొసెక్యూటర్లు

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానంలలో ఏదైనా చేస్తున్నారా?

నడక

1. ఆరోగ్యం మరియు పరిశుభ్రత

1. మీ ఆరోగ్యం పట్ల మీకు అవగాహన ఉందా?

అవగాహన ఉంది

2. మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

అవగాహన ఉంది

3. స్వచ్ఛ భరత్, క్లీన్ ఆంధ్రప్రదేశ్ కార్యక్రమాలు గురించి తెలుసా?

అవును

4. మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చెత్త కేంద్రం

5. మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజు చెత్తను సేకరిస్తున్నారా?

సెక్రెటరీ

6. మీరు ఆరోగ్యం పట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

మందులు తీసుకోవడం

7. మీరు రోజు ఒక ఏదైనా పండు ను తింటున్నారా?

అవును

8. మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధ పడుతున్నారా?

ఎవరూ లేరు

9. మీ ఆరోగ్యం కోసం మీ ఇంటి ఆవరణలో ఏదైనా చెట్టు పెంచుతున్నారా?

అవును

10. మీ ఆరోగ్యం కోసం వ్యాయామం, యోగా, నడక, ధ్యానం లో ఏదైనా చేస్తున్నారా?

నడక



Conclusion:

* Health is not physical fitness (or) absence of diseases
It is a state of Complete physical mental and Social Well being.

* A physically healthy person is energetic, alert and able to perform his/her jobs well.

* Mentally and Socially healthy person have control over full full deals both at physical personal as well as Community level.

* Balanced diet personal sleep bodies and abstaining from hard drinking substances are some of the preformates of personal healthy

* These may be explained by the points.

* Case of hypertension and diabetes are on the lifestyle practices.

* Vaccines are available knowledge of first aid and so that in case of an emergency immediate care can be provided to the affected person.

* x-ray men and diseases of the natural organs of the individual of diseases of the natural organs of the Society.

Program Book

Short Term Internship

AP STATE COUNCIL OF HIGHER EDUCATION

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Program Book for Short-Term Internship

Name of the Student: G. Ganesh

Name of the College: Govt. degree college Jorner Kurnool

Registration Number: 20364002007

Period of Internship: From: 1-10-22 To: 07-11-2022

Name & Address of the Intern Organization

Raj Industries

Plot No: 14 Sub. 15 & 16 Part,

Industrial Estate, Kallur, Kurnool - 518003 AP

raj industries kurnool@gmail.com

www.rajwoodplast.com

Manufactures

WPC & PVC Foam Boards for doors &
furniture made of European technology

Instructions to Students

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

1. It is mandatory for all the students to complete 2 months (180 hours) of short-term internship either physically or virtually.
2. Every student should identify the organization for internship in consultation with the College Principal/the authorized person nominated by the Principal.
3. Report to the intern organization as per the schedule given by the College. You must make your own arrangements of transportation to reach the organization.
4. You should maintain punctuality in attending the internship. Daily attendance is compulsory.
5. You are expected to learn about the organization, policies, procedures, and processes by interacting with the persons working in the organization and by consulting the supervisor attached to the interns.
6. While you are attending the internship, follow the rules and regulations of the intern organization.
7. While in the intern organization, always wear your College Identity Card.
8. If your College has a prescribed dress as uniform, wear the uniform daily, as you attend to your assigned duties.
9. You will be assigned with a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow interns. Post your daily activity done and/or any difficulty you encounter during the internship.
10. Identify five or more learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Data and Information you are expected to collect about the organization and/or industry.
 - Job Skills you are expected to acquire.
 - Development of professional competencies that lead to future career success.
11. Practice professional communication skills with team members, co-interns and your supervisor. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.

12. Be aware of the communication culture in your work environment. Follow up and communicate regularly with your supervisor to provide updates on your progress with work assignments.
13. Never be hesitant to ask questions to make sure you fully understand what you need to do your work and to contribute to the organization.
14. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**
15. At the end of internship you shall be evaluated by your Supervisor of the intern organization.
16. There shall also be evaluation at the end of the internship by the Faculty Guide and the Principal.
17. Do not meddle with the instruments/equipment you work with.
18. Ensure that you do not cause any disturbance to the regular activities of the intern organization.
19. Be cordial but not too intimate with the employees of the intern organization and your fellow interns.
20. You should understand that during internship programme, you are the ambassador of your College, and your behavior during the internship programme is of utmost importance.
21. If you are involved in any discipline related issues, you will be withdrawn from the internship programme immediately and disciplinary action shall be initiated.
22. Do not forget to keep up your family pride and prestige of your College.

An Internship Report
On
(Title of the Internship)

Submitted in accordance with the requirement for the degree of.....

Name of the College: Govt College for men Kurnool

Department: statistics

Name of the Faculty Guide: Dr. B. R. N. Murthy

Duration of the Internship: From 1-10-22 To 7-11-2022

Name of the Student: G. Ganesh

Programme of Study: Internship (short-term)

Year of Study: 2021-2022

Register Number: 20364002007

Date of Submission: 22-11-2022

Student's Declaration

I, G. Ganesh, a student of Indira Program, Reg. No. 20364002007 of the
Department of BCS, MScs College do hereby declare that I have
completed the mandatory internship from 11/02/22 to 11/11/22 in Rejwood plastic
(Name of the intern organization) under the Faculty Guidship
of Dr. B. R. N. Murthy (Name of the Faculty Guide), Department of Statistics
Govt. College for men (Name of the College)

G. Ganesh
(Signature and Date)

Endorsements

Murthy
Faculty Guide

D. Raju Bashe
Head of the Department

Principal

J. Kalavathi

Certificate from Intern Organization

This is to certify that G. Ganesh (Name of the intern) Reg. No. 2364002007 of Gov. College for men (Name of the College) underwent internship in Rajwood plast (Name of the Intern Organization) from 11/10/22 to 7/11/22.

The overall performance of the intern during his/her internship is found to be Satisfactory (Satisfactory/Not Satisfactory).



Authorized Signatory with Date and Seal

ACKNOWLEDGEMENTS

first I would like to thank 'Raj Industries' for giving me the opportunity to do an internship within the organization

I also would like all the people that worked along with me 'Raj Industries' with their Patience and openness they created an enjoyable working environment

It is indeed with a great sense of pleasure and immense sense of gratitude that I acknowledge the help of these individuals

I am highly indebted to Principle Dr. P. Kalavathi for the facilities provided to accomplish this internship

I would like to thank our lecturers Dr. P. Lakshmi sir & D. R. B. R. Narayanan Murthy sir for their constructive criticism throughout my internship

I would like to thank Madanna sir lectures in economics, college internship coordinator for their support and advices to get and complete internship in above said organisation.

I am extremely great full to my department staff members and friends who helped me in successful completion of this internship.

CHAPTER 1: EXECUTIVE SUMMARY

The internship report shall have only a one-page executive summary. It shall include five or more Learning Objectives and Outcomes achieved, a brief description of the sector of business and intern organization and summary of all the activities done by the intern during the period.

The products of Raj Wood Plast Group include a wide range of a wood plast profiles, which includes various following, flooring, building facades roof gardens partitions, city furnitures etc.

Objectives :

- * to give basic information about the woodplast
- * to give knowledge about wooden doors, WPC & PVC foam Boards for doors & furniture.
- * TO familiarize us with the use of WPC & PVC foam Boards for doors & furniture
- * TO familiarize us with the use of wood plast in our daily life

Outcomes

- * to understand the basics of woodplast
- * learned about manufacturing of wood plast
- * to enrich the knowledge of manufacturing of wooden furniture
- * learned about WPC & PVC Boards for doors and furniture

CHAPTER 2: OVERVIEW OF THE ORGANIZATION

Suggestive contents

- A. Introduction of the Organization
- B. Vision, Mission and Values of the Organization
- C. Policy of the Organization, in relation with the intern role
- D. Organizational Structure
- E. Roles and responsibilities of the employees in which the intern is placed.
- F. Performance of the Organization in terms of turnover, profits, market reach and market value.
- G. Future Plans of the Organization.

Raj industries :-

Raj industries is a leading manufacture supplier of PVC flooring sheet, pvc roofing sheet, soft pvc sheet from Karnool, Andhra Pradesh - India. It is registered in 2018. Raj Industries has made a name for it self in the list of top suppliers of India.

The supplier company is located in Karnool, Andhra Pradesh and is one of the leading sellers of listed products. Raj Industries is listed in trade quantity products and services.

Vision & Goal :-

- To provide quantity material to the customers.
- To develop their company in information level.

Working environment :-

The industry provides good environment to learn knowledge about the woodplast to the students. Working in real-world environment will help you understand the depth of the your field and will help you determine whether it is a career you wish to pursue in the future.

CHAPTER 3: INTERNSHIP PART

Description of the Activities/Responsibilities in the Intern Organization during Internship, which shall include - details of working conditions, weekly work schedule, equipment used, and tasks performed. This part could end by reflecting on what kind of skills the intern acquired.

An internship is a period of work experience offered by an organisation of a limited period of time. Once confined to graduates, Internship is used to Practical from the wide range of the Placement in business, non-profit organisation & government agencies. They are typically understood by students and graduates looking to gain relevant skills and experiences in a particular field the students will get benefit from their placements because they offered recruit employees from these best interns how to know capabilities that saving time and money in a long time

Internship provides correct college students with ability and participate in a field of their their choice to receive hand on learning about particular future career, preparing them for full time work for following graduation

Internship responsibilities

- fulfilling the task set out by the supervisor from the department
- Execute the daily works
- Attend daily to the industry
- Improving the industrial skills.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the Industry and its manufacturing Products	I know about their industry and what they are manufacturing	Vandhan Vishnu
Day - 2	formed introduction about WPC door frames & company manager	We have observed which types of WPC products manufacturing	Vandhan Vishnu
Day - 3	We got observed the types of raw materials & addition used for manufacturing WPC - frame products	Explanation about the raw materials 1) PVC, wood powder, CaCO ₃ , other additives	Vandhan Vishnu
Day - 4	We watched WPC manufacturing process of industry	learned framing of different types of designs for the doors	Vandhan Vishnu
Day - 5	We know that the what are the additive materials used for sustainable products	Colours, Design framing, water-proofs, chemicals etc.	Vandhan Vishnu
Day - 6	We observed how many types of materials of WPC products manufacturing	WPC doors, frames window, household purpose	Vandhan Vishnu

WEEKLY REPORT

WEEK - 1 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In Raj industries many skills are acquired by the observations

firstly the woodplant are manufactured by several methods.

At first step the workers created the mold material initial vacuum removal mold by the easy method the employees leads the plastic powder determine the sizes and thickness of the door.

As resin is applied the mold rotate in the oven to supply powdered polymer.

In manufacturing wood plast door are very difficult to know about it. Here rope PVC does and windows also manufacturing the usage of woodplast is more

In some manufacturing facilities, The Contitirets are combined and produced in a pelufixing catunda, which produces pelute of new material the pellets are then removed and formed with the final shape

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the measurements of doors, flooring sheets	We have observed how they take measurements	Vishnu Vardhan
Day - 2	We observed cutting skills of the wood plant doors	learned cutting skills	Vishnu Vardhan
Day - 3	We observed how they are designing the doors and windows	learned about designing on the wooden doors	Vishnu Vardhan
Day - 4	We know the application of wooden plant and its importance in our daily life	knowing importance of wood plant in our daily life	Vishnu Vardhan
Day - 5	We observed the customers and owners of the interaction	observing how they are selling the wood plant	Vishnu Vardhan
Day - 6	Marketing company products	All over India	Vishnu Vardhan

WEEKLY REPORT

WEEK - 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

Here in Raj industry, wood plastic
in addition to wood fibre and plastic waxes
can also contain other lignane, cellulosic and
1st inorganic filler materials, waxes are subset of a
large category of materials called natural fibre
plastic composites (NPPC), which may contain
no cellulose-based fibres filler such as pulp
fibre, peanut hulls cotton husk

Chemical additives seem practically "invisible"
(except mineral filler and pigments if added) in
the composite structure. They provide for
integration of polymer and wood flour (powder)
while facilitating optimal processing conditions.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	formed introduction about how to collect data in just dial Google about woodplast information	We observed the collection of data & collected data written a book	Vishnu Vardhan
Day - 2	first we are collected information about wood plast shops in Kurnool & Kurnool Surroundings towns	The wood plast shops names are noted in a note book	Vishnu Vardhan
Day - 3	first we are collected information about the woodplast shops Ananta-puram, Surrounding towns	The wood plast shops names are noted in a note book	Vishnu Vardhan
Day - 4	first we are collected information about the wood plast shops - Kodaga, Chittoor & Surrounding towns	The Plywood shops & mobile numbers are noted	Vishnu Vardhan
Day - 5	We are collected data about plywood shops in Warangal, Kamman & Surrounding towns	The Plywood shops & mobile numbers are noted	Vishnu Vardhan
Day - 6	We are collected data about plywood shops in Raichur etc, and Surrounding towns	The Plywood shops & mobile numbers are noted	Vishnu Vardhan

WEEKLY REPORT

WEEK - 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week we are learning the use of wood plast and selling distribution of wood Plast

Also some times known as Composite lumber, wpc are still New material relative to the long history of natural lumber as a building material. The most widespread use of wpc in North America is in outdoor deck floors but it is also used for Railings, fence, landscape timber cladding and Siding, park bench moulding and trim, frets house under the trade name woodpecker wpc. window and door frames and indoor furniture. wpc was first introduced into decking market in the early 1990s. Manufacturers claim that wpc is more environment friendly and required less manufacturing and maintenance than the alternative or solid wood treated with preservatives (or) solid wood of rot-resistant species.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	formad introduction about how to collect data in just dial, google about Woodplast information	We observed the collection of data & collected data Written Vishnu	Vandhan
Day - 2	first we are collected information about Wood Plast Shops in Kurnool & Kurnool Woods - frames	They are positively respond and some People ready to give orders to my Company Vishnu	Vandhan
Day - 3	I called the Plywood customers with a collected Mobile numbers in google from Kurnool	They are respond positively and some People are ready to give orders People are not interested Vishnu	Vandhan
Day - 4	I called the Plywood customers with a collected mobile numbers in google just dialed app	They are respond positively and some People are ready to give orders and some people are not interested Vishnu	Vandhan
Day - 5	I called the plywood customers in Kedarap, Chittoor With collected mobile numbers just dial app	They are respond positively and some People are ready to give orders Vishnu	Vandhan
Day - 6	I called the Plywood customers in Warangal Khammam with collected mobile numbers	They are positively respond and some People are ready to take orders Vishnu	Vandhan

WEEKLY REPORT

WEEK - 4 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In Raj Industries WPCs are produced by thoroughly mixing ground wood particles and heated thermoplastic resin. The most common method of production is to extrude the material into the desired shape. Through injection molding is also used WPCs may be produced from either virgin (or) recycled thermoplastic including high density polyethylene (HDPE), low density polyethylene (LDPE), polypropylene (PP), PVC, polycarbonate (PC), etc. WPCs are by far the most common.

In some manufacturing facilities the constituents are combined and processed in a pelletizing extruder, which produces pellets of the new material. The pellets are then remelted and formed into the final shape. Other manufacturers complete the finished part in a single step of mixing and extrusion.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Asked about the usage of wood plant and power to make wood plant furniture	Sufficient wood plant and amount of electricity required	Vandhan Vishnu
Day - 2	Discussed about the pollution due to the use of Polymers	Polymers can cause pollution & they can be controlled	Vandhan Vishnu
Day - 3	We involved in making of machines with the help of operators & workers	Handled the machines with the help of workers	Vandhan Vishnu
Day - 4	We are manufacturing wooden frames with the help of workers	Manufactured wooden frames	Vandhan Vishnu
Day - 5	Discussed the innovative ideas with manager and workers also	Innovative ideas and through helpful	Vandhan Vishnu
Day - 6	I have received the certificate from the manager in Rajwood plant.	Successfully completed at industrial & receive certificate	Vandhan Vishnu

WEEKLY REPORT

WEEK - 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

The Raj woodplast provides many employment opportunities to the people, they maintain good punctuality.

In that industry all the machines & equipment run by the power of electricity there are electricity generators also.

The machines are cleaning every week for the better working of machines.

We trainees (intern students) prepared the wooden frames without any remarks.

pleased pollutants are observed by the filter and the released into environment.

CHAPTER 5: OUTCOMES DESCRIPTION

Describe the work environment you have experienced (in terms of people interactions, facilities available and maintenance, clarity of job roles, protocols, procedures, processes, discipline, time management, harmonious relationships, socialization, mutual support and teamwork, motivation, space and ventilation, etc.)

Wood plastic composites (WPCs) are composite materials made of wood fibre (wood flour) and thermoplastics such as Polythene (PE) Polypropylene (PP) Polyvinyl chloride (PVC) or polylactic acid (PLA)

In addition of wood fibre and plastic WPCs, can also contain other ligno-cellulosic and/or inorganic filler materials WPCs are subset of a larger category of materials called natural fibre category which may contain non-cellulose based fibre fillers such as pulp fibres, peanut hulls, coffee husk, bamboo straw digestate etc.

The environment impact of WPCs is directly affected by the ratio of renewable to non-renewable materials. The commonly used petroleum-based polymers have a negative environment impact because they rely on non-renewable raw materials and the biodegradability of plastics. Category of materials called natural fibre category which may pulp fibres non-cellulose based fibre fillers such as pulp fibres, peanut hulls, coffee husk, bamboo straw digestate etc.

Describe the real time technical skills you have acquired (in terms of the job-related skills and hands on experience)

They say that necessity is the mother of invention and I needed a door, had some lumber and some tools and challenges that I had to solve for along the way so I put together a plan and I built one this article is all about how I did that including the steps that I went through and challenges the steps that I went had to solve for along the way.

step 1:- understanding the anatomy of a door.

there are all different types of door ranging from slab doors to barn doors but the most basic doors generally consist of three major parts the rails the stiles and the panels the stiles provide the main structure of the door and take the brunt of the wear it is very important that the stiles be stable to gether at a few rails connect the two stiles to gether straight points and the generally made out of them same materials, but panels can vary and even include glass or screens infilling doors are generally 50 inches tall and 1 1/2 inches thick infilling doors are generally thicker standard door widths can vary from 30" to 32" to 36 closet doors can be much smaller.

Describe the managerial skills you have acquired (in terms of planning, leadership, team work, behaviour, workmanship, productive use of time, weekly improvement in competencies, goal setting, decision making, performance analysis, etc.

But the smallest pre fabricated door that most stores sell is 24' the door that I am building is in a space that is much smaller [only about 20 inches or 50cm] which is why I decided to build one if you want to know more about go through Google.

Step 2: Preparing Your space and measuring

The first step in making a door is taking measurement. door should generally be around 1.5 to 3' smallest the frame you will need to take the width of the frame in to consideration and because shimming a door frame can add some thickness it is best to wait until after.

The door or build them to gether at building the door frame installed before build the same time This is exactly what I did as I also needed to build a frame.

Step 3: selecting materials.

Most interior doors today are made from a materials called masonite, which is kind of wood fiber board that is steam cooked and pressure molded on to a thin wood frame to create a

Describe how you could improve your communication skills (in terms of improvement in oral communication, written communication, conversational abilities, confidence levels while communicating, anxiety management, understanding others, getting understood by others, extempore speech, ability to articulate the key points, closing the conversation, maintaining niceties and protocols, greeting, thanking and appreciating others, etc.,)

Slab door that has an appearance of a door with rails stiles and panels. The benefit of these doors is that they are cheap, stable and easy to paint. The downside to them is that they look cheap. They are cheap, stable but very noisy. With a teenager who likes to punch things (knows that and don't always have the best insulation as they are generally hollow) when making doors you select the materials you select can have a big difference on the quality and the functionality of the door that you build. The two things that need to be balanced in selecting materials for a door is strength and stability. For a door for example plywoods and composite boards like medium density fibreboard (MDF) are very stable but they are not as strong as wood. That solid wood will not wood is strong, but depending up on the species.

Describe how could you could enhance your abilities in group discussions, participation in teams, contribution as a team member, leading a team/activity.

and how it is treated it can also warp and cause door problems

Step 4:- Building RAILS stiles and Panks.

once materials are selected it is time to build the components of your door it started with the stiles as I view them as the most important most stiles are 4.5 1/2 inches (10-14cm) wide. but the width of your door, my stiles dependsⁿ UP on the style of your door, my stiles is very small and so I opted for 4 inch wide stiles it is extremely important that your stiles are square as the functionality and aesthetics of your door will be compromised if they are not

The challenge here is that with most inferior doors being around 10 inches tall which is nearly 7 feet (213 cm) and it can be very difficult to straighten boards that long there are many methods including band planes table saws, jointers etc. and each has its pros and cons. a jointer but because my jointer has a very short bed. I use roller stands to help me contend the bed of the jointer and allow me to straighten these

Describe the technological developments you have observed and relevant to the subject area of training (focus on digital technologies relevant to your job role)

longer boards for more information. see the Youtube video below the other components of the door also need to be straight but it is much easier to source up smaller pieces than larger pieces.

Step 5 Door Joinery.

How you put it altogether is very important as poor joins can lead to be failure to the entire door. there are numerous joinery methods many of which require specific tools and equipment other methods may be time consuming or require special skills. whatever route you choose, your joints must be structural and provide strength that rules out solely glue, biscuits, small dowels or even tongue and groove. I decided to use thick hard wood dowels to join my door together in order to accomplish this, I created a doweling jig that allowed me to drill all the holes that I need. I created also a router to create a $\frac{1}{2}$ inch groove on all of the inside edges of my rails and stiles.

Student Self Evaluation of the Short-Term Internship

Student Name: & Registration No: G. Ganesh 20364002007
 Term of Internship: From 1-10-2022 To 15-11-2022
 Date of Evaluation: 28/11/22
 Organization Name & Address: Raj Woodplant, Kallur estate, Kurnool.
 Name & Address of the Supervisor with Mobile Number:

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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
8) Planning 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	1	2	3	4	5
12) Productivity	1	2	3	4	5
13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

G. Ganesh
 Signature of the Student

Evaluation by the Supervisor of the Intern Organisation

Student Name: & Registration No: G. Ganesh 20364002007

Term of Internship: 1-10-22 From To 15-10-22

Date of Evaluation: 22/11/22

Organization Name & Address: Raj wood plant, Kalhur estate

Name & Address of the Supervisor 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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
8) Planning 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	1	2	3	4	5
12) Productivity	1	2	3	4	5
13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

Vishnu Vardhan

Signature of the Supervisor



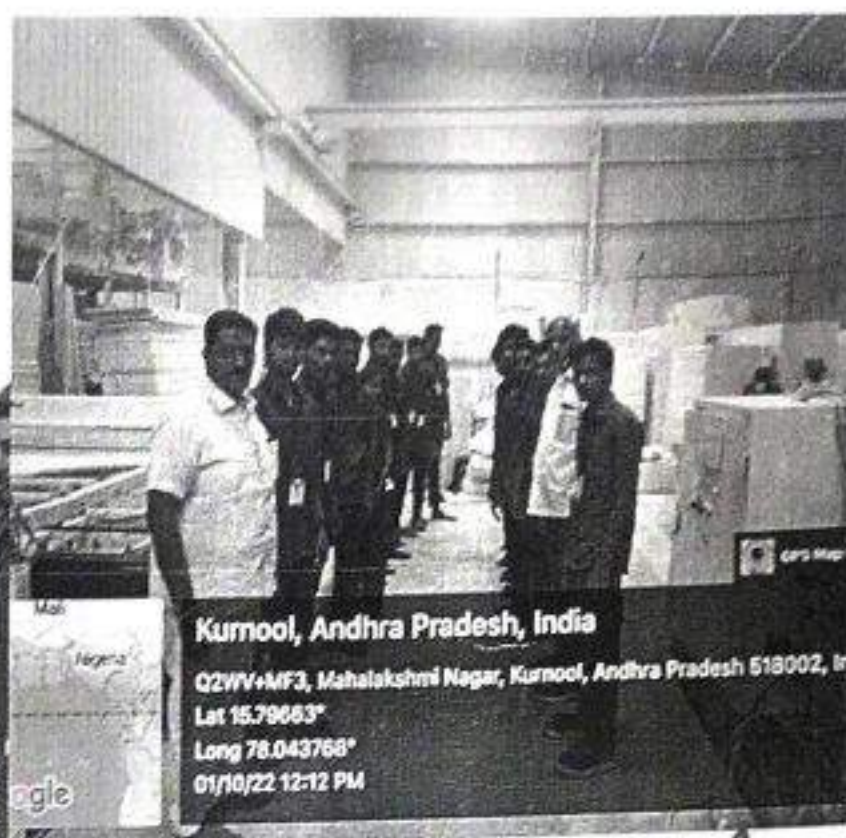
Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

Lat 15.79663°

Long 78.043768°

01/10/22 12:10 PM



Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

Lat 15.79663°

Long 78.043768°

01/10/22 12:12 PM



Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

Lat 15.79663°

Long 78.043768°

01/10/22 12:11 PM



Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

Lat 15.79663°

Long 78.043768°

01/10/22 12:27 PM



Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

Lat 15.79663°

Long 78.043768°

01/10/22 12:14 PM

ASSESSMENT STATEMENT

Name Of the Student: G. Ganesh
Programme of Study: Internship (short-term)
Year of Study: 2021-2022
Group: III BSC MSCS
Register No/H.T. 90364002007
No: Name of the
College: Govt. College for men Kurnool.
University: Rayalaseema university, Kurnool.

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	25	25
2.	Internship Evaluation	50	50
3.	Oral Presentation	25	20
	GRAND TOTAL	100	95

Date: 22/11/22


Signature of the Faculty Guide

Certified by

Date: 22/11/22

Seal:


Signature of the Head of the Department/Principal

Program Book

Short Term Internship

AP STATE COUNCIL OF HIGHER EDUCATION
(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Program Book for Short-Term Internship

Name of the Student: M. Ramanisheyyulu

Name of the College: Govt. degree college Ponnur Kurnool

Registration Number: 10364002018

Period of Internship: From: 10/12 To: 07/11/22

Name & Address of the Intern Organization

Raj Industries

Plot No :- 14 full 15 & 16 Part

Industrial Estate, Kallur, Kurnool - 518003 AP

rajindustries kurnool@gmail.com

WWW.rajind.com

manufactures:-

wpc & pvc foam boards for doors & furniture
made of European technology.

Instructions to Students

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

1. It is mandatory for all the students to complete 2 months (180 hours) of short-term internship either physically or virtually.
2. Every student should identify the organization for internship in consultation with the College Principal/the authorized person nominated by the Principal.
3. Report to the intern organization as per the schedule given by the College. You must make your own arrangements of transportation to reach the organization.
4. You should maintain punctuality in attending the internship. Daily attendance is compulsory.
5. You are expected to learn about the organization, policies, procedures, and processes by interacting with the persons working in the organization and by consulting the supervisor attached to the interns.
6. While you are attending the internship, follow the rules and regulations of the intern organization.
7. While in the intern organization, always wear your College Identity Card.
8. If your College has a prescribed dress as uniform, wear the uniform daily, as you attend to your assigned duties.
9. You will be assigned with a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow interns. Post your daily activity done and/or any difficulty you encounter during the internship.
10. Identify five or more learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Data and Information you are expected to collect about the organization and/or industry.
 - Job Skills you are expected to acquire.
 - Development of professional competencies that lead to future career success.
11. Practice professional communication skills with team members, co-interns and your supervisor. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.

12. Be aware of the communication culture in your work environment. Follow up and communicate regularly with your supervisor to provide updates on your progress with work assignments.
13. Never be hesitant to ask questions to make sure you fully understand what you need to do your work and to contribute to the organization.
14. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**
15. At the end of internship you shall be evaluated by your Supervisor of the intern organization.
16. There shall also be evaluation at the end of the internship by the Faculty Guide and the Principal.
17. Do not meddle with the instruments/equipment you work with.
18. Ensure that you do not cause any disturbance to the regular activities of the intern organization.
19. Be cordial but not too intimate with the employees of the intern organization and your fellow interns.
20. You should understand that during internship programme, you are the ambassador of your College, and your behavior during the internship programme is of utmost importance.
21. If you are involved in any discipline related issues, you will be withdrawn from the internship programme immediately and disciplinary action shall be initiated.
22. Do not forget to keep up your family pride and prestige of your College.

An Internship Report
On
(Title of the Internship)

Submitted in accordance with the requirement for the degree of.....

Name of the College: Govt college posmen kurnool

Department: Statistics.

Name of the Faculty Guide: Dr. P. Izbal basha.

Duration of the Internship: From 11/01/22 To 07/11/22

Name of the Student: M. Ramanjineyulu

Programme of Study Internship [short term]

Year of Study: 2021-2022

Register Number: 20314002018

Date of Submission: 22-11-2022

Student's Declaration

I, M. Ramanjineyulu, a student of B.Sc. N.S.C. Program, Reg. No. 2036400208 of the Department of B.Sc. N.S.C. College do hereby declare that I have completed the mandatory internship from 1-10-22 to 7-11-22 in Raj. Wood Plant (Name of the intern organization) under the Faculty Guideship of Dr. R. Raju & Bashe (Name of the Faculty Guide), Department of Statistics G.C.M. & N.L. (Name of the College)

(Signature and Date)

Endorsements

Faculty Guide : Dr. R. Raju & Bashe

Dr. Raju & Bashe
Head of the Department

J. Kalavathi
Principal

Certificate from Intern Organization

This is to certify that M. Ramanjineyulu (Name of the intern) Reg. No. 20364002018 of Govt. College (Name of the College) underwent internship in Raj. wood plant (Name of the Intern Organization) from 1-10-21 to 7-11-22.

The overall performance of the intern during his/her internship is found to be Satisfactory (Satisfactory/Not Satisfactory).



Authorized Signatory with Date and Seal

ACKNOWLEDGEMENTS

First I would like to thank "Raj Industries" for giving me the opportunity to do an Internally within the organization.

I also would like all the people that worked along with me 'Raj Industries' with their patience and openness they created an enjoyable working environment.

It is indeed with a great sense of pleasure and immense sense of gratitude that I acknowledge the help of three individuals.

I am highly indebted to principal Dr. P. Kalavathi ^{madam} for the facilities provided to accomplish this Internship.

I would like to thank our lecturers Dr. R. Izhal basha & Dr. B. P. Narayana murthy sir for their constructive criticism through out my Internship.

I would like to thank madam's Leela in economics college internship coordinator for their support and advice to get and complete Internship.

I am extremely grateful to my department all members and friends who helped me in successful completion of this Internship.

CHAPTER 1: EXECUTIVE SUMMARY

The internship report shall have only a one-page executive summary. It shall include five or more Learning Objectives and Outcomes achieved, a brief description of the sector of business and intern organization and summary of all the activities done by the intern during the period.

The products of Raj Wood Plast Group include a wide range of a wood plast profiles which includes many designs, colours and sizes its applications include flooring, building facades, roof gardens, kitchen, city furniture etc.

Objectives:-

- * to give basic information about the wood plast.
- * to give knowledge about wooden doors, wpc & pvc foam boards for doors & furniture.
- * to familiarize us with the use of wpc & pvc foam boards for doors & furniture.
- * to familiarize us with the use of wood plast in our daily life.

Out comes:-

- * to understand the basics of wood plast.
- * learned about manufacturing of wood plast.
- * to enrich the knowledge of manufacturing of wooden furniture.
- * learned about wpc & pvc boards for doors & furniture.

CHAPTER 2: OVERVIEW OF THE ORGANIZATION

Suggestive contents

- Introduction of the Organization
- Vision, Mission and Values of the Organization
- Policy of the Organization, in relation with the intern role
- Organizational Structure
- Roles and responsibilities of the employees in which the intern is placed.
- Performance of the Organization in terms of turnover, profits, market reach and market value.
- Future Plans of the Organization.

Raj Industries:-

Raj Industries is a leading manufacture supplier of pvc flooring sheet, pvc roofing sheet, soft, pvc sheet from Raonod, Andrapradesh, India. It is registered in 2018. Raj Industries has made a name for itself in the list of top suppliers of India. The supplier company is located in Raonod.

Andrapradesh and is one of the Leading seller listed products Raj Industries is listed in trade India's list of verified seller offering supreme

Vision & Goal:-

- * to provide quality material to the customers.
- * to develop their company in international level.

Working environment

The industry provides good environment to learn knowledge about the work place to the students.

Working in real-world environment will help you understand the dip in of the goods the and with help you determine whether it is a career you wish to pursue in the future.

CHAPTER 3: INTERNSHIP PART

Description of the Activities/Responsibilities in the Intern Organization during Internship, which shall include - details of working conditions, weekly work schedule, equipment used, and tasks performed. This part could end by reflecting on what kind of skills the intern acquired.

An internship is a period of work experience offered by an organisation of a limited period of time once.

confined to graduates Internship is used to practical from the wide range of the placement in business,

non-profit organisation & government agencies they are typically understood by students and graduates looking to gain relevant skills and experience in a particular field the students will get benefit from these.

placements because they offered great employees from these best interns have to know capabilities that saving time and money in a long time.

Internship provides correct college students with ability and participate in a field of their this choice to resolve hand on learning about particular future career preparing them for full time work for following graduation.

Internship responsibilities:-

- * fulfilling the task set out by the supervisor from the department.
- * Execute the daily works.
- * Attend daily to the industry.
- * Improving the industrial skills.

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the Industry and its manufacturing products.	I know about their Industry and what they are manufacturing.	Vandhan
Day - 2	Formed introduction about WPC door frames & company managers.	We have observed which WPC products manufacturing.	Vandhan
Day - 3	We get observed the types of raw materials & addition used for manufacturing WPC-frame products.	Explanation about the raw materials PVC, wood powder, carbon, other additives.	Vandhan
Day - 4	We watched WPC manufacturing process of industry.	Learned framing of different types of designs on the boards.	Vandhan
Day - 5	We know that the what are the additive materials used for sustainable products.	Coloring, Design, framing, water, pigments, chemicals etc.	Vandhan
Day - 6	We observed how many types of materials of WPC products manufacturing.	WPC doors, frames, window, house hold etc.	Vandhan

WEEKLY REPORT

WEEK - 1 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In day industries many skills are acquired by the observation.

Firstly the wood plank are manufactured by several method.

If first step the water coated the mold material and the removal mold by the easy method the employed loads the plastic powder into the mold chamber that plastic powder determine the size and thickness of the door.

As heat is applied to the mold rotation the oven to supply powdered polymer.

In manufacturing wood plastic doors are very difficult to know about it there are pre doors and windows also manufacturing the usage of wood plastic are more.

In some manufacturing facilities the condiment are combined and processed pellets of the new material the pellets are then remelted and formed into the final shape.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the measurements of doors, flooring sheets.	We have observed how they take measurements.	Vishnu Vardhan
Day - 2	We observed cutting skills of the carpenter doors.	Learned cutting skills.	Vishnu Vardhan
Day - 3	We observed how they are designing the doors and window.	Learned about designing on the wooden doors.	Vishnu Vardhan
Day - 4	We know the application of wooden Plaster and its importance in our daily life.	Knowing importance of wood Plaster in our daily life.	Vishnu Vardhan
Day - 5	We observed the customers and owners of the interaction.	Observing how they are using the wood Plaster.	Vishnu Vardhan
Day - 6	marketing company products.	All over India.	Vishnu Vardhan

WEEKLY REPORT

WEEK - 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

Here in bag industries, wood plastic so addition to wood fibre and plastic waxes can also contain other lignin-cellulose and/or inorganic filler materials waxes are subset of a larger category of materials called natural fiber plastic composites (NPPCs), which may contain no cellulose-based fiber fillers such as pulp fiber, peanut hulls, coffee husks.

Chemical additives seem practically "invisible" (except mineral fillers and pigments, if added) on the composite structure. They provide for integration of polymers and wood flour (powder) while facilitating optimal processing conditions.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	formal introduction about how to collect data, in just dial google about woodplast information.	we observed the collection of data & collected data written a book	Vandhan
Day - 2	first we are collected information about wood plast shops in kurnoor & kurnoor surrounding towns.	the wood plast shops names are noted in a note book	Vandhan
Day - 3	first we are collected information about the woodplast shops Anantapuram. surrounding towns.	the wood plast shops names are noted in a note book.	Vandhan
Day - 4	first we are collated information about the woodplast shops - kadapa, chittoor & surrounding towns.	the plywood shops & mobile numbers are noted	Vandhan
Day - 5	we are collected data about plywood shops in warangal, kamman, & surrounding towns.	the plywood shops mobile numbers are noted	Vandhan
Day - 6	we are collected data about plywood shops in Rayacher etc. and surrounding towns.	the plywood shops mobile number are noted.	Vandhan

WEEKLY REPORT

WEEK - 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week we are learning about the use of wood plastic and selling and distribution of wood plastic.

Also some times known as composite lumber, wpc are still new materials relative to the long history of natural lumber as a remodeling material. The most widespread use of wpc in North America is in outdoor deck floors, but it is also used for railings, fences, landscaping, cladding and siding, park benches, mooring and trim, football houses under the trade name wood plastic wpc window and door frames and outdoor furniture wpc were first introduced in to decking market in the early 1980s manufacturing claims that wpc is more maintenance than less attractive as solid wood. It is also with preservation of solid wood of rot-resistant species.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Learned introduction about how to collect data, in just dial, google about wood plant information.	we observed the collection of data & collection of data with this book.	dharm
Day - 2	First we are collected information about wood plant shops in kurmal kurmal wood - pramod.	they are positively respond and some people ready to give orders to my company.	dharm
Day - 3	I called the plywood customers with a collected mobile numbers in google from kurmal.	they are respond positively and some people are ready to give order some people are not.	dharm
Day - 4	I called the plywood customers with a collected mobile numbers in google just dial app.	they are respond positively and some people are ready to give orders and some people are not.	dharm
Day - 5	I called the plywood customers in badaga chitor with collected mobile numbers just dial app.	they are respond positively and some people are ready to give orders.	dharm
Day - 6	I called the plywood customers in warangal channarayana with collected mobile numbers.	they are positively respond and some people are in the set to take orders.	dharm

WEEKLY REPORT

WEEK - 4 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In Pop industries wpc's are produced by thoroughly mixing ground wood plastics. Common method of production is to melt common of method of production is to extrude the material into the desired shape through injection molding is also used. wpc's may be produced from either virgin or recycled thermoplastic including high density polyethylene including high density polyethylene (HDPE), low density polyethylene (LDPE), low high-density polyethylene (HDPE) polyvinyl chloride based wpc's are by far the most common.

In some manufacturing facilities the, extruders are combined facilities in a polarizing extruder, which produced pellets of the new material the pellets are shape other manufacture complete in to the final shape other manufacture complete the finished part in a single step of mixing and extrusion.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Asked about the usage of wood plant and power to make wood plant furniture	sufficient wood plant / power of electricity required	V. Jeyapalan
Day - 2	Discussed about the pollution due to the use of polymers	polymers can cause pollution and they can be controlled.	V. Jeyapalan
Day - 3	we involved in making of machines with the help of operators and workers	Handled the machines with the help of workers.	V. Jeyapalan
Day - 4	we are manufacturing wooden frames with the help of workers	manufactured wooden frames	V. Jeyapalan
Day - 5	Discussed the innovation ideas with managers and workers class.	Innovative ideas and they are helpful.	V. Jeyapalan
Day - 6	I have received the certification from the managers of Rajawood plant at workshop and receive certification	successfully completed the workshop and receive certification	V. Jeyapalan

WEEKLY REPORT

WEEK - 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

The Raj wood plant provides many employment opportunities to the people, they maintain good punctuality.

In that industry all the machines and equipment run by the power of electricity thus are electricity generators also.

The machines are working every week for the better working of machines we trainees (intern students) prepared the wooden frames we test any remarks placed pollutants are observed by the filter and then released into environment.

CHAPTER 5: OUTCOMES DESCRIPTION

Describe the work environment you have experienced (in terms of people interactions, facilities available and maintenance, clarity of job roles, protocols, procedures, processes, discipline, time management, harmonious relationships, socialization, mutual support and teamwork, motivation, space and ventilation, etc.)

Wood plastic composites (WPCs) are composite materials made of wood fibre wood flour and thermoplastics such as polyethylene (PE), polypropylene (PP), polyvinyl chloride (PVC) or polylactic acid (PLA).

In addition of wood fibre and plastic WPCs can also contain other organic-cellulose and/or inorganic filler materials WPCs are subset of a larger category of material called natural fiber plastic composites which may contain non-cellulose-based fibre fillers such as pulp fibres, peanut hulls, coffee husk, bamboo straw, digestate etc.

The environment impact of WPCs is directly affected by the ratio of renewable to non-renewable materials the commonly used petroleum-based polymers have a negative environmental impact because they rely on non-renewable raw materials & the biodegradability of plastics.

Describe the real time technical skills you have acquired (in terms of the job-related skills and hands on experience)

they say that necessity is the mother of invention and I needed a door I had some camber and some tools and so I put together a plan and some tools and so I put together a plan, but it was these articles of all about how I did that including the steps that I went through and challenges that I had to solve for along the way.

Step 1:- Understanding the Anatomy of a Door
there are also different types of doors ranging from slab doors to barn doors, but the most basic doors to barn consist of three major parts the rails, the stiles and the panels. The stiles provide the main structure of panels. The stiles provide the main structure of the door and take the brunt of the wear it is very important that the stiles be stable together straight materials and are generally made out of the same glass or screens. Interior doors are generally 50 inches tall and $1\frac{3}{8}$ inches thick. Entrance doors are generally 68 inches tall. Standard doors widths can vary from 50 to 36 inches. Closet doors can be much smaller.

Describe the managerial skills you have acquired (in terms of planning, leadership, team work, behaviour, workmanship, productive use of time, weekly improvement in competencies, goal setting, decision making, performance analysis, etc.

But the smallest pre-fabricated door that most stores sell is 24". The door that I am building is in a space that is much smaller (only about 20 inches or 50 cm) which is why I decided to build one. If you want to know more about go through google.

step 2:- preparing your space and measuring
The first step in making a door is taking measurements. Doors should generally be around 18" to 24" smaller than the diameter if you also need to build or install a frame you will need to take the width of the frame into consideration and because shrinking a door frame can add some thickness, it is best to wait until after the door or build them together at building the door frame installed before build the same time this is exactly what I did as I also needed to build a frame.

step 3:- selecting materials:-
most prefabricated doors today are made from a material called melamine, which is kind

Describe how you could improve your communication skills (in terms of improvement in oral communication, written communication, conversational abilities, confidence levels while communicating, anxiety management, understanding others, getting understood by others, extempore speech, ability to articulate the key points, closing the conversation, maintaining niceties and protocols, greeting, thanking and appreciating others, etc.,)

A wood fiber board that is steam cooked and pressure molded onto a thin wood frame to create a slab door that has an appearance of doors with rails stiles and panels. The benefit of these doors is that they are cheap, stable and easy to paint the downside to them is that they look cheap, they are cheap, stable not very strong (anyone with a teenager who likes to punch things know that) and don't always have the best insulation (as they are generally hollow). When making doors your self that the materials you select can have a big difference on the quality and the functionality of the door that you build the two things that need to be balanced in selecting materials for a door is strength and stability for example, plywoods and composite boards like medium density fibre board (MDF) are very stable, but they are not as strong as wood and can fall apart over time in a way that solid wood will not wood is strong, but depending upon the species

Describe how could you could enhance your abilities in group discussions, participation in teams, contribution as a team member, leading a team/activity.

and how it is treated it can also warp and cause door problems.

Step 4:- Building Rails styles and panels

once materials are selected it is time to build the components of your door. It started with the styles as I view them as the most important most styles are 4-59. inches (10-140mm) wide, but the width of your door. My door is very small and so I opted for 2 inch wide styles.

It is externally important that your styles are square as the functionality and aesthetics of your door will be compromised if they are not. The challenge here is that with most interior doors being around inches tall (which is nearly 7 feet or 203cm) and it can be very difficult to straighten boards that long there are many methods including band planes, table saws, jointers etc. and each but its pros and cons. I use a jointer but because my jointer has a very short bed. I use roller stands to help me extend the bed of the jointer and allow me to straighten the longer boards for more information see the Youtube video

Describe the technological developments you have observed and relevant to the subject area of training (focus on digital technologies relevant to your job role)

longer boards for more information see the youtube video below the other components of the door also need to be straight, but it is much easier to square up smaller pieces than larger pieces

Step 5: - Door Joinery

How you put it all together is very important as poor joints can lead to failure of the entire door. there are many joinery methods many of which require specialised tools and equipment other methods may be time consuming or require special skills. what ever you choose your joints must be structured to provide strength therefore out safety glass inserts small dowels or even tongue and groove.

I decided to use thick hard wood dowels to join my door together. in order to accomplish this, I created a doweling jig that allowed me to drill all the holes that I need. I sealed I also a router to create a $\frac{1}{2}$ " iron groove on all of the inside edges of my rails and stiles

Student Self Evaluation of the Short-Term Internship

Student Name: & Registration No: M. Ramasubramanian 20364002018

Term of Internship: From 1/10/22 To 07/11/22

Date of Evaluation: 22-11-2022

Organization Name & Address:

Name & Address of the Supervisor with Mobile Number:

Rajmood, but, Kallur estate

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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
8) Planning 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	1	2	3	4	5
12) Productivity	1	2	3	4	5
13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

Ram
Signature of the Student

Evaluation by the Supervisor of the Intern Organisation

Student Name: & Registration No:

M. Ramanijneyulu 20364002018

Term of Internship:

From 1/10/22

To 07/11/22

Date of Evaluation:

22-11-2022

Organization Name & Address:

Raj wood plant, Kallur code

Name & Address of the Supervisor
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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
8) Planning 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	1	2	3	4	5
12) Productivity	1	2	3	4	5
13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

Vishnu Vardhan

Signature of the Supervisor





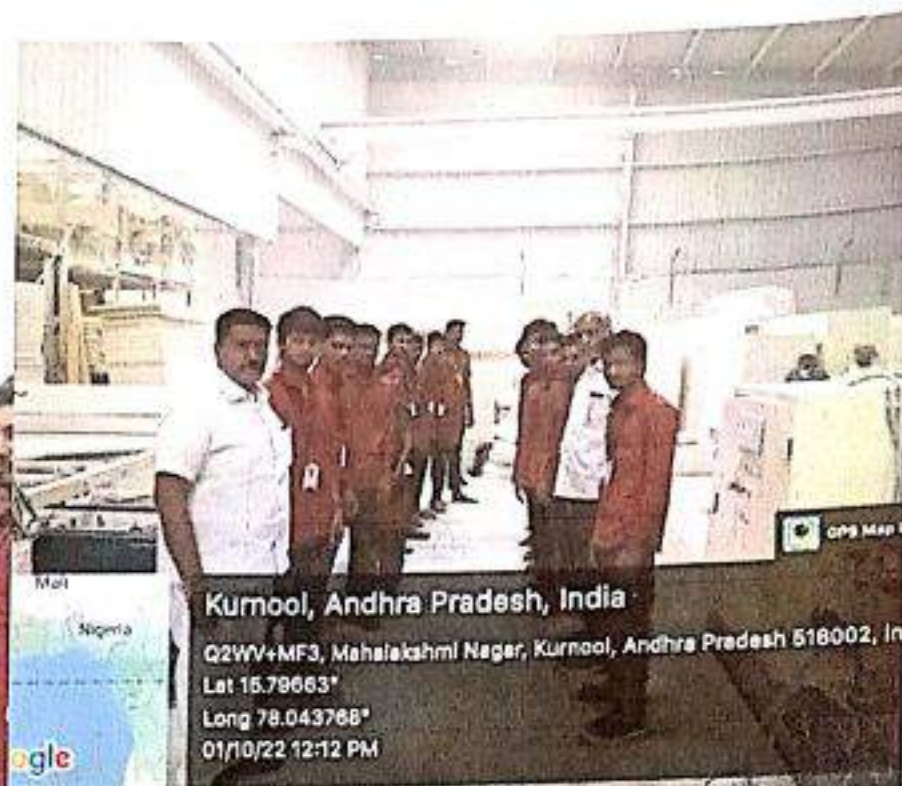
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Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

Lat 15.79663°

Long 78.043768°

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Kurnool, Andhra Pradesh, India

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Long 78.043768°

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Kurnool, Andhra Pradesh, India

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Lat 15.79663°

Long 78.043768°

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Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

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Long 78.043768°

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Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

Lat 15.79663°

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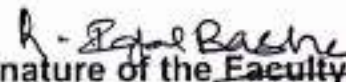
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ASSESSMENT STATEMENT

Name Of the Student: M. Ramanikrishna
Programme of Study: Internship [Short term]
Year of Study: 2021-2022
Group: III BSC MSCS
Register No/H.T. 20364002018
No: Name of the
College: Government degree college - Poramannur.
University: Rayalaseema University Poramannur.

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	25	25
2.	Internship Evaluation	50	50
3.	Oral Presentation	25	25
	GRAND TOTAL	100	100

Date: 22-11-2022


Signature of the Faculty Guide

Certified by


Date: 22-11-2022
Signature of the Head of the Department/Principal
Seal:

Program Book

Short Term Internship

AP STATE COUNCIL OF HIGHER EDUCATION
(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

Program Book for Short-Term Internship

Name of the Student: M.S. Navendra

Name of the College: Govt. Degree College - former Kurnool

Registration Number: 20364002015

Period of Internship: From: 01-10-22 To: 07-11-22

Name & Address of the Intern Organization

Raj Industries

Plot No: 14 full, 15 & 16 part

Industrial estate, Kurnool, Kurnool - 518001 AP

raj industries kurnool @ gmail.com

www.rajwoodplast.com

Manufactures:

MPC & PVC floor boards for doors & furniture
made of European technology

Instructions to Students

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

1. It is mandatory for all the students to complete 2 months (180 hours) of short-term internship either physically or virtually.
2. Every student should identify the organization for internship in consultation with the College Principal/the authorized person nominated by the Principal.
3. Report to the intern organization as per the schedule given by the College. You must make your own arrangements of transportation to reach the organization.
4. You should maintain punctuality in attending the internship. Daily attendance is compulsory.
5. You are expected to learn about the organization, policies, procedures, and processes by interacting with the persons working in the organization and by consulting the supervisor attached to the interns.
6. While you are attending the internship, follow the rules and regulations of the intern organization.
7. While in the intern organization, always wear your College Identity Card.
8. If your College has a prescribed dress as uniform, wear the uniform daily, as you attend to your assigned duties.
9. You will be assigned with a Faculty Guide from your College. He/She will be creating a WhatsApp group with your fellow interns. Post your daily activity done and/or any difficulty you encounter during the internship.
10. Identify five or more learning objectives in consultation with your Faculty Guide. These learning objectives can address:
 - Data and Information you are expected to collect about the organization and/or industry.
 - Job Skills you are expected to acquire.
 - Development of professional competencies that lead to future career success.
11. Practice professional communication skills with team members, co-interns and your supervisor. This includes expressing thoughts and ideas effectively through oral, written, and non-verbal communication, and utilizing listening skills.

12. Be aware of the communication culture in your work environment. Follow up and communicate regularly with your supervisor to provide updates on your progress with work assignments.
13. Never be hesitant to ask questions to make sure you fully understand what you need to do your work and to contribute to the organization.
14. **Be regular in filling up your Program Book. It shall be filled up in your own handwriting. Add additional sheets wherever necessary.**
15. At the end of internship you shall be evaluated by your Supervisor of the intern organization.
16. There shall also be evaluation at the end of the internship by the Faculty Guide and the Principal.
17. Do not meddle with the instruments/equipment you work with.
18. Ensure that you do not cause any disturbance to the regular activities of the intern organization.
19. Be cordial but not too intimate with the employees of the intern organization and your fellow interns.
20. You should understand that during internship programme, you are the ambassador of your College, and your behavior during the internship programme is of utmost importance.
21. If you are involved in any discipline related issues, you will be withdrawn from the internship programme immediately and disciplinary action shall be initiated.
22. Do not forget to keep up your family pride and prestige of your College.

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21. If you are involved in any discipline related issues, you will be withdrawn from the internship programme immediately and disciplinary action shall be initiated.
22. Do not forget to keep up your family pride and prestige of your College.

An Internship Report
On
(Title of the Internship)

Submitted in accordance with the requirement for the degree of.....

Name of the College: Govt. College for men Kumbal

Department: Statistics

Name of the Faculty Guide: Dr. R. Jayal basha

Duration of the Internship: From 1-10-22 To 07-11-22

Name of the Student: M.S. Navendra

Programme of Study Internship (short-term)

Year of Study: 2021-2022

Register Number: 20364002015

Date of Submission: 22/11/22

10/10/2020

10/10/2020

10/10/2020

10/10/2020

10/10/2020

10/10/2020

10/10/2020

10/10/2020

10/10/2020

Student's Declaration

I, M.S. Narendra, a student of Intern Program, Reg. No. 20364002015 of the Department of BSc, Maths College do hereby declare that I have completed the mandatory internship from 1/10/22 to 7/11/22 in Rajwadi play (Name of the intern organization) under the Faculty Guideship of Dr. R. R. Basha (Name of the Faculty Guide), Department of Statistics Govt. College, Ramnagar (Name of the College)

M.S. Narendra
(Signature and Date)

Endorsements

Faculty Guide : Dr. R. R. Basha

R. R. Basha
Head of the Department

Principal

J. K. Law

Certificate from Intern Organization

This is to certify that Ms. Navendra..... (Name of the intern) Reg. No. 20214102015 of Govt. College, Anna (Name of the College) underwent internship in Raywood Plast..... (Name of the Intern Organization) from 1/10/22..... to 7/11/22.....

The overall performance of the intern during his/her internship is found to be Satisfactory (Satisfactory/Not Satisfactory).



Authorized Signatory with Date and Seal

There is a great deal of...

the first - a quantity of...

of the kind to be...

are in the region...

They are in the...

substance...

is in the...

position...

I would like to...

have...

change...

I would like to...

very much...

are...

is an extremely...

are...

ACKNOWLEDGEMENTS

First I would like to thank "Raj Industries" for giving me the opportunity to do an internship within the organisation.

I also would like all the people that worked along with me "Raj Industries" with their patience and openness they created an enjoyable working environment.

It is indeed with a great sense of pleasure and immense sense of gratitude that I acknowledge the help of these individuals.

I am highly indebted to principle Dr. P. Kalavathi for the facilities provided to accomplish this internship.

I would like to thank our lecturers Dr. R. Zayal Basha & Dr. B. R. Narayana Murthy sir. for this constructive criticism through out my internship.

I would like to thank madanna sir lecturer in economics, college internship coordinator for their support and advices to get and complete internship in above said organisation.

I am extremely greatfull to my department staff members and friends who helped me in successful completing of this internship.

CHAPTER 1: EXECUTIVE SUMMARY

The internship report shall have only a one-page executive summary. It shall include five or more Learning Objectives and Outcomes achieved, a brief description of the sector of business and intern organization and summary of all the activities done by the intern during the period.

The products of Raj wood plast group include a wide range of a wood plast profiles, which includes various designs, colour and sizes. Its applications include following flooring, building facades, roof gardens, partitions, city furniture etc.

Objectives :-

- * To give basic information about the woodplast.
- * To give knowledge about wooden doors, wpc & pvc foam Boards for doors & furniture.
- * To familiarize us with the use of wpc & pvc foam Boards for doors & furniture.
- * To familiarize us with the use of wood plast in our daily life.

Out comes :-

- * To understand the basis of woodplast
- * Learned about manufacturing of woodplast.
- * To enrich the knowledge of manufacturing of wooden furniture.
- * Learned about wpc & pvc Boards for doors and furniture.

CHAPTER 2: OVERVIEW OF THE ORGANIZATION

Suggestive contents

- Introduction of the Organization
- Vision, Mission and Values of the Organization
- Policy of the Organization, in relation with the intern role
- Organizational Structure
- Roles and responsibilities of the employees in which the intern is placed.
- Performance of the Organization in terms of turnover, profits, market reach and market value.
- Future Plans of the Organization.

Raj Industries :-

Raj Industries is a leading manufacture supplier of pvc flooring sheet, pvc roofing sheet, soft pvc sheet form. Kurnool, Andhrapradesh, India. It is registered in 2018. Raj Industries has made a name for itself in the list of top suppliers of India. The supplier company is located in Kurnool, Andhra Pradesh and is one of the leading sellers of listed products. Raj Industries is listed in trade india's list of verified seller offering supreme quality products and service.

Vision & Goal :-

- * TO provide quality material to the customers.
- * to develop their company in International level.

Working environment :-

The industry provides good environment to learn knowledge about the world apart to the students working in real-world environment will help you understand the depth of the your field and will help you determine whether it is a career you wish to pursue in the future.

CHAPTER 3: INTERNSHIP PART

Description of the Activities/Responsibilities in the Intern Organization during Internship, which shall include - details of working conditions, weekly work schedule, equipment used, and tasks performed. This part could end by reflecting on what kind of skills the intern acquired.

An Internship is a period of work experience offered by an organisation of a limited period of time. Once confined to graduates, Internship is used to practical form the wide range of the placement in business, non-profit organisation & government agencies, they are typically understood by students and graduates looking to gain relevant skills and experience in a particular field. The students will get benefit from these placements because they offered recruit employees from these best interns. How to know capabilities that saving time and money is a long time.

Internship provides correct college students with ability and participate in a field of their choice to receive hands on learning about particular, future career, preparing them for full time work for following graduation.

Internship Responsibilities +

- * fulfilling the task set out by the supervisor from the department
- * executes the daily works
- * Attend daily to the industry
- * Improving the industrial skills

ACTIVITY LOG FOR THE FIRST WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the industry and its manufacturing products	I know about their industry and what they are manufacturing	Vishnu Vardhan
Day - 2	formed introduction about wpc door frames & company manager	we have observed which types of wpc products manufacturing	Vishnu Vardhan
Day - 3	we got observed the types of raw materials & addition used for manufacturing wpc-frame products	Explanation about the raw materials: 1) pvc, wood powder, CaCO ₃ , other additives	Vishnu Vardhan
Day - 4	we watched wpc manufacturing process of industry	learned forming of different types of designs on the doors	Vishnu Vardhan
Day - 5	we know that the what are the additive materials used for sustainable products.	Coloured design forming with poofs chemicals etc.	Vishnu Vardhan
Day - 6	we observed how many types of materials of wpc products manufacturing.	wpc doors, frames windows, house hold purpose	Vishnu Vardhan

WEEKLY REPORT

WEEK - 1 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In Pvj Industries many skills are acquired by the observations.

firstly the wood plast are manufactured by several methods.

At first step the worker coated the mold material inside & leave / remove mold by the easy method the employees loads the plastic powder into the mould chamber that plastic powder determine the sizes and thickness of the door.

As sand is applied the mold rotate in the oven to supply powdered polymer in manufacturing wood plast door are very difficult to know about if there wpc pvc doors and windows also manufacturing the usage of woodplast is more

In some manufacturing facilities the extrudiments are crushed and processed in a pelletizing extruder, which produces pellets of the new material the pellets are then melted and formed into the final shape.

ACTIVITY LOG FOR THE SECOND WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Introduction about the measurements of doors, flooring sheets	we have observed how they took measurements Vishnu	Vandhan
Day - 2	we observed cutting skills of the woodplast daily	learned cutting skills Vishnu	Vandhan
Day - 3	we observed how they are designing the doors and windows.	learned about designing on the wooden doors. Vishnu	Vandhan
Day - 4	we know the application of wooden plast and its importance in our daily life.	knowing importance of wood plast in our daily life. Vishnu	Vandhan
Day - 5	we observed the customers and owners of the interaction.	observing how they are selling the wood plast Vishnu	Vandhan
Day - 6	Marketing company products.	All over India. Vishnu	Vandhan

WEEKLY REPORT

WEEK - 2 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

There is Pij Industries, wood plast in addition to wood fibre and plastic, wpc's can also contain other ligno-cellulosic and/or inorganic filler. materials, wpc's are subset of a larger category of materials called natural fibre plastic composites (NPPCs), which may contain no cellulose based fibre fillers such as pulp fibre, peanut hulls, coffee husk, etc.

Chemical addition resin potically "invisible" (except material fillers and pigments it added) in the composite structure. They provide for integration of polymer and wood flour (powder) while facilitating optimal processing conditions.

ACTIVITY LOG FOR THE THIRD WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	formed introduction about how to collect data, in just dial, google, about woodplast information	we observed the collection of data & collected data written a book.	Vishnu Vardhan
Day - 2	first we are collected information about wood plast shops in karnool & karnool surroundings towns	the wood plast shops names are noted in a note book.	Vishnu Vardhan
Day - 3	first we are collected information about the woodplast shops Anantapuram, surrounding towns	the woodplast shops names are noted in a note book.	Vishnu Vardhan
Day - 4	first we are collected information about the woodplast shops. Kadapa, chittoor & surroundings towns.	the plywood shops & mobile number are noted.	Vishnu Vardhan
Day - 5	we are collected data about plywood shops in Warangal, Kamam & surroundings towns.	the plywood shops & mobile numbers are noted.	Vishnu Vardhan
Day - 6	we are collected data about plywood shops in Raicher etc. and surrounding towns.	the plywood shops & mobile numbers are noted.	Vishnu Vardhan

WEEKLY REPORT

WEEK - 3 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In this week we are learning about the use of wood plastic and selling and distribution of wood plastic. Also some times known as Composite timber wpc's are still ~~new~~ new material relative to the long history of natural lumber as a building material. The most widespread use of wpc's in North America is in outdoor deck floors, but it is also used for railings, fences, landscaping - think cladding and siding, park benches, decking and trim, brackets under the trade name Woodpecker wpc window and door frames and indoor furniture wpc's were first introduced into decking market in the early 1990s manufacturing claim that wpc is more environmentally friendly and requires less manufacturing and maintenance than the alternatives of solid wood treated with preservative or solid wood of rot-resistant species.

ACTIVITY LOG FOR THE FOURTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	formal introduction about how to collect data in just dial, google about woodplast information.	we observed the collection of data collected data written a book.	Vishnu Vardhan
Day - 2	first we are collected information about wood plast shops in Karnool & Karnool wood-frames	they are positively respond and some people ready to give order to my company	Vishnu Vardhan
Day - 3	1 Called the plywood customers with a collected mobile numbers in google form Karnool.	they are respond positively and some people are ready to give order & some people are not interested.	Vishnu Vardhan
Day - 4	2 Called the plywood customers with a collected mobile numbers in google just dialed app	they are respond positively and some people are ready to give orders. and some peoples are not interested.	Vishnu Vardhan
Day - 5	2 Called the plywood customers in Kadapa, chittoor with collected mobile number just dial app	they are respond positively and some people are ready to give orders.	Vishnu Vardhan
Day - 6	2 Called the plywood customers in Warangal, behammam with collected mobile numbers.	they are positively respond and some peoples are interested take orders.	Vishnu Vardhan

WEEKLY REPORT

WEEK - 4 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

In Poly Industries WPCs are produced by thoroughly mixing ground wood plasticiser and heated thermoplastic resin. The most common method of production is to extrude the material into the desired shape, though injection moulding is also used. WPCs may be produced from either virgin or recycled thermoplastics including high density polyethylene (HDPE), low density polyethylene (LDPE) PE based WPCs are by far the most common.

In some manufacturing facilities the constituents are combined and processed in a pelleting extruder, which produces pellets of the new material. The pellets are then remelted and formed into the final shape of the manufacture. Complete the finished part in a single step of mixing and extrusion.

ACTIVITY LOG FOR THE FIFTH WEEK

DAY & DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME	Person In-charge Signature
Day - 1	Asked about the usage of wood plast and power to make woodplast furniture.	Sufficient woodplast and amount of electricity required	Vishnu Vardhan
Day - 2	Discussed about the pollution due to the use polymers	polymers can cause pollution and they can be controlled	Vishnu Vardhan
Day - 3	We involved in making of machines with the help of operators and workers	Handled the machine with the help of workers	Vishnu Vardhan
Day - 4	We are manufacturing wooden frames with the help of workers	manufactured .. wooden frames	Vishnu Vardhan
Day - 5	Discussed the innovative ideas with manager and workers also	Innovative ideas and through are helpful	Vishnu Vardhan
Day - 6	I have received the Certificate from the manager of Rajwood plast	successfully completed training at industries and receive certificates	Vishnu Vardhan

WEEKLY REPORT

WEEK - 5 (From Dt..... to Dt.....)

Objective of the Activity Done:

Detailed Report:

The Raj Wood plant provides many employment opportunities to the people, they maintain good punctuality.

In this industry all the machines and equipment run by the power of electricity there are electricity generators also.

The machines are cleaning every week for the better working of machine.

We trainees (Anten students) Prepared the wooden frames without any remarks.

Pleasant pollutioners are observed by the filter and then released into environment.

CHAPTER 5: OUTCOMES DESCRIPTION

Describe the work environment you have experienced (in terms of people interactions, facilities available and maintenance, clarity of job roles, protocols, procedures, processes, discipline, time management, harmonious relationships, socialization, mutual support and teamwork, motivation, space and ventilation, etc.)

Wood plastic composites (WPCs) are composite materials made of wood fibre wood flour and thermoplastics such as polythene (PE), polypropylene (PP), polyvinyl chloride (PVC) or polylactic acid (PLA).

In addition of wood fibre and plastic (WPCs) can also contain other ligno-cellulosic and/or inorganic filler materials called natural fibre plastic composites which may contain non-cellulose-based fibre fillers such as pulp fibres, peanut hulls, coffee hull, bamboo straw, digestate etc.

The environment impact of WPCs is directly affected by the ratio of renewable to non-renewable materials. The company used petroleum-based polymers have a negative environmental impact because they rely on non-renewable raw materials & the biodegradability of plastics.

Describe the real time technical skills you have acquired (in terms of the job-related skills and hands on experience)

They say that necessity is the mother of invention and I needed a door. I had some lumber and some tools and so I put together a plan and I built one. This article is all about how I did that including the steps that I went through and challenges that I had to solve for along the way.

Step 1: Understanding the Anatomy of a Door

There are all different types of door ranging from slabs doors to barn doors. but the most basic doors generally consists of three major parts the rails, the stiles and the panels. the stiles provide the main structure of the door and take the brunt of the wear. It is very important that the stiles be stable together straight joints and the generally made out of the same materials, but panels can vary and even include glass or screens. Exterior doors are generally 50 inches tall and $1\frac{3}{8}$ inches thick (interior doors are generally thicker) standard doors widths can vary from '30' to '32' to '36'. closet doors can be much smaller.

Describe the managerial skills you have acquired (in terms of planning, leadership, team work, behaviour, workmanship, productive use of time, weekly improvement in competencies, goal setting, decision making, performance analysis, etc.

But the smallest pre fabricated door that most stores sell is 24", the door that I am building is in a space that is much smaller (only about 20 inches or 50 cm) which is why I decided to build one. If you want to know more about go through google.

Step 2: Preparing your space and measuring.

The first step is making a door is taking the measurements, doors should generally be around $1/8"$ to $3/16"$ smaller than the frame. if you also need to build or install a frame you will need to take the width of the frame in to consideration and because shrinking a door frame can add some thickness. it is best then together at building the door frame installed before build the frame this is exactly what I did as I also needed to build a frame.

Step 3: Selecting materials:

Most interior doors today are made from a material called maurisk, which is kind of wood fibre board that is steam cooked and pressure molded or to a thin wood frame to create a slab door that has an

Describe how you could improve your communication skills (in terms of improvement in oral communication, written communication, conversational abilities, confidence levels while communicating, anxiety management, understanding others, getting understood by others, extempore speech, ability to articulate the key points, closing the conversation, maintaining niceties and protocols, greeting, thanking and appreciating others, etc.,)

appearance of a door with rails, stiles and panels. The benefit of these doors is that they are cheap, stable not very strong (anyone with a teenager who likes to punch things knows that) and don't always have the best insulation (as they are generally hollow). When making doors yourself, the materials you select can have a big difference on the quality and the functionality of the door that you build. The two things that need to be balanced in selecting materials for a door is strength and stability. Materials for a door is strength and stability. For example, plywoods and composite boards like medium density fibreboard (MDF) are very stable, but they are not as strong as wood and can tell a part over time in a way that solid wood will not. Wood is strong but depending upon the species and how it is treated, it can also warp and cause door problems.

Step 4: Building Rails, Stiles and Panels

Once materials are selected, it is time to build the components of your door. It starts with the

Describe how could you could enhance your abilities in group discussions, participation in teams, contribution as a team member, leading a team/activity.

styles as I view them as the most important. most styles are $4\frac{1}{2}$ inches (10-14cm) wide, but the width of your door. my styler depends and so I opted for 4 inch wide styles it is extremely important that your styles are square as the functionality and aesthetics of your door will be compromised if they are not the challenge here is that with most interior doors being around 80 inches, tall (which is nearly 7 feet or 207cm) and it can be very difficult to straighten boards that long there are many methods including hand planes, table saws, joiners etc. and a joiner but because my solder has a very short bed. I use roller stands to help me extend the bed of the joiner and allow me to straighten these longer boards. for more information see the youtube video below the other components of the door also need to be straight, but it is much easier to square up smaller pieces than larger pieces.

Describe the technological developments you have observed and relevant to the subject area of training (focus on digital technologies relevant to your job role)

Step 5: Door joinery

How you put it all together is very important as poor joints can lead to the failure of the entire of which require specialised tools and equipment other methods may be time consuming or require special skills. Whatever route you choose, your joints must be structural and provide strength that rules out solely glue, biscuits, small dowels or even tongue and groove. I decided to use thick hard wood dowels to join my door together in order to accomplish this, I created a dovetail jig that allowed me to drill all the holes to create a $\frac{1}{2}$ inch groove on all of the inside edges of my rails and stiles.

Student Self Evaluation of the Short-Term Internship

Student Name: & Registration No: M.S. Narendra / 20364062015

Term of Internship: From 07-11-2022 To 07-11-2022

Date of Evaluation: 29/11/22

Organization Name & Address: Raj wood plant, Kallur estate, Karnool.

Name & Address of the Supervisor
with Mobile Number:

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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
8) Planning 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	1	2	3	4	5
12) Productivity	1	2	3	4	5
13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

M.S. Narendra
Signature of the Student

Evaluation by the Supervisor of the Intern Organisation

Student Name: & Registration No: M-S-Narendra , 20364002015

Term of Internship: From 01-10-22 To 03-11-2022

Date of Evaluation: 22/11/22

Organization Name & Address:

Name & Address of the Supervisor
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) Initiative	1	2	3	4	5
4) Interaction with staff	1	2	3	4	5
5) Attitude	1	2	3	4	5
6) Dependability	1	2	3	4	5
7) Ability to learn	1	2	3	4	5
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13) Progress of learning	1	2	3	4	5
14) Adaptability to organization's culture/policies	1	2	3	4	5
15) OVERALL PERFORMANCE	1	2	3	4	5

Vijay Mahajan
Signature of the Supervisor



Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

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Long 78.043768°

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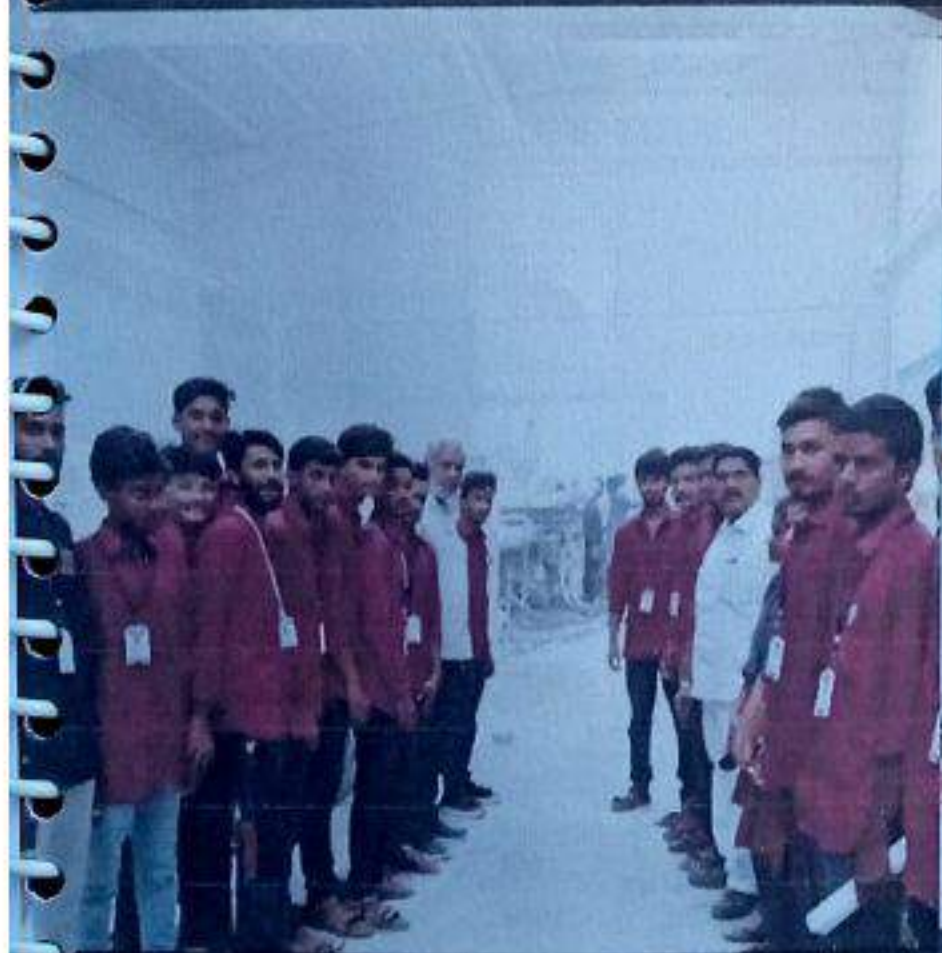
Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

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Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh

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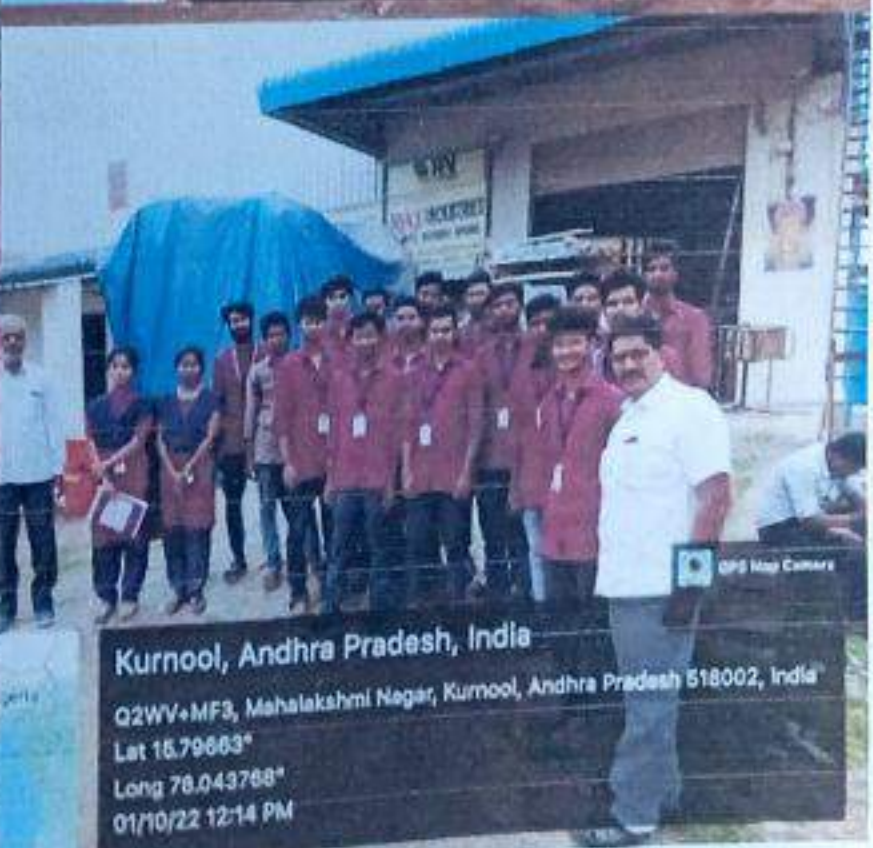
Kurnool, Andhra Pradesh, India

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Kurnool, Andhra Pradesh, India

Q2WV+MF3, Mahalakshmi Nagar, Kurnool, Andhra Pradesh 518002, India

Lat 15.79663°

Long 78.043768°

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ASSESSMENT STATEMENT

Name Of the Student: M.S. Narendran

Programme of Study: Internship [shoot team]

Year of Study: 2021-2022

Group: BSc BSMSCS

Register No/H.T. 20364002015

No: Name of the

College: Government college Poornima Kuvempu

University: Rajalekshmi University Kuvempu

Sl.No	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	25	25
2.	Internship Evaluation	50	50
3.	Oral Presentation	25	25
	GRAND TOTAL	100	100

Date: 29/11/22

R. Raju Rasha
Signature of the Faculty Guide

Certified by

Date: 22/11/22
Seal:


Signature of the Head of the Department/Principal

Model Program Book COMMUNITY SERVICE PROJECT



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

A Report of Community Service Project on

Health & Hygiene

Submitted

to

Department of.....Botany.....
GOVT COLLEGE FOR MEN ,KURNOOL



In partial fulfillment of the requirements for the award of the Degree of

BACHELOR IN B.Sc. Horticulture

At the end of semester 3

By under the Supervision of

Name of the student:.....D. Sireaha.....

Hall Ticket No :.....21030310008.....

Under Supervision of

D. Madhu Sudhakar Sir , Dept- of Botany
Govt. Degree College for men.

Community Service Project Report

Submitted in accordance with the requirement for the degree of *B.Sc. Horticulture*

Name of the College: Govt. Degree For men college, kurnool

Department: Botany

Name of the Faculty Guide: D. madhu sudhakari sir

Duration of the CSP: From 18-06-22 To 22-07-22

Name of the Student: D. Sireesha

Programme of Study: Health & Hygiene (Community service project)

Year of Study: 2021 - 2024

Register Number: 21030310008

Date of Submission: 25/07/22

Certificate from Official of the Community

This is to certify that D. Suresha (Name of the Community
Service Volunteer) Reg. No 2103031000f of Govt. degree College for men (Name of Kurnool
the College) underwent community service in
Health & Hygiene (Name of the Community) from 18-6-22 to
28-07-22 The overall performance of the Community Service Volunteer during
his/her community service is found to be Good (Satisfactory/Good).

P. Vasundhara
Authorized Signatory with Date and Seal

WARD ADMINISTRATIVE SECRETARY
FCI Colony-2 Secretariat-11/16/25
Ward No 21, Kurnool Municipal Corporation
KURNOOL.

Student's Declaration

I, P. Sireesha, a student of CSD Program,
Reg. No. 21030310008, of the Department of Horticulture
Govt. Degree College for men do hereby declare that I have completed
the mandatory community service from 12-6-22 to 21-7-22 in
Health & Hygiene (Name of the Community/Habitation) under the Faculty
Guideship of D. Madhu Sudhakar^{Si} (Name of the Faculty Guide), Department
of Botany in Govt College for men kurnool

P. Sireesha
(Signature and Date)

Endorsements

D. Madhu Sudhakar
Faculty Guide 25/07/22

K. V. Madh
Head of the Department

Principal P. Kalavathi

GOVT COLLEGE FOR MEN, KURNOOL

CERTIFICATE

This is to certify that Mr/Miss P. Sireesha RegdNo: 210303100008 of

I B.Sc Horticulture has successfully completed the Community Service project entitled

" Health & Hygiene " under

the guidance of D. madhu, Lecturer in Botany, Government College For
Men, Kurnool. Sudhakas Sir

D. Madhu
Mentor 25/07/22

J. Kalavathi
Principal

ACKNOWLEDGEMENT

I wish to express my gratitude to those who extend their valuable cooperation and contribution towards the project.

I would like to thank our principal garu for facilitating the project and providing her guidance throughout the duration of the project.

I would like to express gratitude to my project guide D. madhu Sodhakar^{ji} for his valuable time in continuous assistance for the successful completion of the project.

Finally, I would like to thank the faculty and staff of the institute and also to my parents for their support.

D. Suresha.
Signature of the student

Health & Hygiene:-

1. Health:-

- i) physical health
- ii) mental health
- iii) social health

2. Hygiene:-

- i) personal and community health.
 - ii) personal health
 - iii) personal hygiene
 - iv) personal hygiene
 - v) cooking with care
 - vi) clean food & water
 - vii) exercise
 - viii) Recharge sleep & relation.
- 3: Hy. Community health.

4. Diseases:-

- i) viral
- ii) common cold
- iii) Hepatitis

AIDS

Bacterial disease

- a) Typhoid
- b) Cholera
- ii) Fungal disease
- iv) pathogen disease

iv) pathogenesis of disease

a) malaria

b) Amebiasis

5. Immunity

i) innate immunity

ii) non-specific

iii) vaccines

iv) hygiene

6. what is exactly health

7. what is source of food

8. Food composition

i) carbohydrates

ii) fats

9. First aid

i) shock

ii) source secondary

iii) for dog bleeding

iv) Dehydration

v) Animal bites

vi) Fractures

10. Conclusion.

Health:-

You must be familiar with the term health. We enjoy health in work when we are healthy. We enjoy to work and live our life. We have to develop living and deal with cleanliness of our and our surroundings.

Definition:-

It means physical fitness or just endurance of disease? Before proceeding further, we would like to know your definition of health write it down.

According to the World Health Organization (WHO) health is a state of complete physical, mental and social well-being and not merely the absence of disease. It means proper functioning of the body, mind and soul.

People enjoying good health are more cheerful, energetic, full of life, more efficient at work and are therefore more productive.

Try to remember - you were healthy and more cheerful from a major illness when you not imagine how you were for no reason and did not feel like working when our healthy feel happy and energetic and are likely to enjoy doing the work.

Signs of good health:-

Given below are signs of physical members and social health. They help observing one's state of health.

- 1. Have weight which is normal for your age & weight.
- 2. Have all the body organs functioning normally.
- 3. Fall sick less often.
- 4. Have clean & clear skin.
- 5. Have normal growing hair.
- 6. Have normal growing nails of natural colour.
- 7. Have odourless breath.
- 8. Have good appetite & good sleep.

Signs of mental health:-

- 1. Control over you & emotions.
- 2. Balanced feelings, desires, ambitions & Ideals.
- 3. The ability to accept the reality of life & face it.
- 4. The ability to cope with the normal stress of life.

10 Essential Functions of Public Health



Signs of social health:-

If you have good social health you shall

- + Have a positive attitude of work & life
- + Have a pleasant co. personality.
- + Fulfill responsibility towards others.
- + Have healthy interpersonal relationship
- + such people form progressive sociality that
- + help or address social issues & find solutions.

Hygiene:-

To keep ourselves free from disease and maintain good health we need to protect proper hygiene the various parasites that will in interacting health.

- Adopting hygienic protection & promoting hygiene in the community school & work people prevent spread of hygiene with reasonability.

Personal & Community Health:-

Both personal & community health are important for the well being of an individual as well as community health may be a reflection of the environment sanitation quality food & other necessity

Personal health:-

In the table below we have listed some of the health habits commonly practiced by adults. We would like to know your ideal healthy habit - list them in the table given below

Q. Balanced diet:-

A balanced diet is one containing carbohydrates, proteins, fats, vitamins, minerals & fibres. Correct nutritional diet for maintenance of a person at certain age & often additionally body & strength 20 to 2400 calories at here as for di. diet given it 2000 calories the food physical the distaste. Calorie count for and food my mind the different Carbohydrate food and their quality that relate to you in our diet type

(i) Personal hygiene:-

- 1. Regular toilet habit
- 2. Washing hands before eating.
- 3. Bathing regularly & wearing clean clothes
- 4. Cleaning the teeth
- 5. Washing hair. Clean eyes
- 6. Cleaning hands & feet etc.

ii) Domestic Hygiene:-

We dust mop our house to keep them clean and free
filter flies and germs. Disposal of garbage
in to sealed bins ensure clean surroundings and
prevent breeding of disease causing organisms.
Use sanitary napkins away from germs.

In many households it is a common practice
to remove the foot-feet outside before entering
the house what could be the possible advantages.

Clean food and water:-

Before they are consumed fruits and vegetables
should be washed thoroughly in clean water to
make them free from germs.

In many households it is a common practice
to remove the foot-feet outside before
entering of this practice.

1) Cooking with care:-

* Food should be prepared in a clean kitchen
while cooking food it is important to heat
it to high temperature to kill germs.

* Cooked in cool box. eaten fresh or cooled
and stored in cool and clean place if stored
in hot and stored in cool and clean place.
It should be kept

should keep at low temperature using ice

Exercise:-

Regular walking, yoga, and physical exercising and cultural games keep the heart and circulatory system.

Abstaining from habit-forming substances:-

Smoking, chewing of betel nut, gutta tobacco and drinking alcohol.

They are addictive and thus containing or containing the two kidney heart games and teeth give may people who that spelling in squale.

Common among people stay away from silk and try to remove conceive others to do some here will mean more quality of life.

Community health:-

In the previous section you should some of the away that will help you to remain healthy. However, we can remain healthy by our own efforts.

Consider the following situation:-

- 1) In absence of proper water, your water collection water from shallow hand pump in the neighbourhood.
- 2) Garbage is not collected for many days as a result form a breeding ground for mosquitoes.
- 3) There are in our house of infectious diseases like fever besides a degree of malaria.
- 4) A natural calamity like Tsunami striking Central part of our country.

Community reaction is to protection involving diseases and preserving health of a population through the organised efforts of society - public and population.

Organism:- community and individuals

There are various activities and programmes taken by the govt and local organisations to maintain health of the people and keep them listed

1. maintain cleanliness of the villages, towns and cities
2. Ensure that people grow enough crops
3. Ensure that people follow standards in food
4. Ensure that people follow standards in food

including -

1. Immunization programme have been started to protect the people of disease of national concern like smallpox, TB, hepatitis, B, The national malaria eradication programme is an example of one such

of programme

1. Organic mid day meals in schools to provide adequate nourishment to growing children
2. Set up hospitals and to the general public
3. Set up health centres at higher subsidised rates.

Pathogen Match

Cut out each rectangle and match the diseases to the correct pathogens.

Influenza	Virus (Influenza virus)	
Measles	Virus (Measles morbillivirus)	
Cholera	Bacteria (Vibrio cholerae)	
Tuberculosis	Bacteria (Mycobacterium tuberculosis)	
Malaria	Protist (Plasmodium)	
Ringworm	Fungi (Trichophyton)	



The Bhagidasi Scheme:-

It is government responsibility to provide civic amenities like water, electricity, roads and garbage disposal facilities to everybody. Ideals formed by government of Delhi has birthed Unique scheme named Bhagidasi aims at eliciting more participation in governance. The basic idea is Government Department and Citizen groups like Resident welfare Association (RWA) and market and traders Association (MTA) in order to work out solution to common civic problems.

LIFE CYCLE OF MALARIA

STUDY



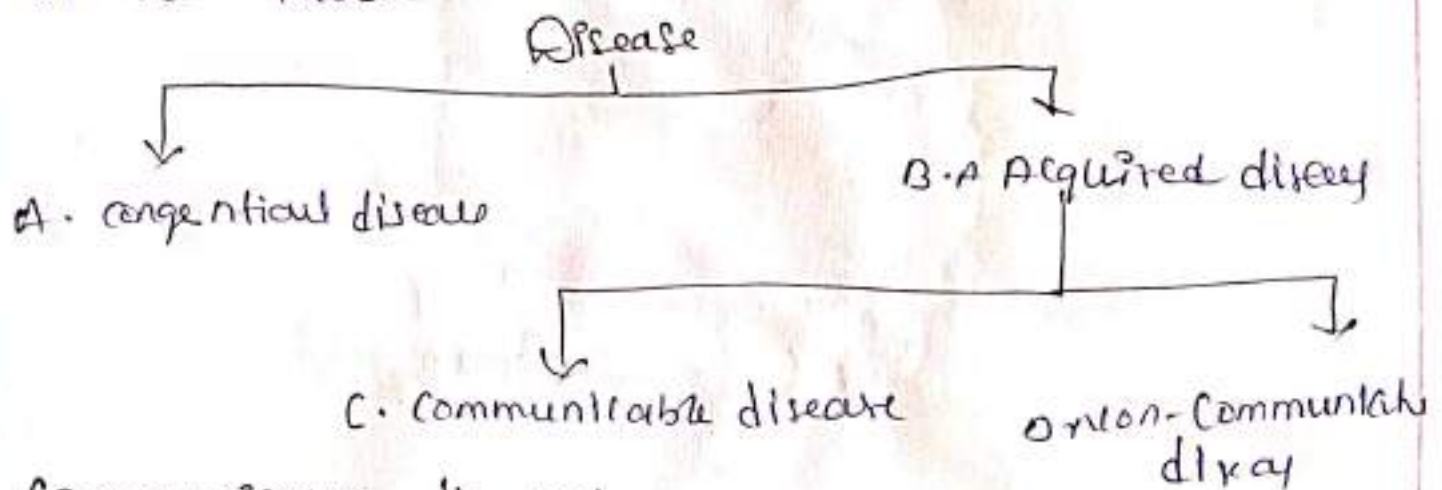
- 1. Transmission to human by mosquito
- 2. Trophozoite stage
- 3. Liver cells rupture and merozoites released
- 4. Sexual cycle
- 5. Trophozoite stage
- 6. Sexual cycle
- 7. Trophozoite stage
- 8. Sexual cycle
- 9. Transmission to mosquito
- 10. Trophozoite stage

-: Disease? -

A condition that interferes with the normal functioning of the body is called a disease. It can be as mild as a cold or a throat or as serious, as Cancer or TB.

A disease can strike any part of the body at any age as well. disease common disease of the body

you have already learnt about non communicable disease is common of life process I.E. the congenital disease & STD in the lesion reproduction & hereditary respectively relating to the following diseases on the basis of the table



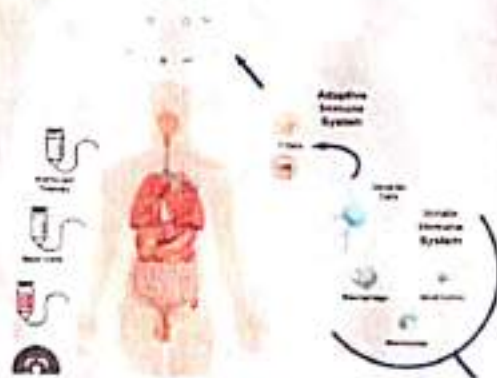
Communicable disease:-

Communicable disease spread from one person to another by the entry of pathogen. pathogen enters our body through



Breakthrough Fungal Infections

Sargramostim as an adjunctive immune modulator



Method of transmission:-

<u>Direct</u>	<u>Indirect</u>
* Close contact with the diseased person * Proper infection * Exposure to contaminated blood * Infected wounds & the sores	* fomites like bedding used until touchy etc. * vector like mosquitoes * carriers like house flies & cockroaches. * through inhalation often infected droplets present in air

Some Common Communicable Disease

<u>SN No</u>	<u>Name of disease</u> <u>Confractile agent</u> <u>transmission</u>	<u>Symptoms</u>	<u>prevention & treatment</u>
1)	<u>Amoebiasis</u> - Caused by Entamoeba histolytica protozoan parasite transmitted by air & house flies	Abdominal pain crampy	<u>Prevention</u> :- washing hands before eating and other infection <u>Treatment</u> Antibiotic.
2)	<u>Ascariasis</u> - A. scaris (ascariasis) <u>Transmission</u> :- Eggs of Ascaris	Muscular pain	Anthelmintic drugs

STOP
HEPATITIS

3.	<u>malaria</u> :- Caused by plasmodium	Shivering & high fever	Anti malarial drugs
4.	<u>Flu</u> :- Caused by the Cough and croup	fever in the initial days	medication doctor's prescription
5.	<u>Dengue</u> :- Caused by the virus	High fever	doctor to be consulted
6.	<u>Influenza</u> transmitted by the infected droplets	fever	medicine prescribed by the physician
7.	<u>Tuberculosis</u> :- Caused by the mycobacterium tuberculosis	persistent low grade fever & cough	BCG Vaccine

Non Communicable disease

Hypertension , Diabetes & Obesity:-

In the fast paced life that many of us live today there is a lot of conflict, unhealthiness of competition emerges to make quickly & gain power in kind of life style a lot of stress that leads to anger & frustration in trying again to win in modern competition people are likely to neglect their health & suffer from a alimentary life with blood pressure called as blood messer.

Causes:-

1. Sedentary lifestyle:-

Insufficient or no physical activity on the door games lack of exercise exercise use of vehicles are some of the factors that are responsible for the above mentioned disease.

2. Eating habits:-

Easily available fast food that is high in fat & sugar in popular items like burgers, cakes, called drinks lead to obesity of young age.

3. Type 'A' personality:-

people who are always hurried and doing better than others rather than doing the best work who get angry & have a coronary artery disease.

4. Family history:-

Heart disease & diabetes are medical conditions to these diseases.

Prevention:-

- * Increased awareness of the reasons for lifestyle related disorders.
- * Regular exercise yoga meditation.
- * Avoiding junk food & increasing intake of vegetables & water.
- * Stress management increased tolerance for others & positive attitude.
- * Motivate people around you to practicing the above mentioned healthy habits.

Immunity

as we are exposed to a large number of disease causing agents every day our body is able to ward off most of the foreign agents. Our (1) ability of the body to protect itself against the foreign agents including the disease causing agents is called immunity. It is of two types.

- (a) Innate Immunity (b) Acquired Immunity

(a) Innate Immunity:-

It is present from time of birth & provides protection against the entry of any foreign agent into our body skin & the mucous membrane.

(b) Acquired Immunity:-

It develops during our life time by producing antibodies in response to foreign bodies named as antigen.

Types:-

(1) Natural acquired immunity:-

Develops after infection or exposure to a disease. The body develops its own antibodies with which remain in the body and provides immunity against the pathogen in the future.

(2) Artificial acquired immunity:-

It can be developed through vaccination, vaccine are inactivated or weakened pathogens or their products that function as antigen. Acquired immunity may be active (or) passive.



Active Immunity

- 1. It develops antibody against pathogen
- 2. It takes some time to show the response
- Ex: BCG

Passive Immunity

- 1. Readymade antibody given
- 2. Provides immediate protection

Primary Immunization:-

You are aware of various immunization programs that are run by the govt for the general public especially for the pregnant women & children. Immunization is given here free of cost at govt dispensaries & hospitals. Ask your parents about the vaccine given to your sibling during childhood & list them.

Vaccine	Age				
	Birth	6 weeks	10 weeks	14 weeks	9-12 months
Primary vaccination					
BCG against TB	✓				
oral polio	✓	✓	✓	✓	
DPT		✓	✓	✓	
measles					✓
Booster doses					

DPT + oral polio	16 to 24 months
DT	As early as possible during pregnancy
Tetanus toxoid	1 month for after 1st dose
Vitamin A	within 3 years
meningitis	women
Tetanus toxoid	As early as possible during pregnancy
2nd dose	1 month for after 1st dose
3rd dose	within 3 years

* If the child received all the primary immunization as per the schedule.

1. Contact the health workers for possible remedy.

* Tell the parent that health workers for possible remedy prevent all diseases.

* Feel sorry as nothing can now be done.

* Convince the parent to take the child to the health Centre and contact the health for possible action you would take.

First Aid

while playing, working or otherwise one could meet with an accident you may get lacerated or hurt or fall sick suddenly. Timely intervention and immediate care can prevent further deactivation of the victim and can save a life you can be a great help in such situation if you have the basic knowledge of first aid.

1. Shock:-

when a person is hurt, a person experiences 'shock' and looks pale and tired. Following first aid can help someone in shock.

1. Loosen the clothes.

2. Calm down the patient.

3. If mouth feels dry give a clean cloth to suck.

* Call the doctor immediately.

2. Severe bleeding:-

- * To stop bleeding, keep sterilized dressing clean with haikchief and press directly on the wound with the thumb.
- * Make the victim lie down and elevate the bleeding part to minimize flow and blood.

3. For Nose bleeding:-

- * Make the victim sit up and place a cold compress.
- * Consult doctor if bleeding doesn't stop.

4. Dehydration:-

- * It's excessive loss of body fluid and causes severe headache, dizziness and even fainting.
- * In mild to moderate dehydration there is increased thirst, dry mouth, sunken eyes, restless/irritable behaviour and dried skin. In case of severe dehydration the symptoms are fever, and shock and shock with diminished consciousness and little or no urine output.
- * rapid ~~can~~ feeble pulse and finally death.
- * Excessive physical exertion caused by extreme heat, excessive physical activity and inability to drink water, frequent vomiting, intoxication.



VACCINATION

A victim should be made to drink small quantities of Oral Rehydration solution (ORS) once at frequent intervals. ORS can be obtained in grains or water ORS packets are available free of cost at all government health centres.

5. Animal bites:-

Can be serious sometimes
wash the area of bite with soap and water
loosely & form a hospital or hospital

In case of dog bite, antirabies injection
is to be taken from a hospital qualified doctor
dog kept under observation for a week to
check for rabies.

6. Burn:-

The first aid for burn depends upon the severity
of the injury

place the injured area in cold water immediately
to reduce the pain and tissue damage. Blot
the area and distal formed on it

Severe burns destroy the deeper layers,
cover with clean towel/cloth to prevent
infection and immediately rush to the hospital

chemical burns caused by acids or alkalis should be flushed with large amount of water for at least 10 minutes.

1. fractures and dislocations:-

Do not move the victim expect help arrives
Apply a splint in that area if victim has to be moved, splint is a support which can be made by padding stick or scale, umbrella or any below the injured area and lightly tied above the below the fracture.

Do not move a person who has suffered head or spinal injury risk for immediate medical help.

Prevention of substance abuse

It is matter of great concern that use of tobacco (or) alcohol and drugs is on the rise world over especially among the youth. Young people are more vulnerable to substance abuse. In order to further increase their profit margins tobacco alcohol etc.

what is a drug:-

Drug is a chemical substance that changes the way our body works. Some chemical drugs are used as medicines for the treatment of physical and mental ailments. Drugs prevent by the drug. There are however a large number of illegal drugs like cocaine, LSD, heroin, heroin, sugar, alcohol, bhang.

Substance abuse:-

When drugs are taken for reasons other than medical or frequently or more than for pleasure or fun or happiness it constitutes drug substance abuse.

S. No.	Drugs	Used as
1.	morphine, heroin, sugar and smack	analgesic and sedative and pain killer
2.	cocaine and amphetamine	sense of euphoria and increased level of energy
3.	Benzodiazepines	depression of nervous system
4.	nicotine	depression of the nervous system
5.	LSD and ganja	produce pleasing excitement

Source of food:-

plants and animals provide the majority of the food source are structure several possibilities of the plant as food. All consumed the leaves of certain plants such as Spinach, the seeds of some plants such as corn, the stems of some plants such as potato and the root of some plants such as carrots.

Animals goods include egg, milk and produce such as butter, ghee and so on we also consume the milk of animals such as milked into the collection on our bodies material form even keep us something and strong.

Food Components:-

Components of food are as follows

1. Carbohydrates
2. Fat
3. Protein
4. Vitamin
5. Minerals

-: Health and Hygiene:-

Good health is an asset for individuals their common - unitates and the nation and large a nation cannot progress with out a healthy population.

There are large numbers of factors which affect environment which help to remain healthy while others such as germes streptfull environment

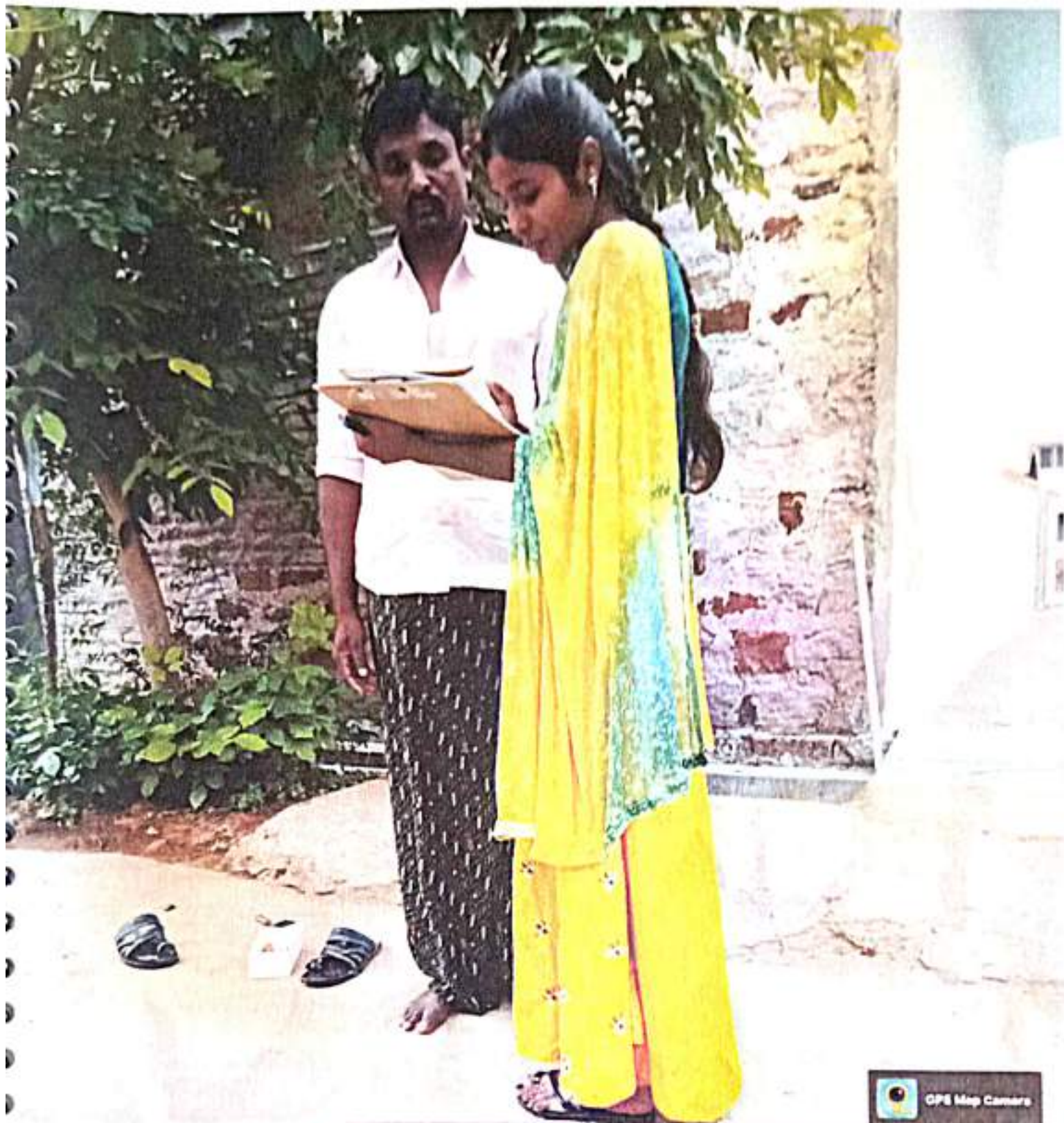
cause diseases and disorders

In this lesson we will learn that good health implies both physical and mental well being & we require consistent efforts to maintain good health at both personal and community level.

In this lesson and community learn that good health physical and positive so that you can realize your potential.

Objectives:-

- * Appreciate different dimensions of health and the role of proper nutrition physical exercise and healthy habits in maintaining health and explain the different positive and negative influences on health
- * Emphasize the importance of hygiene personal and community health and recognize the interrelationship
- * Define disease clearly term and explain causes symptoms and mention of a few communicable and non communicable diseases



GPS Map Camera



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Kurnool, Andhra Pradesh, India

MW8V+M68, Andhra Pradesh 518218, India

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Up Report

tl.No:- 154611APHB

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ఆరోగ్యమరియుపరిశుభ్రత

మీ ఆరోగ్యంపట్ల మీకు అవగాహన ఉందా?

వారికి ఆరోగ్యం పట్ల అవగాహన ఉంది

మీ పరిసరాల పరిశుభ్రత గురించి మీకు అవగాహన ఉందా?

వారికి మీ పరిసరాల పట్ల అవగాహన ఉంది.

స్వచ్ఛత, శ్రీ సత్యం ప్రదర్శించే కార్యక్రమాలు గురించి తెలుసా?

వారికి తెలుసు

మీ ఇంటి నుండి తయారయ్యే పరిశుభ్రతను ఏమి చేస్తున్నారు?

స్వచ్ఛత అంశ ఇచ్చిన చిత్ర బుక్లను పాటించుకుంటున్నాము.

మీ ఇంటి నుండి ముచ్చి పాలిటీ వారు జాతీయ సేకరిస్తున్నారా?

సేకరిస్తున్నారు

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

సమయంలో ఆహారం, మంచం నిడదొడ్డి, తీసుకోవడం.

గోడలపై గాంధీ చిత్రాలు వేయించుకుంటున్నాము

మీ దురదృష్టవశాత్తూ ఏమి జరుగుతున్నది?

ప్రతిరోజునా

మీ ఇంట్లో ఆరోగ్యంపై వార్షిక వైద్య పరీక్షలు చేయించుకుంటున్నారా?

ఎవరు చేరు.

A. Sonkanna.

Csp Report

H.No! - 154 bnnp#n

ఆరోగ్యమరియుపరిశుద్ధత

మీ ఆరోగ్యంపట్ల మీకు అవగాహనా ఉందా?

వీటి ఆరోగ్యం పట్ల అవగాహన ఉంది

మీ పరిసరాల పరిశుద్ధత గురించి మీకు అవగాహనా ఉందా?

ఉంది

స్వచ్ఛత, క్లీన్ ఆండ్ ప్రదేశాల్లో ఉండటం గురించి తెలుసా?

తెలుసు

మీ ఇంటి నుండి రోగకారాలను నివారించే పనులు చేస్తున్నారా?

స్వచ్ఛత, క్లీన్ ఆండ్ ప్రదేశాల్లో ఉండటం గురించి తెలుసు

మీ ఇంటి నుండి మునిసిపాలిటీ వారు రోగకారాలను నివారించే పనులు చేస్తున్నారా?

స్వచ్ఛత, క్లీన్ ఆండ్ ప్రదేశాల్లో ఉండటం

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా

మీ రోజు జీవన విధానం ఎటువంటిది?

రోజు జీవన విధానం

మీ ఇంట్లో ఆరోగ్యంపై ప్రభావం ఉన్న వ్యక్తులను గురించి తెలుసా?

తెలుసు

ఆరోగ్యం మరియు పరిశుద్ధత

మీ ఆరోగ్యంపట్ల మీకు అవగాహన ఉందా?

వారికి ఆయన గురించి

మీ పరిశుద్ధత మరియు మీకు అవగాహన ఉందా?

వారి. పరిశుద్ధతను మీకు తెలియజేయండి

ఆయన గురించి

స్వచ్ఛమైన, శ్రీనివాసాచార్యులను గురించి తెలుసా?

యోగం తెలుసా.

మీ శరీరం మరియు ఆరోగ్యంపై మీకు తెలుసా?

మీ శరీరం మరియు ఆరోగ్యంపై మీకు తెలుసా?

చేత. మీరు ఆరోగ్యంపై తెలుసా.

మీ శరీరం మరియు ఆరోగ్యంపై మీకు తెలుసా?

వారు ఆరోగ్యంపై తెలుసా.

మీ ఆరోగ్యంపై మీకు తెలుసా?

వారికి ఆయన గురించి

మీ ఆరోగ్యంపై మీకు తెలుసా?

ఆరోగ్యంపై తెలుసా.

మీ ఆరోగ్యంపై మీకు తెలుసా?

ఎవరు ఆరోగ్యంపై తెలుసా.

N. Lokanya & Jayaprakash.

H No:- 164 GII AP HB

ఆరోగ్యమరియుపరిశుభ్రత

మీ ఆరోగ్యంపట్ల మీకు ఆవగాహనా ఉందా?

ఓంది

మీ పరిసరాల పరిశుభ్రత గురించి మీకు ఆవగాహనా ఉందా?

ఓంది

స్వచ్ఛ దరద, శ్శీన ఆంధ్ర ప్రదేశ్ కార్యకర్తల మార్గదర్శకం?

అవును

మీ ఇంటి నుండి రోగ కారకాలు నివారించబడుతున్నాయి?

మీ ఇంటి నుండి రోగ కారకాలు నివారించబడుతున్నాయి?

మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోగ కారకాలు నివారించబడుతున్నాయి?

అవును

మీరు ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

మీరు ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

మీరు రోజుకు ఒకసారి నీరు పానీయం చేస్తున్నారా?

అవును

మీ ఇంట్లో ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

అవును

ఆరోగ్యంమరియుపరిశుభ్రత

మీ ఆరోగ్యంపట్ల మీకు అవగాహన ఉందా?

ପ୍ରତି

మీపరిసరాలపరిశుద్ధిగురించిమీకుఅవగాహనాఉందా?

అవిగమనం క్రింది

స్వచ్ఛదళం, క్లిష్ట ఆంధ్రప్రదేశ్ కార్యకర్తల మేలుగులను విలసిల్పా?

ပြည်သူ

మీకంటేనుండి రయారయ్యేవెత్తను విడిచిపెట్టున్నారు?

பெருந்தேவன் பரிபெயர்ந்தான்

మీకంటేనుండిమున్సిపాలిటీవారురేజుచెల్లనునీకరిస్తున్నారా ?

ನೀತಿ ನಿರ್ದೇಶನ.

మీరు ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

ಎರಿಸಾಫೆಲೆ ಜಿ ಗುಡ್ಡ

ಕ್ರಿಸ್ತನೊಂದಿಗೆ ಸ್ನೇಹ.

మీరు రోజు ఒకటి వద్దినా పండును తింటున్నారా ?

ಈ ಸಂದರ್ಭವು ನ್ಯಾಯ.

మీ ఇంట్లో ఆరోగ్యం ఎవరైనా దీర్ఘకాలిక వ్యాధులతో బాధపడుతున్నారా ?

ಎವರು ಆರು

ఆరోగ్యమరియుపరిశుద్ధత

మీ ఆరోగ్యంపట్ల మీకు అవగాహనా ఉందా?

అవును అవును అవును.

మీ పరిశుద్ధతపరిశుద్ధత గురించి మీకు అవగాహనా ఉందా?

అవును అవును అవును.

స్వచ్ఛమైన, క్రిస్టియన్ డిస్కంప్లైట్డ్ మోడల్ గురించి తెలుసా?

అవును అవును అవును.

మీ ఇంటి నుండి రోజువారీ డిస్కంప్లైట్డ్ మోడల్ గురించి తెలుసా?

అవును అవును అవును.

మీ ఇంటి నుండి మున్సిపాలిటీ వారు రోజువారీ డిస్కంప్లైట్డ్ మోడల్ గురించి తెలుసా?

అవును అవును అవును.

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

అవును అవును అవును.

మీ రోజువారీ జీవితానికి అవగాహన ఉందా?

అవును అవును అవును.

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

అవును అవును అవును.

ఆరోగ్యం మరియు పరిశుద్ధత

మీ ఆరోగ్యంపట్ల మీకు అవగాహనా ఉందా?

అవును టేబి

మీ పరిసరాల పరిశుద్ధత గురించి మీకు అవగాహనా ఉందా?

అవును టేబి.

స్వచ్ఛత, శీతలం ప్రదేశాల్లో ఉన్నప్పుడు మీకు గురించి తెలుసా?

అవును టేబి.

మీ ఇంటి నుండి తయారయ్యే చెత్తను ఏమి చేస్తున్నారు?

చెత్తను ట్రక్కి స్వచ్ఛత గల ట్రక్కుల ద్వారా తీసుకువెళ్ళిన
తర్వాత తీసివేస్తాము.

మీ ఇంటి నుండి మున్సిపాలిటీ వారు తీసుకువెళ్ళిన చెత్తను ఏమి చేస్తున్నారు?

ఆ నేరే తీసుకువెళ్ళాము.

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారు?

ఇంటి నుండి చూపుతూ వాటిని పరిశీలించి
నూ గ్రేడ్డ్ చేసివేస్తాము.

మీరు జాగ్రత్తగా ఉంటున్నారా?

అవును టేబి.

మీ ఇంట్లో ఆరోగ్యంపై వార్షిక వ్యాధుల తీవ్రత ఏమి ఉంటున్నా?

ఆ ఎవరూ భార్య పేరు పేరు లేదు.

ఆరోగ్యమరియుపరిశుద్ధత

మీ ఆరోగ్యంపట్ల మీకు అవగాహన ఉందా?

నీరసం, ఆరోగ్యం పట్ల అవగాహన ఉంది.

మీ పరిసరాల పరిశుద్ధత గురించి మీకు అవగాహన ఉందా?

పోలికి మీ పరిసరాల పట్ల అవగాహన ఉంది.

స్వచ్ఛత, శీతలం ద్రవ్యదేశాల్లో కృతమాలు గురించి తెలుసా?

పోలికి తెలుసు

మీ ఇంటి నుండి రోగకార వ్యాధులను నివారించుకున్నారా?

స్వచ్ఛత, ఆరోగ్యం గురించి చెప్తే బుట్టల్లో తొందరగా.

మీ ఇంటి నుండి ముచ్చటపడిన వారు రోగకార వ్యాధులను నివారించుకున్నారా?

యారు రోగ నిరోధకత.

మీ ఆరోగ్యంపట్ల ఎటువంటి జాగ్రత్తలు తీసుకుంటున్నారా?

సరైన ఆహారం, మంచి నీరు, శుభ్రత రోగ నివారణ.

గోడలకు ఉంటున్నాయి.

మీ రోజు జీవితానికి అవసరమైనవి తెలుసా?

6 మూల ఆహారాన్ని పండ్లతో తీసుకుంటారు.

మీ ఇంటి ఆరోగ్యంపై వైద్యకాళిక వ్యాధులతో బాధపడుతున్నారా?

ఎవరూ • భావపరమైనవి.

N. Ramesh .

ಅರೇಬ್‌ಗಳ ಮರೆಯುವ ಕುಶಲತೆ

ಮರೇಬ್‌ಗಳ ಮರೆಯುವ ಕುಶಲತೆ ವಾಸ್ತವವೇ?

ಅರೇಬ್‌ಗಳ ಮರೆಯುವ ಕುಶಲತೆ

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ಮರೇಬ್‌ಗಳ ಮರೆಯುವ ಕುಶಲತೆ ವಾಸ್ತವವೇ?

ಅರೇಬ್‌ಗಳ ಮರೆಯುವ ಕುಶಲತೆ

conclusion:-

x Health is not physical fitness or absence of disease. It is state of complete physical, mental and social well being.

b A physically healthy person is energetic and

a mentally and socially healthy person have
concord one the skin and full fill have
forming substance are some of the important
may be various balanced disease spread through
balanced disease spread through droplets expelled

Spread
a case of hypertension and droplets are on the
lily style mobile

* vaccines are awareness knowledge to find
and so that infection emerging immediately
and some time provided to the affected person.

* x-ray men and call stand longed
canum non-intrusion disease of the
natural organs of the society

Model Program Book
**COMMUNITY
SERVICE
PROJECT**



Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

(A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH)

A Report of Community Service Project on

Food Habits

Submitted

to

Department of.....Botany.....
GOVT COLLEGE FOR MEN ,KURNOOL



In partial fulfillment of the requirements for the award of the Degree of
BACHELOR IN ..B.Sc.. Horticulture

At the end of semester 3
By under the Supervision of

Name of the student:.....U. Manisha.....
Hall Ticket No :.....21030310025.....

Under Supervision of

D. Madhusudhakas sir, Dept of Botany
Govt. Degree College for men, kurl.

Community Service Project Report

Submitted in accordance with the requirement for the degree of..B.Sc..Horticulture

Name of the College: Government degree college for men, kumool.

Department: Botany

Name of the Faculty Guide: D. Madhu Sudhakar Sir

Duration of the CSP: From...18-06-22 To...30-06-22.

Name of the Student: U. Manikha

Programme of Study: food habits

Year of Study: 2021-2024

Register Number: 2021030310025

Date of Submission: 25/07/2022

Student's Declaration

I, U. Manisha, a student of CSP Program,
Reg. No. 21030310025 of the Department of _____,
Govt. Degree College for Women College do hereby declare that I have completed
the mandatory community service from 15/06/22 to 21/06/22 in
Food Habits (Name of the Community/Habitation) under the Faculty
Guideship of D. Madhu Sudha Lene sir, (Name of the Faculty Guide), Department
of Botany in Govt College for Women Kurnool.

U. Manisha
(Signature and Date)

Endorsements

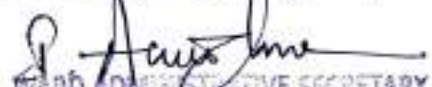
D. Madhu Sudha Lene
Faculty Guide 25/07/22

K. V. Madhu
Head of the Department

S. Kalavathi
Principal

Certificate from Official of the Community

This is to certify that U. Manisha (Name of the Community
Service Volunteer) Reg. No 21030310025 of Govt degree college (Name of
the College) underwent community service in
food Habits (Name of the Community) from 18/06/22 to
18/06/22 The overall performance of the Community Service Volunteer during
his/her community service is found to be _____ (Satisfactory/Good).


WARD ADMINISTRATIVE SECRETARY
Doctors Colony Secretariat-5016054
Ward No. 21, Kumbhari Municipal Corporation

Authorized Signatory with Date and Seal

ACKNOWLEDGEMENT

I wish to express my gratitude to those who extend their valuable cooperation and contribution towards the project.

I would like to thank our principal garu for facilitating the project and providing her guidance throughout the duration of the project.

I would like to express gratitude to my project guide P. Madhu Sudhakar sir for his valuable time in continuous assistance for the successful completion of the project.

Finally, I would like to thank the faculty and staff of the institute and also to my parents for their support.

U. Manisha
Signature of the student

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Food :-

Food is any edible material that support growth repair and maintenance of the Body.

Any edible substance that we consumes to fulfill one daily requirement of nutrition is known as food.

What does food in the Body does through the nutrients it contain?

The body utilize these nutrients to grow and keep healthy and strong.

All the nutrients needed by the body are available through foods.

Nutrition:-

Nutrition is the process by which body utilize food's for growth and maintenance and healthy living.

⇒ A science of food and its relationship to health and concerned with the part played by food factors (nutrients) in Body growth development and maintenance.

⇒ Nutrition is the combination of processes by which the living organisms activities & uses the food materials necessary for growth maintenance of function & repair of component parts.



Objective and Nutrition :-

- ⇒ To promote the physical and mental growth and development of human being.
- ⇒ Building and repairing of tissues and damaged by infection and injury.
- ⇒ To provide energy for doing work.
- ⇒ To protect the human beings from infections and debilitating disorders.

Nutrients :-

Organic and inorganic complexes. contained in food are called as nutrients. Useful chemical substances derived from food by the body are called nutrients.

which provide energy helps to grow well and normal development and repairs of tissues.

So different nutrients supplied by food to one body. Each nutrient has its own specific function. Most of the foods contain more than one nutrient.

Nutrients are divided into two parts mainly as macro nutrients and micro nutrients.

Macro nutrients :-

These are proteins, fats and carbohydrates which are often called proximate principles. Because they form the main bulk of food.

For proper utilization of macronutrients needs micronutrients.

They contribute to the total energy intake as

Carbohydrates $\rightarrow$ 60-80%.

Fats $\rightarrow$ 10-30%.

proteins $\rightarrow$ 7-15%.

Micronutrients :-

Requires in small quantities and so called micronutrients i.e. vitamins and minerals.

The quality of nutrients required depends upon age, sex, weight, physical activity and health status of the day.



5

Carbohydrates:- major component of food which is the main source of energy providing 4 kcal/gm.

In Balanced diet, carbohydrates provide 50-60% of total calories taken

In excess the carbohydrates are converted into body fat.

Functions:-

Energy production in the body, useful in oxidation of fat growth of useful bacteria synthesis of vitamins complex absorption of minerals; prevention of constipation.

Source:-

Starch:- Cereals, roots and tubers

Sugars:- white sugar, honey, glucose etc.

Cellulose:- indigestible contributes to dietary fibers.

Daily Requirements:-

* Children $\rightarrow$ 60-250 gms

* Adolescents $\rightarrow$ 400 gms.

Protein:- proteins building blocks of cells and tissues

Regulates haemoglobin.

Regulates muscle contraction, formation of enzymes hormones and other secretion which help synthesis of energy and produces digestive juice and antibodies. Protein constitutes 20% of about body weight and made up of amino acids.

Functions :-

- fats provides energy grown of fat provides kcal of energy.
 - Dietary fats supplies essential fatty acids needed for growth and maintenance of the integrity of the skin.
- They maintain our body temperature.

Fats, provide support many organs in our body such as head, kidneys, intestine etc...

Source :-

Animal Source:- ghee, Butter, fat of meat, fish oils etc.

Vegetable source:- groundnut oil, ginger oil, mustard oil, Cotton seed and nut oil and coconut oil etc..

Daily requirements :-

- * man $\longrightarrow$ 20-60gm
- * women $\longrightarrow$ 20-40gm.

Fats and diseases :-

Obesity, psoriasis (rough and dry skin toad skin), Coronary Heart Disease (high intake of saturated fats), Cancer. Some recent studies show that high intake of fat increase the risk of colon and intestinal cancer) and kwashiorkor.

Daily Requirements of protein:-

- * Infants < 6 months $\rightarrow$ 2gm / day
- * Infants < 6-12 months $\rightarrow$ 1.50 gm / day.
- * Child 1-3 yrs $\rightarrow$ 21 gm / day.
- * Child 4-6 yrs $\rightarrow$ 29 gm / day.
- * Child 7-9 yrs $\rightarrow$ 40 gm / day.
- * Adolescents 13-15 yrs (Boys) $\rightarrow$ 60 gm / day.
- * Adolescents 13-15 yrs (Girls) $\rightarrow$ 62 gm / day.
- * Adolescents 16-18 yrs (Boys) $\rightarrow$ 75 gm / day
- * Adolescents 16-18 yrs (Girls) $\rightarrow$ 60 gm / day.
- * man $\rightarrow$ 60 gm / day.
- * women $\rightarrow$ 50 gm / day.

Deficiency disorder and disease:-

protein deficiency malnutrition kwashiorkor (edema) and marasmus (wasting) and also lead to marasmic kwashiorkor.

Fats:-

composed of smaller units called fatty acids

→ Saturated fatty acids :- All animal fats except fish oil.

→ Unsaturated fatty acids :- All vegetable oil except coconut and palm oil.

Functions:-

→ Fats provides energy gram of fat provides a calories of energy.

→ Dietary fats supplies essential fatty acids needed for growth and maintenance of the integrity of the skin.

→ They maintain our body temperature.

Source:-

Animal source :- ghee, Butter, fat of meat fish oil etc.

Vegetable source :- groundnut oil, mustard oil, cotton seed and nut oil and coconut oil etc..

Daily requirement :-

man → 20-60 gm

woman → 20-40 gm.

Fats and disease :- Obesity (xeroderma rough and dry skin toad skin) Coronary Heart Disease (high intake of saturated fats), cancer (some recent studies show that high intake of fat increase the risk of colon and intestinal cancer) and kwashiorkor.

Vitamin - A :-

It is a fat soluble vitamin generally found in two forms Retinol and Beta Carotene.

Retinol :- present in animal foods :- liver, meat, fatty fish, eggs and milk and Beta Carotene.

Beta Carotene :- present especially in plants :- dark green, leafy vegetables. bright yellow fruits.

Functions of Vitamin - A

- Important nutrient for normal vision especially in dark.
- maintenance and help in rebuilding of glandular and epithelial tissues.
- Necessary for normal skeletal growth of human beings.
- It also acts as anti-infective agent.

Vitamin - D :-

* fat soluble found in two important forms Cholecalciferol (D_2) and Ergocalciferol (D_3).

* Calciferol may be derived by plant sterols & ergosterols where is cholecalciferol is formed in animal fats and fish oils.

* Sunlight (ultra-violet ray) also convert the cholesterol fats and fish oils of the body skin to Vitamin - D.

Functions :- promotes the intestinal absorption of calcium and phosphorus, promotes Bones dissolution and mineralisations, prevent from rickets in children Increase the tubular Reabsorption of phosphate and variable effect on reabsorption of calcium and facilitates in calcium deposition in the bones and teeth.

Sources :-

Sunlight :- vitamin D_3 is formed by the exposure of 7 dehydro-cholesterol, which is present in the skin, to the ultra-violet ray of the sunlight.

Foods :- only in food of animal origin, liver, egg yolk, Butter, cheese and some species of fish.

Daily Requirements :-

Adult $\rightarrow$ 2.5 mg (100w)

Deficiency :-

Decrease calcium and phosphorus in the Blood. low deposition of calcium phosphate in the growing bones, Rickets, Osteomalacia.

Vitamin - E

Fat soluble vitamin also known as α -Tocopherol
a Anti-oxidative vitamin.

Functions :- Acts as an antioxidant and reduces oxidation of unsaturated fatty acids due to anti-oxidative effect raises the concentration of high density lipids cholesterol with vitamin E. Selenium plays the role of preventing destruction of lipids by oxidation. maintains stability of cell membranes when externally applicable would minimum wrinkles scars and stretch marks.

Sources of vitamin :-

Plant based foods :- vegetable oils, hydrogenated fats, dark green, leafy vegetable, nuts whole grains and legumes. Food rich in poly unsaturated fatty acids are also rich in vitamin E.

Daily Requirements :-

Adults $\rightarrow$ 10mg (15 IU)

Deficiency :- Deficiency is usually not found as in almost many vegetables food have vitamin - E.

$\rightarrow$ loss of reflexes. ataxia of trunk and limbs muscle weakness.

$\rightarrow$ associated with habitual abortion.

Vitamin - K :-

- Cofactor of enzyme and acts as the catalyst for the formation of prothrombin two types - phyloquinone K_1 and menaquinone - K_2 .
- Vitamin K_1 is formed in fresh and dark green leafy vegetable where as vitamin K_2 by the synthesis of Bacteria in the intestine.
- Destroyed by freezing by mineral oil and remedy facts.

Functions :-

- Essential vitamin for the formation of prothrombin.
- stimulates the production of coagulating factor's
- Synthesis the production of coagulation factor's
- Synthesize the required of protein for the human body.
- Acts as the catalyst for activating the enzyme.

Deficiency :- Hemorrhage, Bleeding disorders

Increased risk of hemorrhage among premature (os) in the new born babies with Complicated labours.

Daily requirement :- 0.03 mg / kg Body weight for adults.

Source :- Found in fresh green vegetables and fruits dark green leafy vegetables, cabbage, cauliflower are richest sources. Also formed in liver and cow milk.

Vitamin - c :- It is known as Ascorbic acid. It is water soluble vitamin. It is most unstable of all vitamins and rapidly destroyed by high temperature oxidation, drying etc.) Storage.

Functions :- Vitamin c is the potent antioxidant and has an important role in oxidation it helps to increase the general resistance of the body to fight infections.

→ Involves in absorption, mobilization, distribution and intoxication of metal ions.

→ Helps because of iron from plasma into tissues and store in Bone marrow, spleen and liver.

→ protect eyes and lungs from oxidizing agents.

→ Reduces oxidation of low density lipoprotein and also vitamin A & E.

Deficiency :- Survey among children during 6-18 months of age, conjunctival haemorrhage, Bleeding of gums and petechia of skin (round, purplish, red spot). frequent diarrhoea, fever, vomiting due decrease in body's general resistance to infections.

Source :- Almost all citrus fruits have vitamin c also include tomatoes, green leafy vegetables cabbage germinating legumes liver and kidney. It is destroyed by cooking.

Daily requirements :-

40mg/day for adult.

Vitamin B₁ (Thiamine):-

→ It is a water soluble vitamin. It is relatively stable at heat but is destroyed in neutral (or) alkaline solution.

Function:- It plays an important part in carbohydrate metabolism. It is essential for the proper functioning of the nervous system.

Source:- Richest source:- Unmilled cereals, pulses, and poor source:- meat, fish, egg, liver, dark green nuts leafy vegetables, fruits, dried yeast, milk is important source for infants.

Daily Requirement:- 1-2 mg per day (or) 0.5 mg per 1000 cal of energy intake.

Deficiency:- Beri, Beri (most common in only rich tiered community especially polished Rice).

Vitamin B₂ (Riboflavin):-

functions:- It involves protein, fat and carbohydrate metabolism. Fundamental role in cellular oxidation co-factor of various enzymes which changes the metabolism to form the energy synthesis the glycogen and erythropoiesis which changes the pyridoxine and folic acid to the co-enzyme help in oxidation of fatty acids and transport H^+

Source:- milk and milk products eggs, liver, green leafy vegetables are good source wheat millet and pulses are fair source rice is poor source germinating pulses also furnish riboflavin. Riboflavin is synthesised by bacteria in the large intestine.

Daily Requirement:- 1.2 mg (or) 0.6 mg per 1000 kcal intake.

Deficiency:-
Cracked skin (cracks) and mucosa, glossing scaly dermatitis circumcorneal vascularisation and coritis.

Vitamin B₃ (Niacin):-

Function:- It is required by the kidney for utilized for carbohydrates and tissues respiration on essential for normal functions of skin, gastro intestinal and nervous system. Helps in synthesis of DNA and its requirement controls blood cholesterol and lipids.

Source:- Rich in whole grain cereals, nuts, pulses, meat, liver and chicken, dried yeast, ground nuts, poor source in maize.

Daily Requirements:- 20mg per day (or) 6-6 mg per 1000 calorie intake.

Deficiency:- gastrointestinal disorder, diarrhoea, loss of appetite, hoarseness, vomiting neurological manifestations, loss of memory, pigmented scaly skin, cracks of hand and neck.

Vitamin B₆ (pyridoxine) :- It plays an important role in the metabolism of amino acids, fats and carbohydrates.

Daily requirements :- 1.5 - 2mg per day.

Source :- liver, meat, fish, whole, cereals and legumes. Food like meat, fish, legumes and cereals contains pyridoxine. But in some cases may have clinical manifestation of convulsion, loss of weight and abdominal distension.

Vitamin B₁₂ (Cyanocobalamin):-

⇒ It is necessary for synthesis of DNA and also Biotin acids.

⇒ It is required for carbohydrate fat and protein metabolism.

⇒ It is used for make red blood cells.

Sources:- liver, eggs, fish and milk. It loses its proteins when over cooked.

Daily requirement:- 1 microgram for adult and 0.2-1 microgram for children.

Deficiency:- megaloblastic anemia (pernicious anemia) and impeding of DNA this leading to formation of immature RBCs causing anemia.

folic acid :-

- It is essential for DNA synthesis
- Needed for making red blood cells.

Sources :- Green leaves, vegetable, liver, egg, pulses, cereals, nuts, whole grains and oil seeds.

Daily Requirements :-

Adults :- 100 micro grams per day

Pregnant women :- 300 micro grams.

⇒ For lactating women additional 150 micrograms need 100 micrograms.

Minerals :-

Inorganic chemical elements present throughout the body in varying amounts.

- Act as co-factors of enzymes for metabolism form
- parts of the structure of body tissues such as bones teeth and nails, blood nerves and muscles vital to physical and mental development they also help protect the body against infections.

meat, fish, milk, cheese, green, leafy vegetables and legumes provide most of the minerals needed by the body.

Minerals	Function
Ca^{+}	mineralization of Bones and teeth.
phosphorus	mineralisation of every part of cell.
Sodium	maintain normal fluids and electrolyte balance.
Chloride	maintains electrolytic Balance.
Chromium	works with insulin.
copper	formation of haemoglobin

- fluoride $\longrightarrow$ formation of Hybrid hormone.
- Iron (Fe) $\longrightarrow$ Involved in the transport of strong O_2 .
- Iodine $\longrightarrow$ Essential in thyroid hormone.
- Sulphur $\longrightarrow$ Integral part of vitamin.
- Zinc (Zn) $\longrightarrow$ for normal growth and development.
- magnesium (mg) $\longrightarrow$ Tissue and Energy metabolism.

Balanced diet :-

⇒ A Balanced diet is defined as one which contain a variety of food in such quantities and proportions that the need for energy, amino acids, vitamins, minerals, fats, carbohydrates and other nutrients is adequately met for maintaining health, vitality and general well-being and also makes small provisions for extra nutrients to with-stand short duration of leaves a balanced diet is the accepted means to safe guard a population from nutritional deficiencies.

The dietary goals recommended by WHO:-

- ⇒ Dietary fats should be limited to approximately 15-30% of daily intake of energy.
- ⇒ Saturated fats should contribute no more than 10% of total energy intake - Remaining fats requirement should replace by unsaturated fats.
- ⇒ Excessive consumption of refined carbohydrates should be avoided and source amount of carbohydrate rich in natural fibers should be taken.
- ⇒ Sources rich in energy such as fats and alcohols should be avoided.
- ⇒ Salt intake should not increase more than 5gm/day protein should be at least 15-20% of total energy intake.
- ⇒ Junky foods such as colas, ketchup that supply empty calories should be reduced.

Different types of food in India:-

Indian dishes are popular all over the world for its taste and variety there are people who travel is so many things that you never forget about India, one of them is tasty dishes, nothing reveals the variety in Indian culture Better that variety of its Sensational food.



నమోదార్

కెస్



1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

2 సార్లు

3. మీరు తొజ్జా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకుంటారు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడతారు ?

చీస్ ట్రే

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకోరు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తీసుకుంటారు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

తీసుకోను

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్/ మటన్/చేప తీసుకుంటారా ?

చికెన్/చేప

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకోను

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

ఇష్టపడదు

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకుంటారు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తీసుకుంటారు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు

Rajendra prasad

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

దేశీయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

చేసుకోరు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

చేసుకుంటారు.

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

చేసుకోరు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

నిదీ చేదు

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

చేసుకుంటారు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి, జొన్న, సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

చేసుకుంటారు.

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

చేసుకుంటారు.

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

మాంసాహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

తీసుకోరు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్ / చేప

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకుంటారు చుట్టుడుచ్చుదు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

ఇష్టపడతారు

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకోరు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి, జొన్న, సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు.

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు.

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

ఒక్కసారి

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకుంటారు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడతారు ?

గోలీ

7. మీరు మత్తుపానీయాలు తీసుకుంటారా , ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకుంటారు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు.

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

3 సార్లు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటాము

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు బింక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకోదు

6. మీరు ఎటువంటి బింక్ ఫుడ్ ను ఇష్టపడుతారు ?

ఇష్టపడదు.

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకుంటారు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు.

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

శాఖాహారులు

2. మీరు నారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

తీసుకోరు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్/ మటన్/చేప తీసుకుంటారా ?

ఏదీ తీసుకోరు

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకోరు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడతారు ?

ఏదీ లేదు

7. మీరు మత్తుపానీయాలు తీసుకుంటారా , ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకోరు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

లేదు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

శాఖాహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

రెండు సార్లు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

చేసుకుంటారు.

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

చేసుకోరు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

చిప్స్

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

చేసుకోరు

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

చేసుకుంటారు.

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

చేసుకుంటారు.

II. ఆహారపు అలవాట్లు

N. గోమనె

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

తీసుకోరు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటాను

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

ఉప్పుడండ్లు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

నూడుల్స్

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకోరు. హానికరం

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి, జొన్న, సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటాను

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటున్నాను.

1. మీరు శాఖాహారులు / మాంసాహారులు / ఉభయహారులు ?

ఉభయహారులు

2. మీరు వారానికి ఎన్ని సార్లు బయటి ఆహారాన్ని తీసుకుంటారు?

తీసుకుంటారు 2 సార్లు

3. మీరు తాజా కూరగాయలు ఆహారంగా తీసుకుంటారా ?

తీసుకుంటారు

4. మీరు మాంసాహారులు అయితే ఎక్కువసార్లు చికెన్ / మటన్ / చేప తీసుకుంటారా ?

చికెన్ / మటన్

5. మీరు జంక్ ఫుడ్ ఆహారపదార్థములు తీసుకుంటారా?

తీసుకోదు

6. మీరు ఎటువంటి జంక్ ఫుడ్ ను ఇష్టపడుతారు ?

ఏదీ లేదు

7. మీరు మత్తుపానీయాలు తీసుకుంటారా, ఇవి మీ ఆరోగ్యానికి హానికరం అని తెలుసా ?

తీసుకుంటారు.

8. మీరు చిరుధాన్యపు వంటకాలు (రాగి , జొన్న , సజ్జ) తెలుసా ?

తెలుసు

9. మీరు జొన్నరొట్టి ఆహారం గా తీసుకుంటారా ?

తీసుకుంటారు

10. మీకు వివిధ ఋతువులలో లభించే పండ్లు ఆహారం గా తీసుకుంటున్నారా ?

తీసుకుంటారు.

Conclusion :-

As we all known food is a very important thing for a man to service their daily life.

⇒ so we should maintain a good health and hygiene.

⇒ Seasonal fruits and vegetables should be included in diet to overcome seasonal changes regarding climate.

⇒ everyone should maintain diet according their BMI

⇒ And daily exercise makes person to overcome diseases and maintain immunity against them.