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7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

BEST PRACTICE-2: Community Service Projects

COMMUNITY SERVICE PROJECT REPORT

on

HEALTH AND HYGIENE

by

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(20L21A0404)

Under the guidance of

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CERTIFICATE

This is to certify that the community project report titled “Health & Hygiene” submitted to “Dept. of Electronics & Communication Engineering of Vaagdevi Institute of Technology & Science” is a bonafide record of work done under my supervision.

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DECLARATION

We, hereby declare that this Community Service Project report titled “Health & Hygiene” has been written by us. The work carried out is original and has not been submitted to any other University or Institution for the award of any credits

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I, B.Sai Sukanya , student of Electronics & Communication Engineering of III year in Vaagdevi Institute of Technology & Science in Peddasettipalli, Proddatur is preparing a community service project report name “**Health & Hygiene**”.

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CHAPTER 1
ABSTRACT & INTRODUCTION
“HEALTH AND HYGIENE”

Health is the normal and healthy state of the body. It is a great source of peace and happiness.

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.

Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply. It refers to all the activities that are done to improve and preserve, maintain good health.

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. Money is definitely a nice thing. However, he cannot give any pleasure to a health man in ruins. As the body and mind are closely related, the mind cannot be healthy and playful without good health.

Value and Benefits of Good Health: Life is a big fight and health is the best weapon to succeed in the battle of life. A healthy man can enjoy life in every way. An unhealthy man lives a miserable life. He may have intelligence, merit, and wealth, but he cannot use them and reap the benefits.

Hygiene habits for good health

Pure water: Pure water is another source of good health. Much of the disease is caused by the use of impure water. People in the villages bathe often, and wash clothing and livestock in tanks. If this water is used for consumption, it can lead to disastrous diseases. To make the water pure, it must be boiled so that it does no harm.

Cleanliness: Cleanliness is necessary for good health. This is the most important hygiene habit. Dirt spreads diseases because germs thrive there. They move with the dust in the air, so that a dirty man is easily attacked by diseases.

INTRODUCTION

In these community service project we have survey on the project health and hygiene. So went to three different communities that are Moragudi, Mylavaram, Veparala, Jammalamadugu and Dhommaraandyala.

In Moragudi the surroundings are good. The people maintain their health very good. Healthy food keeps our health good. Some of the food we eat serves as a fire to keep the body warm; another part forms the flesh to give us strength. Pure milk is the most nutritious food.

In Mylavaram the surroundings are not good. But they maintain their health was good. Vegetables and many other things that we generally take are nutritious foods. A mixed diet is the best food for us. Stale and rotten food is dangerous for your health.

In Veparala the surroundings are good but their health was average because they didn't check up their health. The man, who has clean body and clean clothes, is free of dirt and dust, and no disease can easily attack him. The daily bath is a good habit. He keeps our body clean. We should keep our clothes, bedding, food, utensils and everything else clean and clean. No dirt should be to be allowed to gather near our homes. We should also keep our teeth and nails clean. We should remember that cleanliness is close to piety.

CHAPTER 2

OBJECTIVES & METHODOLOGY

Community service is unpaid work performed by a person or group of people for the benefit and betterment of their community without any form of compensation

Here my community service project is "HEALTH AND HYGIENE"

Community service is a form of volunteering intended to help people or serve the wider society. It is often aimed at improving the lives of others, especially disadvantaged communities.

Community service objectives:

1. direct
2. Advocacy
3. indirect
4. research

In this we research the people health in different communities. The research about how they maintain their health hygiene.

Methodology:

What is hygiene?

The word "hygiene" is derived from the Greek word "hygieinos" which means healthful, or relating to health. Generally, we use the term hygiene to describe the 'practice of keeping oneself and their surroundings clean, especially to prevent illness or the spread of disease. Good hygiene is a barrier to many contagious diseases, including fecal-oral diseases. It plays an important role in promoting better health and well-being.

Types Of Hygiene

1. Personal hygiene
2. Environmental hygiene
3. Domestic hygiene
4. Food hygiene

CHAPTER 3

ACTIVITIES DONE

ACTIVITY LOG FOR THE FIRST WEEK

DAY& DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME
Day-1	Gathering the information from community Moragudi about their health	The Better hygiene leads better health
Day-2	Checking the surroundings of the community	If we put our surroundings clean then health will be good
Day-3	Collect the information about their health check up	Our health will be good if we check up our health atleast once a month
Day-4	And collect the information about their personal hygiene	If we put our body clean then our health will be good
Day-5	Note down the food what they are taken daily	If we want to maintain our health good we have to take good food
Day-6	And collect the information about their daily activities	Do exercise and Yoga that will be useful to our health

WEEKLY REPORT

WEEK -1(FROM Dt 02-09-22 to Dt 08-09-22)

Objective of the Activity Done:

Our personal benefit of good hygiene is having better health

Detailed Report:

In the first week of the community service project we went to “MORAGUDI” in Proddatur

Better Hygiene leads better health .There are lot of reasons why our health was not good. In that the main reason is our surroundings. If we try to maintain our surroundings clean and good then our health will be automatically good.

And the other reasons are taking of the food. If we take good food then that decrease the unhealthy conditions. 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.



(a)



(b)

Fig 3.1: Project done in Moragudi

ACTIVITY LOG FOR THE SECOND WEEK

DAY& DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME
Day-1	Collecting the information about their daily activities	Include the Yoga or Exercise as our daily activity
Day-2	Taking details of food what they are taken daily	Avoid junk food like panipuri gobi
Day-3	Gathering the information about their health	Better hygiene leads better health
Day-4	Checking surroundings of the community	Clean the surroundings once a day
Day-5	Collecting the information about their health check up	Do health check up once a month
Day-6	And collect the matter about their personal hygiene	Maintain our personal hygiene

WEEKLY REPORT

WEEK-2(From Dt 09-09-22 to Dt 15-09-22)

Objective of the Activity Done:

To improve hygiene behaviours for Good Health

Detailed Report:

In the 2nd week of community service project we went to the “VEPARALA” in Jammulamadugu

In Veparala the surroundings are not bad Sometimes the human body gets affected due to some environmental, physiological or psychological factors which disturbs the normal functioning of the body organs. This malfunctioning of the human body is called disease. A disease may affect a person not only physically but also emotionally and mentally.

Infectious diseases are caused by pathogens such bacteria, fungi, viruses, protozoa, worms, etc. Based on the causative organisms, these can be classified as under:

The pathogens enter the human body through Direct contact, contaminated food and water, and through infectious droplets. They multiply in the body and affect the normal functioning of the body.



(a)



(b)

Fig 3.2: Project done in veparala

ACTIVITY LOG FOR THE THIRD WEEK

DAY&DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME
Day-1	Checking the surroundings of community Mylavaram	Health will be damage if didn't put out surroudings clean
Day-2	And collect the information about their personal hygiene	Maintain personal hygiene to good health
Day-3	Collecting the information about their daily activities	If we want to make our health good try to do Yoga and Exercise
Day-4	Gathering the information about their health	Better hygiene leads better health
Day-5	Taking the details about food what they are taking	Take natural food like vegetables and fruits that will make our health good
Day-6	Collecting the information about their health check up	Health check up makes our health good

WEEKLY REPORT

WEEK-3(From Dt 16-09-22 to Dt 22-09-22)

Objective of the Activity Done:

Our Personal benefit of good hygiene is having better health

DETAILEDREPORT

In the port of community service project we go for another community that was mylavaram

The surroundings of mylavaram was Hygiene and Good. It is well known that health and hygiene are closely related. Personal hygiene is essential for several reasons like personal well-being, social health, psychological health and simply as a way of life. Keeping good hygiene, not only safeguards those around you from suffering illnesses, but also helps to prevent the spread of infections, illnesses, and bad odors.

To begin with, all you need to do is to incorporate certain personal hygiene habits in your everyday routine. In this post, we will discuss some important health tips that are important in maintaining good personal hygiene.



(a)



(b)

Fig 3.3: Project done in mylavaram

ACTIVITY LOG FOR THE FOURTH WEEK

DAY& DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME
Day-1	Taking details of food what they are taking daily	Taking the natural food leads to good health
Day-2	The information about their daily activities	Yoga makes man perfect healthy person
Day-3	Checking the surroundings of the community	Cleaning the surroundings gives good health
Day-4	Gathering their information about their health	Better Hygiene leads to better health
Day-5	Collecting the matter about their personal hygiene	Keep our body clean
Day-6	The information about their health check up	Take health check up twice a month

WEEKLY REPORT

WEEK-4(FROM Dt 23-09-22 to Dt 29-09-22)

Objective of the Activity Done:

To improve hygiene behavior for Good Health

DETAILED REPORT:

In the port of community service, we went “JAMMULAMADUGU” in the 4th week of this project.

If a person have healthy body, no need to go to hospital. If a person have hygiene character, no need to get sick. These are proved in this community.

Ever wondered why some people are always so conscious of their health and hygiene. You should be too. The following reasons will let you know why people are highly conscious of their health and hygiene:

1. We learn about the importance of hygiene from an early age of our lives
2. Hygiene is considered a way of making ourselves more attractive and good looking
3. You would be embarrassed in front of your friends and colleagues, if you look untidy and smell unpleasant because of poor hygiene
4. Poor hygiene can give rise to various health problems.



(a)

(b)

Fig 3.4: Project done in jammalamadugu

ACTIVITY LOG FOR THE FIFTH WEEK

DAY&DATE	BRIEF DESCRIPTION OF THE DAILY ACTIVITY	LEARNING OUTCOME
Day-1	Checking the surroundings of the community	Health will damage if we didn't clean our surroundings
Day-2	Gathering the information about their health in the community	Better hygiene leads to better health
Day-3	Collect the information about their personal hygiene	Maintain the personal hygiene to good health
Day-4	And collecting the information about their Health check up	Health checkup leads to make our health good
Day-5	The information about daily activities	Make sure that our daily activities are good or bad
Day-6	The food what they take daily	Avoid unhealthy food

WEEKLY REPORT

WEEK-5(From Dt30-09-22 to Dt 07-10-22)

Objective of the Activity Done:

In 5th week of community service project, we went to “DOMMARANANDYALA” in the Jammalamadugu.

Good health forms the basic for accomplishing various other tasks in life. Here is how it helps

1. Family life, work, studies. If we have good health then we have capacity to nature our family and maintain our studies better

These all are worked in Dommaranandyala. They leads the Happy and better life becauseof the good health. Health is more important than other things.

Wash your hands: Needless to say, your hands carry a maximum number of germs. Therefore, it is essential for you to keep your hands clean. You should make it a habit of always cleaning your hands with soap or hand wash. You can also wash your hands by using alcohol-based sanitizing gel. It is recommended to wash your hands after visiting toilets, after coughing, sneezing, before preparing food and after consuming it.



(a)



(b)

Fig 3.5: Project done in Dommaranandyala

CHAPTER 4

ACHIEVEMENTS

Details of the Socio-Economic Survey of the Village/Habitation

Questionnaire prepared for the survey

Socio-Economic Survey:

In this community service project, our topic is "Health and Hygiene". We conduct this survey on five weeks. In every week we went to different communities.

At the end of this survey what we observed that is out of 5 villages 4 are hygiene. How to maintain good health some people know it some don't ???

Questions: (For this survey)

1. What is your name? and Gender?
2. Do u have any health issues??
3. What type of food are you taking?
4. What about your surroundings?
5. How do you maintain your diet?
6. How often will you go for health check up?

Describe the problems you have identified in the community

Problems I have identified in the community:

1. Some people didn't take the sufficient food because of their personal problems that cause some unhealthy issues

There are 4 types of hygienes that are

1. Personal Hygiene
2. Environmental hygiene
3. Domestic hygiene
4. Food hygiene

2. Out of these four some people maintain the all hygienes and some doesn't
3. Some people have Environmental hygiene ,domestic hygiene and food hygiene but they didn't have personal. That causes the health issues
4. They didn't maintain the environmental hygiene.
5. All people make their food good,clean the house and keep personal hygiene good.but they didn't take care about environment

Short – term and long term action plan for possible solutions for the problems identified and that could be recommended to the concerned authorities for implementation

Hand hygiene compliance at our institution was monitored by direct observation before and after a series of 2 hand hygiene awareness campaigns across an 18-month time period to analyze the effect of these campaigns. A total of 5,059 opportunities for hand hygiene were observed. Compliance increased from 28.1% (95% confidence interval [CI], 18.7%-43.2%) to 42.5% (95% CI, 30.7%-54.8%) after the 2 campaigns ($P < .0001$) but dropped to 36.4% (95% CI, 30.5%-44.5%) after 2 years ($P < .001$). Three of the 8 intensive care units that showed a significant increase after the campaigns did not maintain the increased compliance at 2 years' follow-up.

We conclude that educational programs should be repeatedly conducted to maintain high adherence to hand hygiene standards in health care settings.

In simple terms, health refers to a person's physical, emotional and psychological well-being. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.

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

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.

Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help you and the people around you prevent illnesses. They can also help you feel good about your appearance.

Learn more about why hygiene is so important, the best ways to practice it, and how you can change your habits to make yourself feel and look better.

What are the problems of personal hygiene?

Hygiene-related Diseases

- Athlete's Foot (tinea pedis)
- Body Lice.
- Chronic Diarrhea.
- Dental Caries (Tooth Decay)
- Head Lice.
- Hot Tub Rash (Pseudomonas Dermatitis/Folliculitis)
- Lymphatic Filariasis.
- Pinworms.

Report of the mini-project work done in the related subject w.r.t the habitation\ village

For centuries society has seen that good hygiene and health saves and improves lives. Research and innovation continue to advance knowledge and approaches, but the importance of basic hygiene and health practices and the need for more inclusive societies remains fundamental. This has been even more evident during the pandemic caused by a coronavirus, which causes an infectious disease (COVID-19).

In the first theme, Hygiene and health saves and improves lives, findings and cases underline the importance of basic hygiene and good health for all, particularly to avoid infections such as healthcare-associated infections (HAIs) and viruses such as the one that causes COVID-19.

In the second theme, More inclusive societies, research and testimonials highlight how important it is to break barriers on social norms surrounding menstruation and incontinence. It also stresses the importance of a person-centered approach and underlines the opportunities that innovation and digitalization brings, in order to ensure that large groups of people can participate fully in society.

Since it is vital to put insight into action, Essity and WSSCC also provide policy makers with a set of Calls for actions on how hygiene and health can save and improve lives and Calls for action on more inclusive societies to help overcome the hygiene and health challenges and build on the opportunities addressed in the report.

CHAPTER 5

CONCLUSION AND INFERENCES

Good personal hygiene is one of the best ways to protect oneself from getting illness. 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 illness commonly spread through viruses and bacteria

This is the topic about "HEALTH AND HYGIENE". Every person must follow health and hygiene rules to have long life

If a person have healthy body, they don't need to go to hospital. If a person have Hygiene character they no need to get sick. Health and Hygiene is a basic thing for Humans. Hygiene refers to maintaining good health through practices that focus on cleanliness

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Websites:

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Community Service Project Video Link:

<https://www.youtube.com/watch?v=4neOOAIsGAE>