

# HEALTH & HYGIENE



**Govt. Degree College,  
Rajampeta, Annamayya Dt.  
A.P**



**Community Service Project on  
“HEALTH AND HYGIENE”**

*Under the guidance of*

**Dr. N. Chandra Mohan**

M.Sc, B.Ed, M.Phil, Ph.D.,

Lecturer in Zoology

**By**

**K.LOKESH**

**I BZC E.M**

Submitted to

**Dept. Of Zoology**

**OCT'2022**



**GOVT. DEGREE COLLEGE,  
RAJAMPETA, ANNAMAYYA DT.**



**COMMUNITY SERVICE PROJECT**

**CERTIFICATE**

This is to certify that Mr/Miss/Mrs K. Lokesh, student of **I BZC (EM)**, bearing **HALL TICKET No. 216030049012** has successfully completed the Community Service Project on **HEALTH AND HYGIENE**, under the guidance of **DR. N. CHANDRA MOHAN**, Lecturer in **ZOOLOGY** during the academic year **2021-22**.

**Evaluation Committee**

S.No.	Name of the Faculty	Signature
1.	DR. N. CHANDRA MOHAN, Lecturer in Zoology - Mentor	
2.	S. Bhaskar Rao, Lecturer in Botany.	
3.	<del>V</del> k. Masthan, Lecturer in Mathematics.	

## Acknowledgements

We deem it is a great privilege and pleasure to express our deep sense of gratitude and heartfelt thanks for our project supervisor.

**DR. N. Chandra Mohan**, lecturer in zoology, govt. degree college rajampeta for his inspiring guidances continuous encouragement and constructive criticism with timely suggestions throughout in the progress of this work. We indeed blessed to associate with such a proficient and well experience researcher.

It is a great pleasure to express our heartfelt gratitude and profound respect to **DR.B.Purushotham Reddy**, principal, govt. degree college, rajampeta for rendering moral and academic support during this study.

It is a great pleasure to express our heartfelt gratitude and profound respect to **DR.B.adi narayana** i/c dept. of Botany, govt. degree college .rajampeta for this valuable suggestions and encouragements throughout the researchwork.

We express our sincere thanks to **Faculty of ZOOLOGY**, **Mr.K.Janardhan** and **Smt.B.Sujatha** for the completion of this work.

Our deepest feelings of love and gratitude goes to our parents, who laid foundation and remained as source of inspiration for our carrier. They encouraged us to continue moving forward when we would falter. We thank them for all provided me – support, faith, confidence and patience.

Lastly, we think all our wishers and whomsoever, who has helped us least way possible.

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GOVT. DEGREE COLLEGE,  
RAJAMPETA, ANNAMAYYA DT.  
ANDHRAPRADESH



## DECLARATION

I Declare that the Community Service Project work entitled “**HEALTH AND HYGIENE**” submitted to Dept. of zoology. Govt. Degree College, Rajampeta, YSR Dt, is a bonafied work done by me, under the supervision of Dr. N. Chandra Mohan, Lecturer in zoology and this work has not been submitted earlier.

Place : Rajampeta

Dt:

**k.lokesh**

Sign. Of the Student

:



GOVT. DEGREE COLLEGE,  
RAJAMPETA, ANNAMAYYA  
DT. ANDHRA PRADESH



## **CERTIFICATE**

*This is to certify that the Community Service Project work entitled “**HEALTH AND HYGIENE**” submitted to Dept. of zoology, Govt. Degree College, by **k.lokesh***

*(I BZC E.M), is a bonafied record of project work done by under my supervision. Further I declare that the project has not been formed the basis to any other university or institution earlier.*

# **INTRODUCTION**

## **HEALTH AND HYGIENE**

Every individual dreams of leading a healthy life. So 7<sup>i</sup><sup>h</sup> April of every year is declared as the World Health Day by World Health Organization in view of giving awareness about importance of health and to study the importance of hygiene for our health.

Health is defined as a state of complete physical, mental and social being are not merely an absence of disease or infirmity. Physical health and mental health are interrelated. A sound mind in a sound body is an old and appropriate saying for good health.

Hygiene is a set of practices performed to preserve health, according to the World Health Organization, Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. Personal hygiene refers to maintaining the bodies cleanliness.



## **SCOPE OF STUDY**

1. In simple terms Health refers to a persons physical, emotional and psychological wellbeing.
2. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.
3. The scope of our CSP is to do a survey of 50 houses and to know their famiy Health and Hygienic conditions.
4. This survey can be done in the area we are living, and in the areas we are familiar within around the families in our group.
5. The entire survey, awareness, report and submission are to be done within four weeks, and we should also take care of our studies as well.

# CLEANLINESS

Cleanliness means that there is no dirt, no dust, no stains, no bad smell. The goals of cleanliness are health, beauty, absence of offensive odour and to avoid the spreading of dirt and contaminants to oneself and others.

With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good. Cleanliness give rise to a good character by keeping body, mind and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living, because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.

It is everybody's responsibility that one should keep themselves and their surroundings clean and hygienic.

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# OBJECTIVES

1. The objective of four CSP is to promote good personal and environmental hygiene in order to protect health.
2. To understand the need for good personal hygiene.
- 8 To identify areas of kitchen/food preparation area hygiene.
4. Safe food production to understand the four stages of cleaning ,cooking, chilling and cross contamination.
5. *To educate the community on proper hygiene and sanitation practices.*
6. To educate the community on the risk of not adhering to proper hygiene and sanitation practices.
7. To encourage people to adopt and sustain health promoting lifestyles and practices.
8. To promote the proper use of health services provided to them.

# **IMPORTANCE OF CLEANLINESS**

*Sanitation and neatness play an important role in our day to day routine. It is important as it prevents dangerous diseases like Dengue, Typhoid, Hepatitis and other diseases caused by mosquito bite.*

**Diseases like Jaundice, Cholera, Ringworm, Scabies, Trachoma etc can be spread due to eating contaminated food, drinking water. Trash also spread bad order, which is difficult to tolerate.**

# **SOME CLEAN HABITS THAT SHOULD BE FOLLOWED**

1. One should always wash their hands before eating.
2. No one should litter.
3. Washing hands after playing is also very essential.
4. One must always cover their *lood*.
5. Covering your nose while sneezing or covering your mouth while yawning is also necessary.

## METHODOLOGY

"HEALTH AND HYGIENE" is the topic that we have selected to survey our CSP. Under the supervision of **Dr.N.Chandra Mohan**, we divided into a group with 11 members. We selected the topics and the topics are cleanliness, Children hygiene, Food, Old age people health, water, pollution, Fitness, Health and Adulthealth.

In the process of our survey, we went to survey in every area. We collected the information from their families based on the questionnaire of each and every person.

And finally, by basing on the information we collected, we have given awareness to the families in which we found a drawback. In the awareness we distributed the pamphlets. And lastly, we made a report on the information collected, questionnaire and on the awareness.

# Personal Hygiene

1. Personal hygiene involves those practices to be performed by individuals to care for one's bodily health hygiene.
2. The motivations and the personal illness, healing from personal illness, optimal health and senses of well-being of a social.
3. The personal hygiene can be cultural specific and may change over time.
4. The practices that are generally considered proper hygiene, include and showing, or bathing regularly, washing hands.
5. The regularly and especially before handling scalp, hair keeping short or removing hairs, finger nails besides other practices.



# COMMUNITY SERVICE PROJECT

## INTRODUCTION

- Community Service Project is an experiential learning strategy that integrates meaningful community service with instruction, participation, learning and community development
- Community Service Project involves students in community development and service activities and applies the experience to personal and academic development.
- Community Service Project is meant to link the community with the college for mutual benefit. The community will be benefited with the focused contribution of the college students for the village/ local development. The college finds an opportunity to develop social sensibility and responsibility among students and also emerge as a socially responsible institution.

## Objective

Community Service Project shall be an integral part of the curriculum, as an alternative to the two months of Summer Internships / Apprenticeships / On the Job Training, whenever there is an exigency when students cannot pursue their summer internships. The specific objectives are;

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

## **TIME LINE**

- **FIRST WEEK SURVEY ABOUT THE HEALTH AND HYGIENE**
- **SECOND WEEK AWARENESS OF THE HEALTH AND HYGIENE**
- **THIRD WEEK COLLECTING INFORMATION ABOUT HEALTH AND HYGIENE REPRESENTATION OF THE PROJECT REPORT**
- **FOURTH WEEK SUBMISSION OF PROJECT AND VIVA**

## 2 BENEFITS OF COMMUNITY SERVICE PROJECT TO THE STUDENT

### LEARNING OUT COMES:-

- Explain hygienic hand washing using standard procedures, and list the critical situations for effective hand washing.
- Discuss how contamination of food can occur in a food service establishment.
- Describe the effect and consequences of food borne illness.
- Display sound practices to prevent the possibility of food poisoning.
- Identify measures/procedures that will reduce or eliminate accidents in food preparation and service areas.

### PERSONAL OUT COMES:-

- Explains Personal Hygiene practices.
- Explains the concepts of body, hand, foot, mouth, hair, nail, face, eye, ear and nose hygiene and cleaning.
- Explain the concepts of sleep hygiene.
- Explains the concepts of providing clean water and sanitation.
- Explains water pollution and classifies its causes.
- Explains and classifies the measures that can be taken against water pollution.
- Explains water related diseases
- Explains the qualities of healthy drinking and utility water.
- Explain the concept of food hygiene.
- Classifies the processes applied to foods and explains the preservation methods.
- Categorize the deterioration of foodstuffs and their causes.
- Explains food borne diseases and lists the precautions to be taken.
- Explain the chemical residue problems in foods.

### SOCIAL OUT COMES:-

- Use of handkerchiefs or cloth during sneezing in the public.
- Taking bath and brushing the teeth every day. If a person does not take bath or brush teeth, there will be a lot of microbe load on the person which makes him a great threat to the people around.
- Do not spit on the roads or public property.
- Use toilets and restrooms.
- Use proper sanitation after contact with pets.

### 3 HEALTH AND HYGIENE

#### ABOUT SURVEY PLACE:-

I selected KAMALAMARRI,CCPALLI VILLAGE, GALIVEEDU MANDAL ANNAMAYYA (dist) for my project work of health and hygiene.

Kamalamarri Palem is a small Village/hamlet in Galiveedu Mandal in annamayya District of Andhra Pradesh State, India. It comes under Nooliveedu Panchayath.

I chosen this location because this is a rural area most of the people are illiterate so they do nothave knowledge of healthy food and their importance.

In this village total population 420. In this MALE -120, FEMALES-80, ADULTS-120,CHILDRENS -100.

Locality Name : Kamalamarri Palem

Mandal Name : Galiveedu

District : annamayya

State : Andhra Pradesh

Region : Rayalaseema

Language : Telugu and Urdu

Elevation / Altitude: 615 meters. Above Seal level

Telephone Code / Std Code: 08567



## Introduction

### What is Health and Hygiene?

According to the World Health Organisation, health is defined as “a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity”.

Good health is more important than being free from disease. Healthy people are more efficient, productive and live longer than unfit people. Important factors that contribute to good health are:

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

#### ➤ **Hygiene**

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

- Personal hygiene
- Community hygiene

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

- Washing hands before and after eating
- Regular toilet habits
- Cleaning teeth
- Bathing on a regular basis
- Wearing clean and comfortable clothes
- Drinking clean water
- Keeping house clean and insect free
- Cooking in clean utensils
- ✓ **Community Hygiene-** The environment in which we live plays a very important role in keeping us healthy. The practices to keep our surroundings clean should include:
  - Proper disposal of household wastes
  - Cleaning of roads and streets
  - Keeping house clean
  - Covering dustbins
  - Spraying insecticides at regular intervals to ward off insects



**Menstrual hygiene management (MHM)** or menstrual health and hygiene (MHH) refers to access to menstrual hygiene products to absorb or collect the flow of blood during menstruation, privacy to change the materials, and access to facilities to dispose of used menstrual management materials.

- It can also include the "broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights".
- Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate.
- Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem.
- Menstruation can be a barrier to education for many girls, as a lack of effective sanitary products restricts girls' involvement in educational and social activities.



## HOME HYGIENE

### ➤ HYGIENE AT HOME

- Encouraging good hygiene habits in children while they are young helps them develop good life skills and stay healthy.
- Here are some simple hygiene rules you can follow to maintain a hygienic environment at home:
- Remind your child when they should wash their hands e.g. before eating, after using the toilet, after touching an animal etc.
- Model good personal hygiene skills, and describe to your child what you are doing. For example, seeing you wash your hands before cooking.
- Teach your child the importance of brushing their teeth twice a day. You may want to consult your child's dentist to know if they need to floss as well.
- Remind your child to cover their mouth when sneezing or coughing.
- Teach your child how to blow their nose gently when it's blocked, and throw the tissue in a dustbin immediately after.
- Encourage your child to think about why good hygiene skills are important
- Always have a spare set of clothes ready in case of any accidents e.g. toilet accidents or food and drink spills
- Keep your child at home when they are sick and potentially contagious
- While bathing daily is hygienic, it is not recommended to bathe babies daily. Visit [Pregnancy Birth & Baby](#) for more information on washing your baby.





### 3.4 OBJECTIVES OF HEALTH AND HYGIENE

1. Get adequate rest daily
  - People with the best health and longevity get at least 7 to 8 hours of sleep daily.
  - Taking time for daily relaxation and recreation is also helpful to the body and mind.
2. Get regular physical activity
  - Aim for 30-60 minutes of physical activity on most, preferably all days of the week
  - Include strengthening exercise 2+ times per week to maintain a healthy lean body weight
3. Eat more plant based foods
  - Aim for at least 5 (up to 9 is recommended) servings of fruits and vegetables daily.
  - Limit fatty meats and high cholesterol foods.
  - Peas, beans, nuts, and soy foods are good sources of plant proteins.
4. Eat more whole-grain breads and cereals
  - Aim for at least 3 servings of whole-grains daily (including brown rice and oatmeal).
  - Limit highly refined cereals such as white bread, pastry, white rice, and sugary cereals.
- 4 Personal Hygiene- The following practices should be followed every day to remain Healthy:
  - Washing hands before and after eating
  - Regular toilet habits
  - Cleaning teeth
  - Bathing on a regular basis
  - Wearing clean and comfortable clothes
  - Drinking clean water
  - Keeping house clean and insect free
  - Cooking in clean utensils
- 5 Community Hygiene- The environment in which we live plays a very important role in keeping us healthy. The practices to keep our surroundings clean should include:
  - Proper disposal of household wastes
  - Cleaning of roads and streets
  - Keeping house clean
  - Covering dustbins
  - Spraying insecticides at regular intervals to ward off insects

## QUESTIONNAIRE

Village /  
Area:phone  
no

1. What is your profession

A. Employee B. Farmer C. Cooli D. House wife

2. What is your age

A 10-20 B. 20-30 C. 30-40 D. Above 40

3. What is your height

A. 3-4 ft C. 5-6 ft

B. 4-5 ft D. Above 6ft

4. What is your weight

A. 20-30 kg B. 30-40kg C. 40-50 kg D. Above 50kg

5. Do you eat street foods, bakery foods and hotel food

A. Yes

B. No

6. Are you eating food items at fresh state?

A. Yes

B. No

7. Do you wash the green leaves and vegetables before cooking?

A. Yes

B. No

8. Are you taking storage/package food?

A. Yes

B. No

9. Do you used cooking oil again and again?

A. Yes

B. No

10. Do you wash your hands after went to toilet?

A. Yes

B. No

11. What type of drinking you have used

A. Mineral water B. Bore water C. Tap water

12. Do you trim your nails regularly

A. Yes

B. No

13. What material have you used for brushing teeth

A. Tooth brush

B. Finger C. Neem stick

14. Are you brush your teeth twice a day

A. Yes

B. No

15. How much long you have used your tooth brush  
A. 1-2 months B. 2-3 months C. more than 3 months
16. Do you take a bath after exercise or work regularly  
A. Yes B. No
17. How are the surrounding around you  
A. Always clean B. Dirty
18. Are you wash your hands before you have to take food  
A. yes B. No
19. have you any health problems (gas trouble /sugar/heart stroke/teeth problems and anaemia etc.,)  
A. yes (list- B. No
20. Are you taking regular treatment from doctors  
A. yes B. No

LOG-BOOK  
SURVEY ABOUT HEALTH AND HYGIENE

Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. of the student	Sign. Of the Mentor
1.	Monday	30-5-22 12:15pm	Health and hygiene	K. papubawa	female	57		K. papubawa	K. D. D.	
2.	Monday	30-5-22 12:30pm	Health and hygiene	Y. Lakshmi Devi	female	47		Y. Lakshmi Devi	K. D. D.	
3.	Monday	30-5-22 1:10pm	Health and hygiene	G. Lakshmi Devi	female	38	4 hours	G. Lakshmi Devi	K. D. D.	
4.	Monday	31-5-22 1:45pm	Health and hygiene	Y. Pradama	male	63		Y. Pradama	K. D. D.	
5.	Tuesday	31-5-22 2:00pm	Health and hygiene	K. Kesava	male	42		K. Kesava	K. D. D.	
6.	Tuesday	31-5-22 2:30pm	Health and hygiene	D. Lakshmi Devi	female	47		D. Lakshmi Devi	K. D. D.	
7.	Tuesday	31-5-22 3:00pm	Health and hygiene	P. Shweta	female	33		P. Shweta	K. D. D.	
8.	Tuesday	31-5-22 3:25pm	Health and hygiene	K. Ananya	male	67	5 hours	K. Ananya	K. D. D.	
9.	Tuesday	31-5-22 4:00pm	Health and hygiene	G. Venkatesh	male	56		G. Venkatesh	K. D. D.	
10.	Tuesday	31-5-22 4:30pm	Health and hygiene	D. Ananya	female	48		D. Ananya	K. D. D.	
11.	Wednesday	01-06-22 9:00pm	Health and hygiene	D. Ananya	male	62		D. Ananya	K. D. D.	
12.	Wednesday	01-06-22 3:30pm	Health and hygiene	D. Ananya	female	57		D. Ananya	K. D. D.	

Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. of the student	Sign. Of the Mentor
13.	Wednesday	01-06-22	Health and hygiene	P. Sankar	male	60	4 hours	P. Sankar	K. G. Lakshmi	
14.	Wednesday	01-06-22	Health and hygiene	P. Sankar	female	38		P. Sankar	K. G. Lakshmi	
15.	Thursday	02-06-22	Health and hygiene	P. Sankar	male	32		P. Sankar	K. G. Lakshmi	
16.	Thursday	02-06-22	Health and hygiene	T. Sankar	female	37		T. Sankar	K. G. Lakshmi	
17.	Friday	03-06-22	Health and hygiene	K. Sankar	female	23		K. Sankar	K. G. Lakshmi	
18.	Friday	03-06-22	Health and hygiene	K. Sankar	female	78		K. Sankar	K. G. Lakshmi	
19.	Friday	03-06-22	Health and hygiene	K. Sankar	female	33		K. Sankar	K. G. Lakshmi	
20.	Friday	03-06-22	Health and hygiene	P. Sankar	female	42	5 hours	P. Sankar	K. G. Lakshmi	
21.	Friday	03-06-22	Health and hygiene	R. Sankar	female	38		R. Sankar	K. G. Lakshmi	
22.	Friday	03-06-22	Health and hygiene	K. Sankar	male	76		K. Sankar	K. G. Lakshmi	
23.	Friday	03-06-22	Health and hygiene	S. Sankar	female	36		S. Sankar	K. G. Lakshmi	
24.	Friday	03-06-22	Health and hygiene	P. Sankar	female	40		P. Sankar	K. G. Lakshmi	

Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. of the student	Sign. Of the Mentor
25.	Friday	03-06-22 5:10pm	Health and hygiene	K. Mallanna	Female	46		K. Suresh K. D. D. S.	K. D. D. S.	
26.	Friday	03-06-22 5:40pm	health and hygiene	K. Harisha	Female	24		H. Harisha K. D. D. S.	K. D. D. S.	
27.	Friday	03-06-22 6:10pm	health and hygiene	B. Sannalatha	Female	23	4 hours	B. Sannalatha K. D. D. S.	K. D. D. S.	
28.	Friday	03-06-22 6:20pm	health and hygiene	K. Lakshmi	Female	28		K. Lakshmi K. D. D. S.	K. D. D. S.	
29.	Friday	03-06-22 7:00pm	health and hygiene	K. Jannaki	Female	23		K. Jannaki K. D. D. S.	K. D. D. S.	
30.	Saturday	04-06-22 1:10pm	health and hygiene	Veetara K. Jyoma	Female	72		K. Jyoma K. D. D. S.	K. D. D. S.	
31.	Saturday	04-06-22 1:50pm	health and hygiene	K. Saravani	Female	38		K. Saravani K. D. D. S.	K. D. D. S.	
32.	Saturday	04-06-22 2:30pm	health and hygiene	K. Saravani	Female	36		K. Saravani K. D. D. S.	K. D. D. S.	
33.	Saturday	04-06-22 3:00pm	health and hygiene	K. Lakshmidurai	Female	62	5 hours	K. Lakshmidurai K. D. D. S.	K. D. D. S.	
34.	Saturday	04-06-22 4:00pm	health and hygiene	M. Radhika	Female	23		M. Radhika K. D. D. S.	K. D. D. S.	
35.	Saturday	04-06-22 4:30pm	health and hygiene	K. Naveyana	Male	66		K. Naveyana K. D. D. S.	K. D. D. S.	
36.	Saturday	04-06-22 5:00pm	health and hygiene	R. Jayamma	Female	62		R. Jayamma K. D. D. S.	K. D. D. S.	

Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. Of the student	Sign. Of the Mentor
37.	Saturday	04-06-22 5:30pm	Health and hygiene	K. Durgamma	Female	37	4 hours	K. Durgamma	K. Durgamma	
38.	Saturday	04-06-22 6:00pm	Health and hygiene	P. Madhuleti	male	66		P. Madhuleti	K. Durgamma	
39.	Saturday	04-06-22 6:25pm	Health and hygiene	K. Sudekshana	male	15		K. Sudekshana	K. Durgamma	
40.	Saturday	04-06-22 8:57pm	Health and hygiene	P. Chinnaika	Female	42		P. Chinnaika	K. Durgamma	
41.	Saturday	04-06-22 7:20pm	Health and hygiene	S. Abayamma	Female	60		S. Abayamma	K. Durgamma	

# AWARENESS ABOUT HEALTH AND HYGIENE

## Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. Of the student	Sign. Of the Mentor
1	Monday	6-6-22 3:10pm	Awareness about health and hygiene	U. Harisha	female	29		U. Harisha	K. Pradeep	
2.	Monday	6-6-22 3:30pm	"	N. Chinrada	female	52		N. Chinrada	K. Pradeep	
3.	Monday	6-6-22	"	D. Ravi	female	38	4 hours	D. Ravi	K. Pradeep	
4.	Monday	6-6-22 4:00pm	"	K. Sudharshan	male	13		K. Sudharshan	K. Pradeep	
5.	Monday	6-6-22 4:10pm	"	K. Ananya	male	67		K. Ananya	K. Pradeep	
6.	Monday	6-6-22 4:30pm	"	K. Saravala	female	33		K. Saravala	K. Pradeep	
7.	Monday	6-6-22 4:45pm	"	K. Ananya	male	62		K. Ananya	K. Pradeep	
8.	Monday	6-6-22 5:00pm	"	K. S. Anandha	male	42	4 hours	K. S. Anandha	K. Pradeep	
9.	Monday	6-6-22 5:15pm	"	D. Ramakrishna	female	48		D. Ramakrishna	K. Pradeep	
10.	Monday	6-6-22 5:30pm	"	D. Narayana	male	53		D. Narayana	K. Pradeep	
11.	Monday	6-6-22 6:00pm	"	P. Sujith	female	27		P. Sujith	K. Pradeep	
12.	Tuesday	7-6-22 3:00pm	"	Y. Lakshmana	female	47		Y. Lakshmana	K. Pradeep	

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Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the Interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. of the student	Sign. Of the Mentor
13	Tuesday	07-06-22 3:30pm	Awareness about health and hygiene	P. Garganara	male	60	5	P. Garganara	K. R. R.	
14	Tuesday	7-6-22 4:30pm	"	P. Garganara	female	58	"	P. Garganara	K. R. R.	
15	Tuesday	7-6-22 4:30pm	"	K. Pappanara	female	52	"	K. Pappanara	K. R. R.	
16	Tuesday	7-6-22 5:30pm	"	P. Thiruvaleesh	male	32	"	P. Thiruvaleesh	K. R. R.	
17	Tuesday	7-6-22 5:30pm	"	G. Lakshminidhi	female	38	"	G. Lakshminidhi	K. R. R.	
18	Tuesday	7-6-22 6:30pm	"	V. Sandara	male	63	"	V. Sandara	K. R. R.	
19	Tuesday	7-6-22 6:10pm	"	K. Naganara	female	62	"	K. Naganara	K. R. R.	
20	Wednesday	08-06-22 7:11pm	"	K. Subbalakshmi	female	38	"	K. Subbalakshmi	K. R. R.	
21	Wednesday	8-6-22 5:30pm	"	K. Chinna	male	72	5	K. Chinna	K. R. R.	
22	Wednesday	8-6-22 4:30pm	"	K. Rainara	female	42	"	K. Rainara	K. R. R.	
23	Wednesday	8-6-22 4:30pm	"	D. Saritha	female	46	"	D. Saritha	K. R. R.	
	Wednesday	8-6-22 5:30pm	"			42	"		K. R. R.	

Work done statement

S.No	Day	Date & Time	Work/Activity	Name of the interacted person	Gender	Age	Hours spent in a day	Sign. of the interacted person	Sign. of the student	Sign. Of the Mentor
25.	Wednesday	08-06-22 5:45 pm 8-6-22	Awareness about health and hygiene	K. Chinnaka	Female	60		K. S. S. K.	K. S. S. K.	
26.	Wednesday	6:00 pm 8-6-22	"	K. Pushpa	Female	98		K. Pushpa	K. Pushpa	
27.	Wednesday	6:30 pm 09-6-22	"	B. Saralatha	Female	98		B. Saralatha	B. Saralatha	
28.	Thursday	2:20 pm 09-6-22	"	K. Lakshmi	Female	39	5 hours	K. Lakshmi	K. Lakshmi	
29.	Thursday	2:40 pm 09-6-22	"	K. Jannaki	Female	98		K. Jannaki	K. Jannaki	
30.	Thursday	3:50 pm 09-6-22	"	M. Radhika	Female	27		M. Radhika	M. Radhika	
31.	Thursday	4:30 pm 10-06-22	"	K. Srideni	Female	36		K. Srideni	K. Srideni	
32.	Friday	2:30 pm 10-6-22	"	P. Saraswathi	Female	38	4 hours	P. Saraswathi	P. Saraswathi	
33.	Friday	2:00 pm 10-6-22	"	K. Sharyana	male	64		K. Sharyana	K. Sharyana	
34.	Friday	4:00 pm 10-6-22	"	G. Venkateswara	male	56		G. Venkateswara	G. Venkateswara	
35.	Friday	4:30 pm 10-6-22	"	D. Geetha	Female	64		D. Geetha	D. Geetha	
36.	Friday	5:00 pm 10-6-22	"	P. Nagaraj	Female	63		P. Nagaraj	P. Nagaraj	



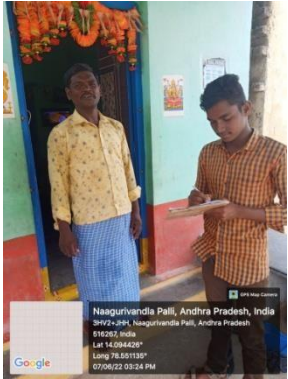
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Naagurivandla Pali, Andhra Pradesh, India  
3HV2+JH1, Naagurivandla Pali, Andhra Pradesh 516267, India  
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Long 78.551135°  
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#### 4. DISCUSSION

- i. Health is the normal and healthy state of the body. It is a great source of peace and happiness.
- ii. Health refers to a healthy state of mind and a body physically fit to have no disorder, illness or disease. In simple terms, health refers to a person's physical, emotional and psychological well-being.
- iii. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.
- iv. It refers to all the activities that are done to improve and preserve, maintain good health.
  - v. The saying goes that health is wealth . It is truly said that of all things in the world, health is the most precious that one can possess.
  - vi. Money is definitely a nice thing. However, he cannot give any pleasure to a health man in ruins.
  - vii. As the body and mind are closely related, the mind cannot be healthy and playful without good health.

## 5. CONCLUSION

- viii. Good personal hygiene is one of the best ways to protect oneself from getting illnesses. Maintaining good personal hygiene will also help prevent you from spreading diseases to other people. Good hygiene lowers a person's risk for diseases and illnesses commonly spread through viruses and bacteria.
- ix. Avoidable harm continues to occur to patients receiving health care, because of the unreliable systems and strategies that mitigate against optimal hand hygiene compliance.
- x. As part of the continued global effort to ensure that no patient is unavoidably harmed through lack of compliance with hand hygiene, consideration should be given to nationally-coordinated programmes (in some cases campaigns) to promote and sustain hand hygiene improvement, keeping the issue in the national spotlight and ensuring effective implementation of guidelines that have an impact on hand hygiene at the bedside.
- xi. It is likely that targeted, well-executed mass media health campaigns can have some effects on health knowledge, beliefs, attitudes, and behavior.
- xii. The existence of guidelines does not in itself improve hand hygiene compliance. Therefore, the added impetus provided by a nationally coordinated campaign or programme, with some form of monitoring and evaluation, targets and regulation, has been demonstrated to provide a powerful adjunct to local implementation.
- xiii. In particular, to raise awareness of the issue and elevate it to a level of prominence that might not be realized in the absence of a nationally coordinated activity.
- xiv. For hand hygiene improvements to succeed within an integrated safety and infection control agenda, national-level approaches should be considered.



## 6. References

4.0 <https://www.google.com/search?q=discussion+on+health+and+hygiene&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjiporC-Iv6AhWb9zgGHadBANUO AUoAXoECAIOAw&biw=1366&bih=657&dpr=1#imgrc=1 O4UiE1c 0ZzfM>

<https://www.google.com/search?q=home+hygiene&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiDpbLb-Yv6AhXER2wGHd0mCvEO AUoAXoECAIOAw&biw=1366&bih=657&dpr=1#imgrc=fyWb ROgmLdpTM>

3.2.2 [https://www.google.com/search?q=personal+hygiene&tbm=isch&ved=2ahUKEwiYrOrc-Yv6AhU6KbcAHRR D6gO2-cCegOIABAA&oq=per+hygiene&gs\\_lcp=CgNpbWcOARgAMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAc6BAgAEEM6BOgAEIAEOgYIABAEAg6BwgAELEDEM6CwgAEIAEELEDEIMBULcJWikfYPIqaABwAHgAgAFXiAHpBJI BATiYAOcGAOGqAOtnd3Mtd2l6LWltZ8ABAQ&scient=img&ei=lWodY9iNKrrS3L UPIP69wAo&bih=657&biw=1366#imgrc=hq5d1IxlTLkapM](https://www.google.com/search?q=personal+hygiene&tbm=isch&ved=2ahUKEwiYrOrc-Yv6AhU6KbcAHRR D6gO2-cCegOIABAA&oq=per+hygiene&gs_lcp=CgNpbWcOARgAMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAcvBggAEB4OBzIGCAAQHhAHMgYIABAEAc6BAgAEEM6BOgAEIAEOgYIABAEAg6BwgAELEDEM6CwgAEIAEELEDEIMBULcJWikfYPIqaABwAHgAgAFXiAHpBJI BATiYAOcGAOGqAOtnd3Mtd2l6LWltZ8ABAQ&scient=img&ei=lWodY9iNKrrS3L UPIP69wAo&bih=657&biw=1366#imgrc=hq5d1IxlTLkapM)

## RESULTS

### I SELECTED KAMALAMARRI, CC PALLI VILLAGE, GALIVEEDU MANDAL, ANNAMAYYA (DIST), FOR MY PROJECT WORK OF HEALTH AND HYGIENE

Kalamarrri Palem is a small Village/hamlet in Galiveedu Mandal in annamayya District of Andhra Pradesh State, India. It comes under Nooliveedu Panchayath.

I chosen this location because this is a rural area most of the people are illiterate so they do nothave knowledge of healthy food and their importance.

In this village I interacted with 45 families in this 30 females and 15 males About health andhygiene.

In my village total population 420.

I survey the 45 families in my village .

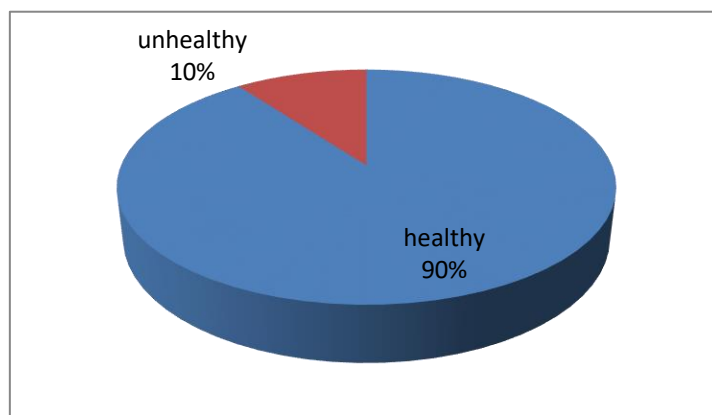
In these 45 families 75 % people doesn't taking storage food . Remaining 25% people are taking the storage food .

In these village 90% of people are healthy .

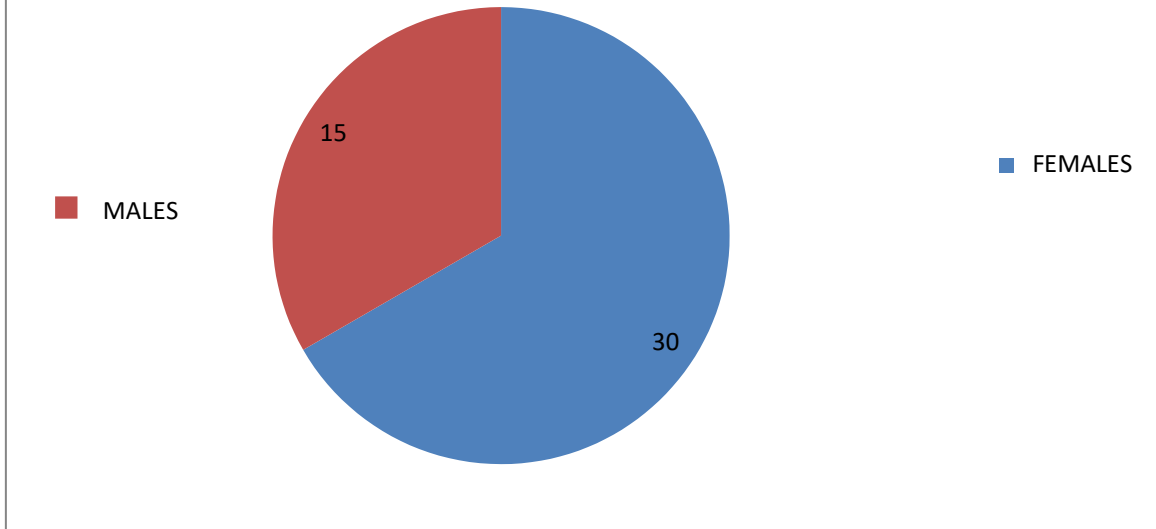
10% of people are unhealthy .

These 10 % of people suffering with gas trouble , sugar, and blood pressure ,etc.

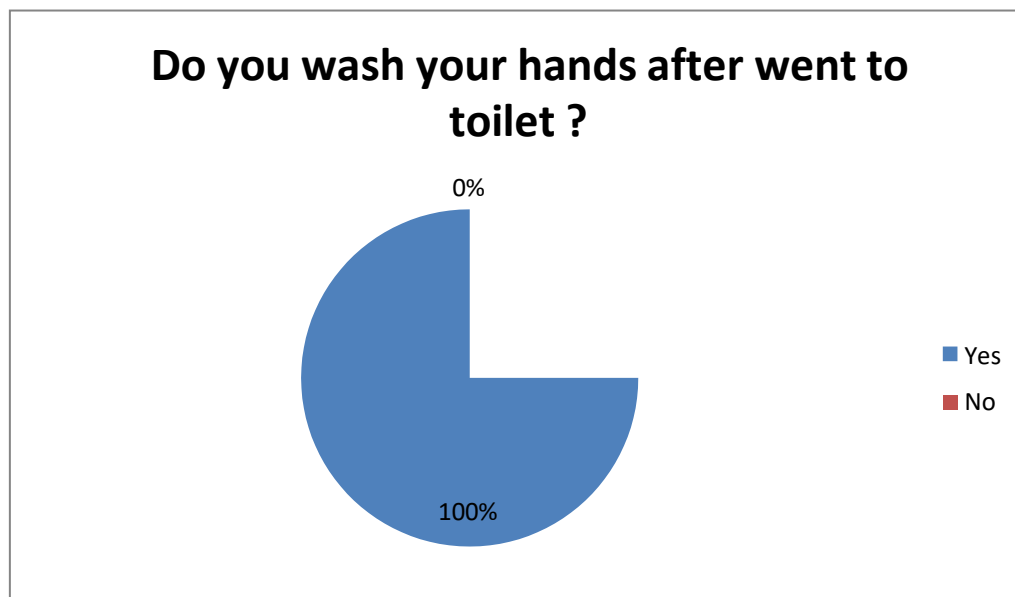
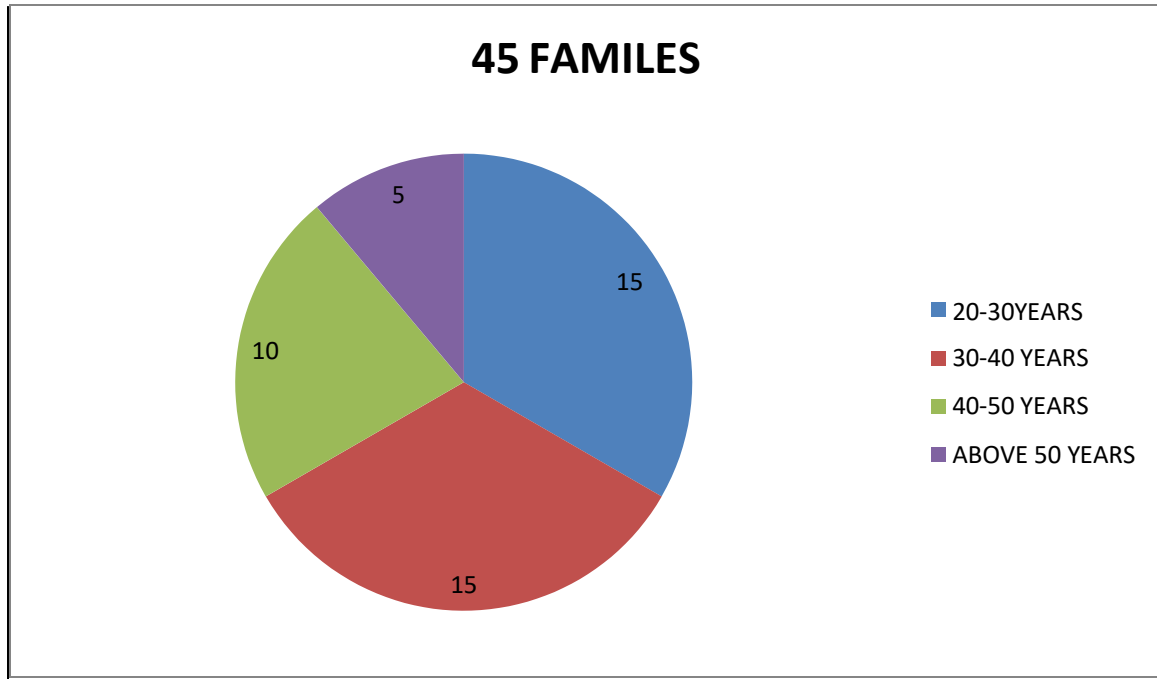
### **HOW MANY PEOPLES ARE HEALTHY AND UNHEALTHY**



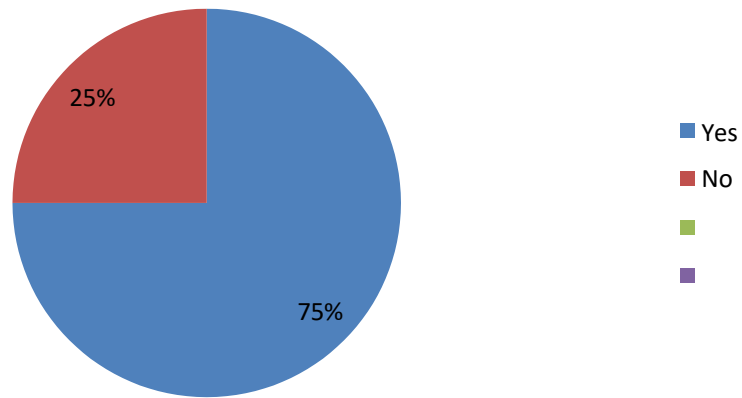
# 45 FAMILIES



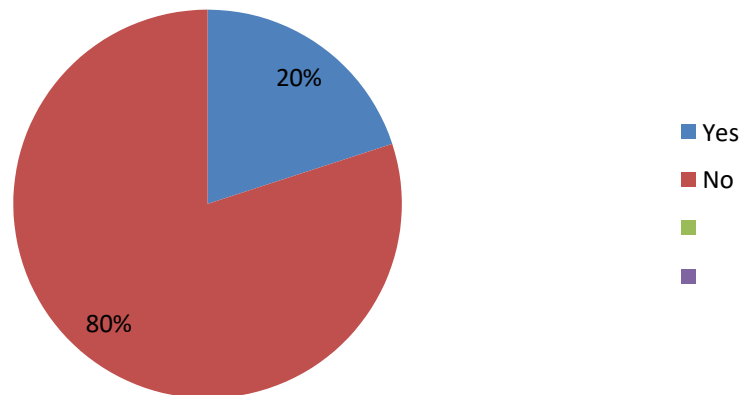
➤ **DIFFERENT AGE GROUPS IN THIS 45 FAMILIES**



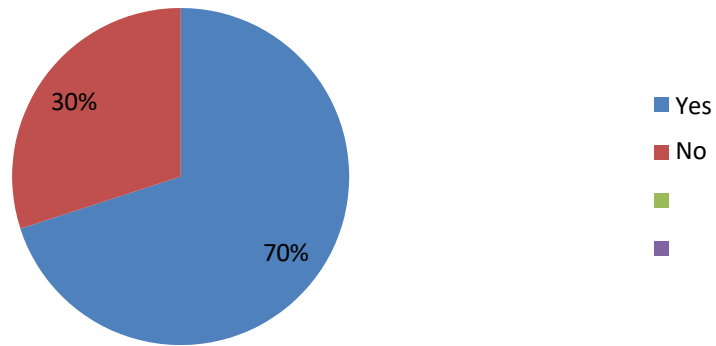
### Do you trim yours nails regularly ?



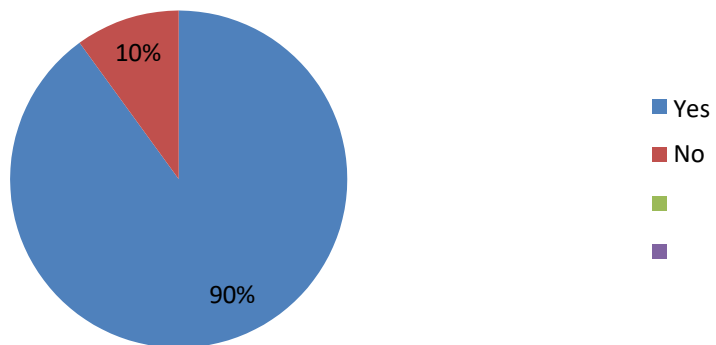
### Are you brush your teeth twice a day ?



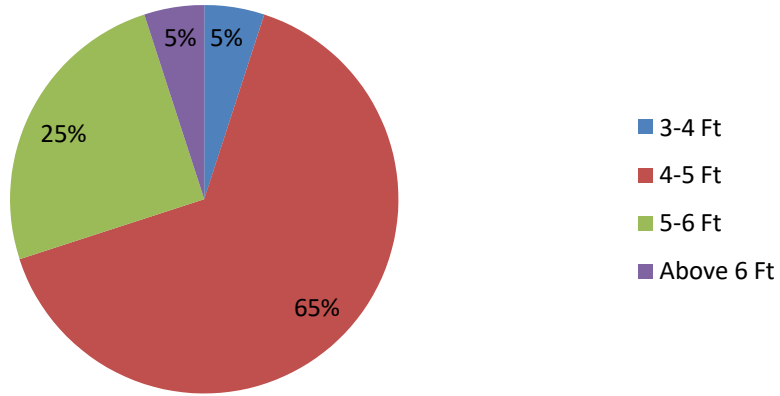
**Do you take a bath after exercise or work regularly ?**



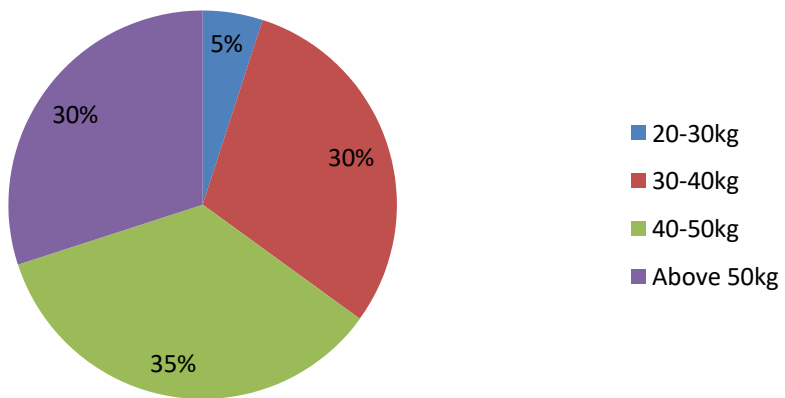
**Are you wash your hands before you have to take food ?**



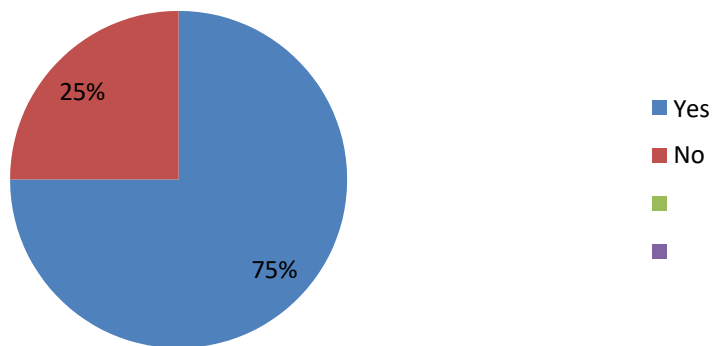
### What is your height ?



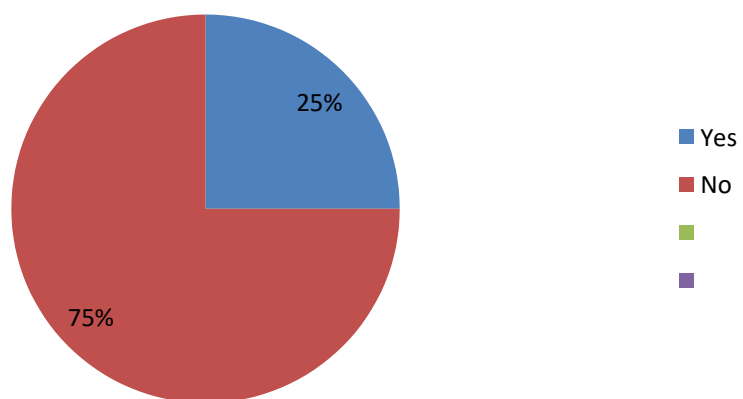
### What is your weight ?



### Do you wash the green leaves and vegetables before cooking ?

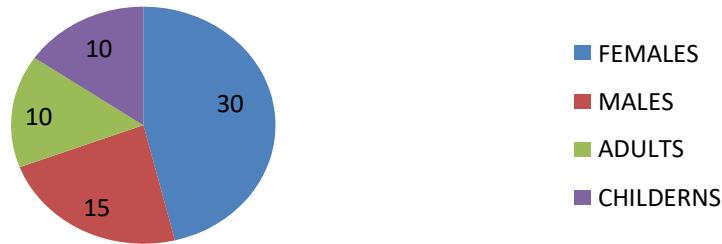


### Are you taking storage /packaged food ?





## PEOPLE WHO TAKING HYGIENE FOOD



## PEOPLE WHO NOT TAKING HYGIENE FOOD EFFECTED BY DISEASES



- BY DOING THE SURVEY I COME TO KNOW THAT PEOPLE WHO ARE NOT TAKING HYGIENE FOOD GOT AFFECTED BY SO MANY DISEASES, AND PEOPLE WHO ARE TAKING HYGIENE FOOD ARE NOT EFFECTED TO ANY DISEASES.
- I GIVEN AWARENESS TO THE PEOPLE WHAT IS IMPORTANCE OF HYGIENE FOOD.
- I GIVEN SUGGESTION TO THE PEOPLE THAT HYGIENE FOOD NOT ALL ABOUT COSTLY FOOD.
- HYGIENE FOOD MEANS FRESH FOOD THAT ARE MAKEN IN THE TIME WHEN YOUR ARE ABOUT TO EAT.