

Visvodaya Government Degree College::Venkatagiri::Tirupati Dist.
Community Service Project
2021-2022



A Study on
Health and Hygiene



Report Submitted by

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CERTIFICATE

This is to certify that Miss.SK.Alveena Sulthana, II B.Sc (MPCs), Register No:203161028 student from Visvodaya Government Degree College, Venkatagiri has done her Project work titled "Health and Hygiene" for a period of two weeks from 08.06.2022 to 20.06.2022 as part of curriculum under Community Service Project in IV Semester for the academic year 2021-2022.

We have noticed that, during the period, she has shown keen interest in her assignments and also regular in attendance.



20.06.2022

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Acknowledgment:

I am very glad to be a part of Community Service Project. I learned many things through this project. I would like to express my heartfelt gratitude to the college Principal Dr. K.Aruna sir and Project guide Sri N.Nagaraj sir for their guidance and cooperation to complete this project. I would like to thank my brother who assisted me in completing the project.

Community Service Project
Health and Hygiene

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Abstract:

For every human being clean drinking water, sanitation and healthy hygiene practices are important to maintain healthy life. In many countries around the world, especially underdeveloped and developing countries, access to safe drinking water and hygienic sanitation facilities are not satisfactory till now. Health and hygiene status of a population group is one important indicator of human development. It is largely depends upon the physical quality of environment of a region. This project *Health and Hygiene* is an attempt to analyze the status of cleanliness and sanitation, water supply and personal hygiene practices at ward level in the town.

The data were collected in the 9th Battalion, Venkatagiri municipality from 20 households and one adult respondent was selected from each household for survey. The data collected through a questionnaire by observation and interview method. The analyzed data report is given in the form of Pie graphs and as part of community service project an awareness programme on Health and Hygiene conducted in the ward.

Objectives of the study:

- To understand existing water and sanitation related hygiene practices in social, economic and physical contexts.
- To provide the study with training and experience of a systematic assessment of hygiene practices.
- Awareness of the environmental conditions around us.
- The goal of do a study on personal hygiene is to keep our body healthy and the space we live and work in clean and germ- free.
- The purpose of this study is to bring to people the benefits and the ways of promoting environmental sanitation in the prevention of diseases.
 - To create awareness on how to disposed waste matter
 - To encourage personal cleanliness.
- The overall purpose of hygiene and sanitation program is to improve hygiene behaviors and encouraging effective community management of sanitation and water sources to reduce diseases like diarrheal disease, typhoid, malaria etc.

Health and Hygiene

Introduction:



Cleanliness is one of the most important practices for a clean and healthy environment. It may be related to public hygiene or personal hygiene. It is essential for everyone to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor maintenance of hygienic conditions.

- The habits which are learnt or followed at a young age get embedded into one's personality. One should start to follow certain habits like washing hands before meals, regular brushing of teeth, and bathing from the young age.

- It is essential to follow certain good practices like keeping our surroundings clean, avoiding littering in public places, refraining from spitting on the road, and many more good habits.

- Awareness of the Cleanliness and Personal Hygiene is the need of the hour in our country where the diseases like Dengue fever, swine flu, malaria, chicken fox and jaundice are fast spreading. People should realise the importance of cleanliness and personal hygiene to prevent themselves from these diseases.

Need for Cleanliness:



Cleanliness is essential for all to lead a healthy life. It is an important ethic of sound living. It is also a state of mind and heart that involves our morals and worship.

Unfortunately, today many adults themselves do not set very good examples of cleanliness. In fact, habits like smoking, chewing tobacco and betel leaves, and spitting on roads and sidewalks are very common in our society. Many public places used for defecating are left messy and stinking, leading to many diseases.

Litter on roads, polluted water bodies and poor sanitation make the public places as breeding grounds for pests. Rats, mice, cockroaches, flies, and mosquitoes serve as hosts for transmitting disease among us. Lack of hygiene is an open invitation to infectious disease.

A healthy environment is necessary if we want to live healthy. If the environment is dirty, it affects the health of the people living around. We can lead a healthy life by means of having clean and hygienic environment. It is the responsibility of each and every human being to maintain certain hygienic standards and cleanliness for a clean and healthy environment.

It is important to keep ourselves and our homes clean otherwise we could get ill and our homes would attract mice and rats as well as other pests.

Cleanliness in Educational Institutions:



- Educational Institution is a place where one can learn so many things. It helps the students to grow up into a responsible person. Every day the students spend a lot of time in institution for learning and playing.
- Today, some institutions grounds are full of litter and debris that they resemble a garbage dump more than a place to play or exercise. Students should help to keep them clean and beautiful. They should be role model for others to keep cleanliness.
- Recycle bins must be placed at various places in schools to promote recycling of waste among students, teachers and other employees. Students in the institution can be encouraged to put waste in appropriate bins so that they develop a habit of disposing of waste properly.
- Cleanliness, Personal hygiene, Good sanitation provides a clean institution environment for the students to keep them in good health and safe.

Rules to be followed to maintain the cleanliness in Educational Institution:

Dos and Dont's:

1. Put the waste materials in the appropriate dust bin in order to dispose the waste properly.
2. Take care to use the institution properties such as Chairs, tables, duster and chalks properly.
3. Keep the class room and institution premises clean.
4. Maintain personal hygiene properly.
5. Maintain the toilets clean and hygienic.
6. Don't throw the papers, chalks or any other waste materials in the class rooms and ground.
7. Don't break the institution properties
8. Don't write on the walls of the institution
9. Don't pluck the flowers and leaves from the institution garden.
10. Don't use non recyclable plastic packets and plastic cups

Cleanliness in Homes:



Within the home dust mounts up incredibly quickly and that can leave an allergy sufferer in a lot of distress. So we need to clean to get rid of the dust.

In our homes, if we leave waste food without cleaning it, would attract pests into the home which could potentially give health problems to us because pests usually are dirty and they can pass various things onto us.

Don't dump the waste materials in the house as it leads heap of garbage which ultimately become the breeding ground of pests and rats.

Adequate toilet facilities are to be provided in the houses and proper maintenance of them should be ensured to avoid the diseases.

Don't leave the water to be stagnated in the house premises or on the roads nearby the house .

Cleanliness in Local environments and Public places:



Increase Awareness for Cleanliness

Cleanliness in local environments is one of the most important ways to prevent diseases. As the cleanliness of the house is necessary, similarly cleanliness of local surroundings is also necessary.

If a person defecates, urinates or spits in an open place, the passersby might step on it. Small children might play with it unknowingly. Flies might sit on it. Then they might sit on the exposed food. It can cause diseases such as diarrhea and cholera.

To prevent the spread of disease, we should have proper toilets with flush system in our houses. This system keeps the toilets clean and free from piles, and foul smell. Urine and stool should never be passed near source of drinking water.

If we throw garbage in the open, then flies and mosquitoes sit on it and spread germs. For disposing garbage we should not throw garbage here and there. Dustbin should be emptied at proper places, made for the purpose by the municipal authorities.

In rural areas, we can use a compost pit for disposing garbage. The garbage of the house should be put in a dustbin and then put in the compost pit. The opening of the pit should be kept covered. After a few months garbage will decay. Then this can be used as manure in the field.

Polluted water of the houses should not be allowed to flow into the open space outside. For this, drains should be built and covered. Waste water can be used in the house garden. Disposing waste water for a 'soak pit' can be made.

Personal Hygiene:



One of the most effective ways of protecting ourselves and others from illness is good personal hygiene. Maintaining good personal hygiene is the first step to good health. Habits such as washing hands and brushing and flossing our teeth will help us to keep bacteria, viruses, and illnesses at bay.

Practicing good body hygiene also helps us to feel good about our self, which is also important for our mental health. Proper personal hygiene is essential for social interactions and respect in the professional arena as people who have poor hygiene (body odor, bad breath, etc) often are seen as unhealthy and may face discrimination.

Public Hygiene and Sanitation:



Use protected drinking water facilities:

Protected drinking water facilities are to be provided to public in order to maintain public hygiene. If the drinking water is contaminated, it leads to the cause of water borne diseases such as cholera, typhoid, hepatitis. If the water facilities are poor in such cases one should use the packaged drinking water or they can carry the water in water bottles along with them.

Use the Public toilets properly:

One of the most important practice to maintain public hygiene is use of public toilet facilities when you go to public places such as Bus stand, Railway station , Park and Beach etc. Don't use the open toilet for urination or defecation. After using the toilets, pour water to clean them.

Eat only the food in the protected environment:

After cooking the food, the food should be kept in a closed environment so that to avoid flies and other insects to sit on the food. When you buy food items from the shops or restaurants, you should buy the food in the protected environment.

Wash your hands every time you come indoors:

If you use public transport, chances are that you have come into contact with surfaces that were touched by several other people. Make sure that you wash your hands with soap.

Wash your socks:

This is important not only for your personal health but it is also in general public interest. As you move around, your socks accumulate a lot of dust and bacteria.

Use a cloth or tissue paper while you are sneezing or coughing:

When you are sneezing or coughing, the germs are spread on the open air and leading infections to others. Therefore, carrying wet tissue paper or handkerchief while you are commuting and close your mouth or nose with handkerchief or tissue paper while you are sneezing or coughing.

Treat skin infections in time:

Skin infections, if ignored, tend to aggravate and spread all over the body and it may spread to others also.

Visvodaya Government Degree College,
Venkatagiri:Community Service Project:
Health and Hygiene

Survey on Cleanliness, Sanitation and Personal Hygiene (Academic Year 2021-2022)

Part I : Survey on Cleanliness and Sanitation



1. Name of the student

2. Class

Mark only one oval.

[B.SC](#)(MPCS) Second semester

[B.SC](#)(MPCS) Fourth semester

3. Name of the Respondent

4. Age

5. Address(Ward NO ,[H.NO](#), Street, Village/Panchayat/ Mandal, and District)

6. 1. How do you feel that the cleanliness in your local environment ?

Mark only one oval.

- Good
- OK
- Bad
- Very Good

7. 2. What kind of wastes do you find in your local environment ?

Mark only one oval.

- Human feces
- Animal feces
- stagnation of wastes
- all of these

8. 3. How many times in a week, the street dust bins are cleaned in the streets?

Mark only one oval.

- Daily
- Weekly
- Twice in a week
- Alternate days

9. 4. How the waste materials are collected ?

Mark only one oval.

- Both disposable and non disposable waste materials are collected in one dust bin
- Different dust bins are used to collect disposable and non disposable wastes
- No dust bin is available in the street
- Waste materials are collected from the house

10. 5. Where do you get drinking water for your house ?

Mark only one oval.

- Municipal tap
- Bore well
- Pond
- Well

11. 6. What form of drinking water are you using?

Mark only one oval.

- Boiled water
- Filtered water
- RO Treated water
- Original form

12. 7. Where will you keep the water and cooked food?

Mark only one oval.

- Open environment
- Protected environment
- Semi protected environment

13. 10. Which of the following diseases are spread by not maintaining cleanliness and hygiene.

Mark only one oval.

- Cholera
- Hepatitis B
- Dengue
- All of these

**Health and
Hygiene**

Survey on Cleanliness, Sanitation and Personal Hygiene (Academic
Year 2021-2022)

Part II : Personal Hygiene



14. 1. Washing hands using....

Mark only one oval.

- Warm Water
- Running water
- Soap

15. 2. Brushing teeth twice a day

Mark only one oval.

- Frequently
- Sometimes
- Never

16. 3. cut the nails regularly

Mark only one oval.

Frequently

Sometimes

Never

17. 4. 80% of communicable diseases are transferred by touch

Mark only one oval.

True

False

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Google Forms

Project: Health and Hygiene

Surveyed Place Address: Ward no.1, 9th Bettalion, venkatagiri, Tirupathi Dist

Number of Houses Surveyed: 20

Name of the student	Class	Name of the Respondent	Age	Address(Ward NO ,H.NO, Street, Village/Panchayat/ Mandal, and District)
Sk. Alveena Sultana	B.SC(MPCS) Fourth semester	k.lakshmi prasanna	28	Ward no.1,H.no-10-13, block 1,9th Bettalion, venkatagiri, Tirupathi.
		S.Bhavani	25	Ward-1,H.no-35, block 1,9th Bettalion, Valivedu, Venkatagiri, Tirupathi.
		M.Vijaya	46	Ward-1,H.no-12, block -1,9th Bettalion, Vallivedu, Venkatagiri, Tirupathi.
		P.Emambi	24	Ward-1,H.no-15, block -1, Vallivedu, Venkatagiri, Tirupathi
		R.Rudra	37	H.no-70, block -1,9th Bettalion, Vallivedu, Venkatagiri, Tirupathi.
		V.Charitha	24	H.no-68, block -1, 9th Bettalion,Vallivedu, Venkatagiri, Tirupathi.
		V.Sasi Menaka	43	H.No-67, block -1, 9th battalion,Vallivedu, Venkatagiri, Tirupathi.
		P.Kusuma	30	H.no-61, block -1,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		Sk .Mobeen Taj	39	H.no-62, block -1,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		S.pollaAmma	50	H.no-57, block-1,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		B.Lavanya	29	H.no-04, block -1, street -1,9th Bettalion, Vallivedu, Venkatagiri, Tirupathi.
		B.Sada Nandam	37	H.no-5, block -1, street -2,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		P.Navanithamma	56	H.no-20, block -1, street -2,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		B. Nilema	30	H.no-10, street -1, block -1,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		V.Bharathi	45	H.no-56, block -1, street -3,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		A.krupa	30	H.no-97, block -2, street -5,9th battalion, Vallivedu, Venkatagiri, Tirupathi.
		B.Murthi	36	H.no-96, block -2, street -5, Vallivedu, Venkatagiri, Tirupathi .
		R.Tulasi dhas	39	H.no-70, block -1, street -4, Vallivedu, Venkatagiri, Tirupathi.
		G.Sawthi	35	H.no-33, block -1, street -2, Vallivedu, Venkatagiri, Tirupathi.
		D.Padmavathi	45	H.no-48, block -2, street -6,9th battalion, Vallivedu, Venkatagiri, Tirupathi.

Visvodaya Government Degree College, Venkatagiri:Community Service Project
Project Report Analysis

Project: Health and Hygiene

Name of the Student: SK.Alveena Sulthana

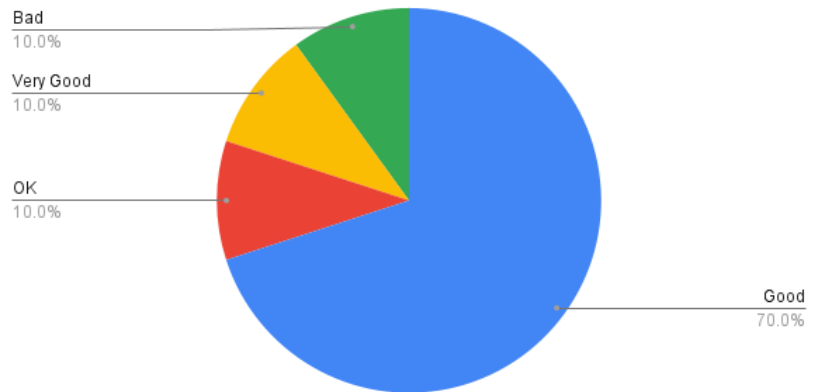
Surveyed Place Address: Ward no.1, 9th Bettalion, venkatagiri, Tirupathi Dist

Number of Houses Surveyed: 20

Part I: Survey on Cleanliness and Sanitation

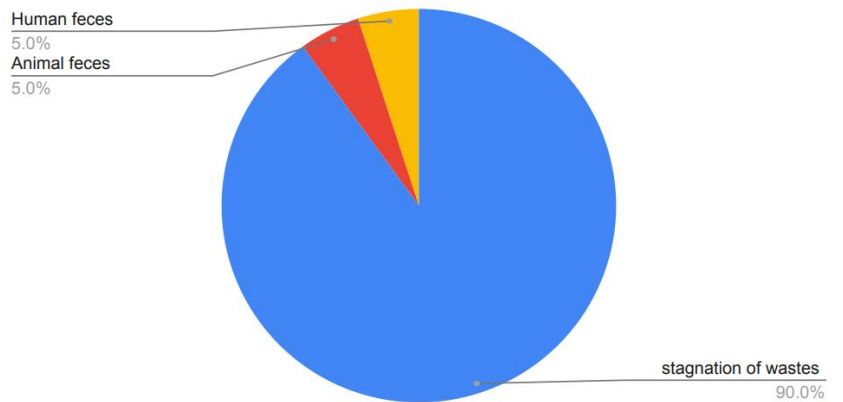
Question: 1

Count of 1. How do you feel that the cleanliness in your local environment ?

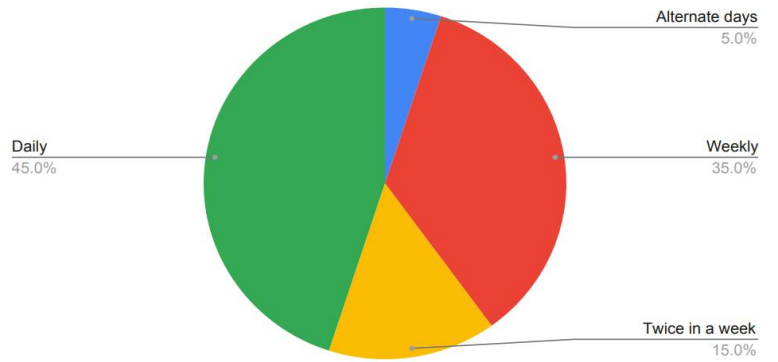


Question: 2

Count of 2. What kind of wastes do you find in your local environment ?

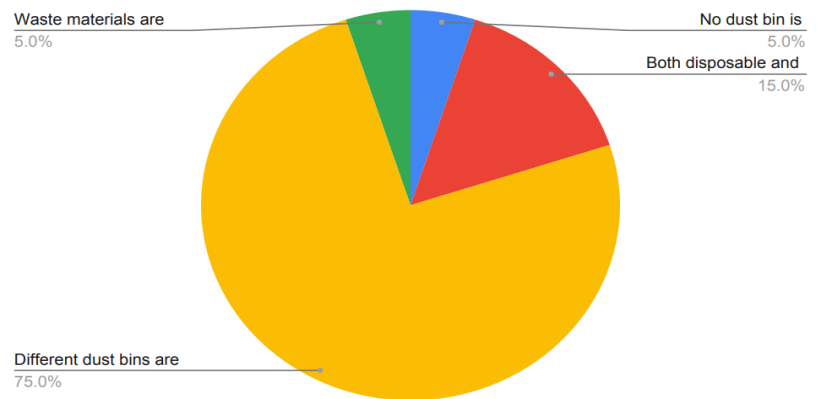


Count of 3. How many times in a week, the street dust bins are cleaned in the streets?



Question: 3

Count of 4. How the waste materials are collected ?



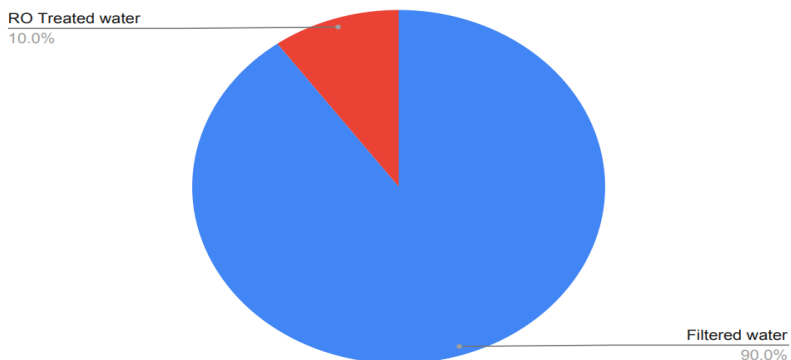
Question: 4

Question: 5 Where do you get drinking water for your house?

Municipal Water (100%)

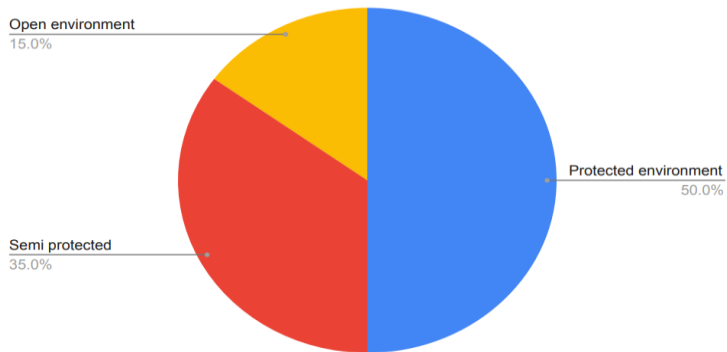
Question: 6

Count of 6. What form of drinking water are you using?



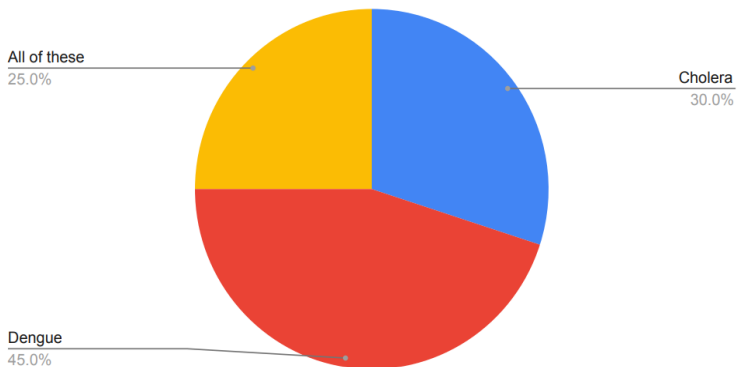
Question: 7

Count of 7. Where will you keep the water and cooked food?



Question: 8

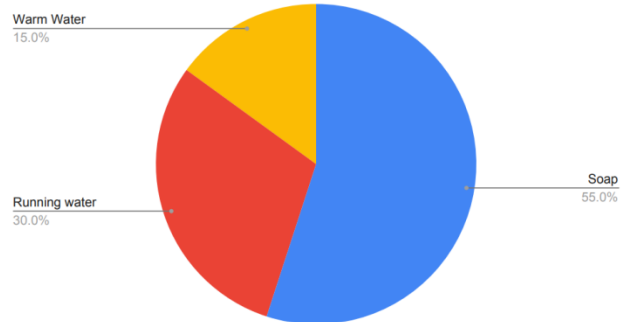
Count of 8. Which of the following diseases are spread by not maintaining cleanliness and hygiene.



Part: II: Personal Hygiene

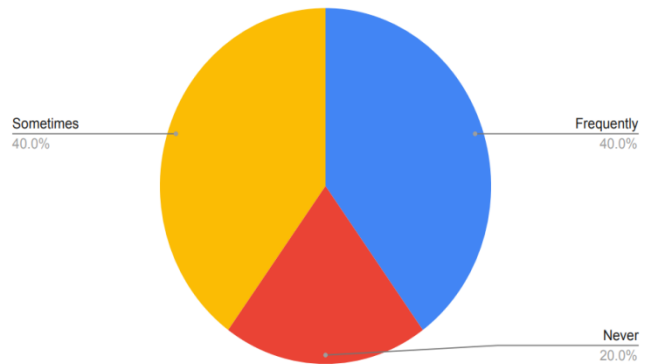
Question: 1

Count of 1. Washing hands using....



Question: 2

Count of 2. Brushing teeth twice a day

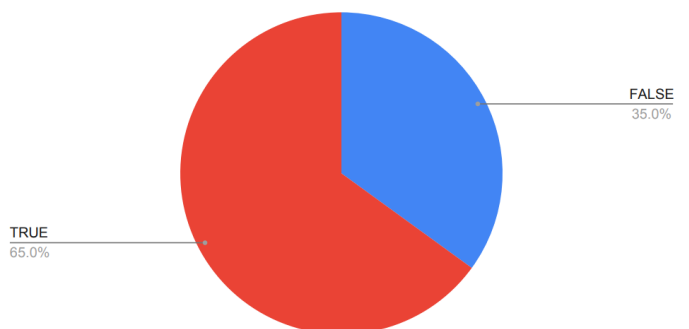


Question 3: Cut the nails regularly?

Frequently(100%)

Question 4:

Count of 4. 80% of communicable diseases are transferred by touch



Conclusion:

As part of a community service project, a survey on **Health and Hygiene** has done in the 9th Battalion, Venkatagiri municipality from 20 households and one adult respondent was selected from each household for survey and found that;

- 70% of people reported having a good environment around them.
- However, the people reported that there were different forms of stagnation of wastages around them.
- 100% of people say that they use only municipal tap water.
- Most people are using filtered systems for drinking water.
- Only 50 percent of people store their cooked food in a good environment.
- 45% of people say that diseases like dengue is spreading due to the unhygienic environment around them.

As part of survey on personal hygiene:

- 55 percent of people use soap, 15 percent hot water and 30 percent running water to clean their hands.
- Only 40 percent of people clean their teeth twice a day.
- People have been informed that various diseases are caused due to hand uncleanliness.

Community Service Project Health and Hygiene

SK.Alveena Sulthana, II B.Sc(MPCs), Regd. No. 203161028



Community Service Project Health and Hygiene

SK.Alveena Sulthana, II B.Sc(MPCs), Regd. No. 203161028



PROJECT AWARENESS CAMPAIGNING
- POSTER



Wash
YOUR
HANDS!