

**GOVERNMENT DEGREE COLLEGE
PADERU, ALLURI SITARAMA RAJU DIST-531024.**



COMMUNITY SERVICE PROJECT

2022 - 2023

GOVT DEGREE COLLEGE
PADERU-531024

PROJECT WORK

NAME OF THE STUDENT : KORRA RAM KUMAR
GROUP AND YEAR : 1ST B.COM.(VOC)
ROLL NO : 121125404020
TOPIC : FOOD HABITS
NAME OF THE MENTOR : Dr. E.V.JAYA LAXMI GARU

DEPARTMENT OF HISTORY



ACKNOWLEDGEMENT :-

We must acknowledge the power of food. Both the Good, And the Bad, in order to have a Healthy Relationship with Food.

Acknowledgement that certain food can be addictive. In order to heal the body and maintain optimal health we must avoid these foods. Certain foods can bind to opioid-receptors in the brain making them addictive. Common addictive foods are high sugar foods, refined and food containing gluten, and dairy.

The power in healthy eating. Whole foods contain nutrients. When you supply your body with the nutrients it needs to thrive you will feel amazing. This is because our body is made of and runs on nutrients. When you eat a nutrient-dense diet, you're giving your body the tools it needs for great health. In return your body rewards you with energy and vitality.

main meal consist of a food and prepared

food preparation includes but is not limited to cooking. main article: Cooking
Cooking or Cookery is the art.

The main dish is usually the heaviest, heartiest, and most complex or substantive dish on a menu. The main ingredient is usually meat or fish; in vegetarian meals, the main course sometimes attempts to mimic a meat course. It is most often preceded by an appetizer, soup, and/or salad, and followed by a dessert.

meal :-

A meal is an eating occasion that takes place at a certain time and includes prepared food.

meals occur primarily at homes, restaurants, and cafeterias, but may occur and be anywhere.

INTRODUCTION :-

Eating habits are defined as "Conscious, collective, and repetitive behaviours, which lead people to select, consume, and use certain food or diets, in response to social and cultural influences".

Food, substance consisting essentially of protein, carbohydrate, fat, and other nutrients used in the body of an organism to sustain growth and vital processes and to furnish energy.

The absorption and utilization of food by the body is fundamental to nutrition and is facilitated by digestion.

The term food habit refers to why and how people eat, which foods they eat, as well as the ways people obtain, store, use, and discard food. So, the habit of an individual to eat a particular type of food items commonly is called food habit.

In contrast, modern eating is defined by the use of time-saving food preparation equipment such as microwave ovens, physician assistant and health assessment and education of patients.

Breakfast :- the most important of the day?

Abstract :- Stating the obvious, we typically eat different food at different times of the day while much of this variation is likely down to cultural factors, the dietitians also have plenty to say on the matter of what we should be eating and drinking when, in order for instance, to be lose weight, or else to help enhance our Cognitive performance during the course of the day.

introduction :-

Breakfast is often described as the most important meal of the day, providing as it does sustenance and energy (i.e., calories) for whatever activities lay ahead.

According to the latest evidence, we should all be aiming to consume around 15-25% of our daily energy intake at breakfast.

- 25 Foods I want to Avoid According to this :-

While every person has a completely different body and foods they might negatively react to, there are some foods out there that are still worth trying to generally avoid we're talking about the ones that either don't offer much nutritional value for our body.

1) Fruit Canned in Syrup :-

The reason this type of fruit is so yummy is sugar, and more sugar. That said, if you like the convenience of canned fruit, here's some good news.

2) Vegetable Shortening :-

For bakers out there, that shortens might be causing your pastries and cakes more harm than good. That's because vegetable shortening contains hydrogenated for our oils.

QUESTIONNAIRE :-

Eating and dietary habits questionnaire template:

- * How many times a day do you eat?
- * please answer the following according to your particular eating habits?
- * What meal would you consider to be your main meal of the day?
- * What does your main meal consist of - and how is it prepared?
- * Have you been avoiding some foods for health reasons?
- * What is your weekly food intake frequency of the following food categories?
- * What percentage of your regular diet consists of meat and meat products?
- * How much of your diet consists of - vegetables and non-animal products?
- * Do you or have you never had cholesterol problems?
- * Do you know your current BMI (body mass index) index?

Types of vegetarian diets :-

When people think about a vegetarian diet, they typically think about a diet that doesn't include meat, poultry or fish.

* Lacto-vegetaria :- diets exclude meat, fish, poultry and eggs, as well as foods that contain them. Dairy products such as milk, cheese, yogurt and butter, are included.

* Ovo-vegetaria :- diets exclude meat, poultry, seafood and dairy products, but allow eggs.

* Lacto-ovo vegetaria :- diets exclude meat, fish and poultry, but allow dairy products and eggs.

* Pescatarian :- diets exclude meat and poultry, dairy, and eggs, but allow fish.

* Vegan :- foods that contain these products.

Crops :-

A crop is a plant or plant product that can be grown and harvested for profit or subsistence. By use, crops fall into six categories: food crops, feed crops, fiber crops, oil crops, ornamental crops, and industrial crops.

Types of Crops :- the right choice for maximum profit.

Agriculture was a major activity of primitive people alongside hunting, once they discovered fire and realized that grain tasted better when cooked. There are three significant reasons for that.

1. For foodies, various types of crops provide abundant gastronomic diversity.
2. For meat-eaters, forage species support - Cattle or livestock farming needs.
3. For vegetarians, plants are the key source of nutrition.

GOVT.DEGREE COLLEGE, PADERU

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar

Group : B.Com (VOC) 1st year

Registration Number: 121125464020

Date & Day	Activity Done	Signature of the Student
	Today I am going to cheedi puttuvillage. I am meet by K. Tulasamma akka about the question.	K. Ram Kumar
	1) what are the crops are plants or products you harvest you are the most? Crops :- crops are plants are products made from plants that are grown and harvested for subsistence or for profit.	
	Examples :- potato, tomato, brinjol, onion, garlic, lady's finger, califlower, pumpkin etc.	
	Grains, such as corn wheat and rice are, the worlds most popular food crops, food crops were the first crops to be harvested through.	


Signature of the Mentor

GOVT. DEGREE COLLEGE, PADERU

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar

Group : B. Com (Voc)

Registration Number : 121125404020

Date & Day	Activity Done	Signature of the Student
14-06-22	<p>TOPIC: <u>FOOD HABITS</u></p> <p>1) What are the crops you harvest the most?</p> <p>* Grains, such as corn, wheat, and rice are</p>	K. Ram Kumar
	<p>* the world's most popular food crops.</p> <p>* food crops were the first crops to be harvested through</p>	K. Ram Kumar
	<p>* agriculture development and the growth of civilizations led to the diversity of other types:</p>	K. Ram Kumar
	<p>* for vegetarians, plants are the key source of nutrition so the more types.</p>	K. Ram Kumar


Signature of the Mentor

GOVT. DEGREE COLLEGE, PADERU

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar

Group : B.Com(Voc)

Registration Number : 121125404020

Date & Day	Activity Done	Signature of the Student
15-06-22	2) What food habits do you have? * Most of the time, health goals relate to our eating habits.	K. Ram Kumar
	* When we want to lose our belly fat, we have to change the way we eat.	K. Ram Kumar
	* There are 5 good eating habits which will help us to - achieve our health goals.	K. Ram Kumar
	* When it Comes to health, we often have fitness and food.	K. Ram Kumar


Signature of the Mentor


GOVT. DEGREE COLLEGE, PADERU

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar
 Group : B. Com (VOC)
 Registration Number : 12-112-5404020

Date & Day	Activity Done	Signature of the Student
16-06-22	3) How many times a day do you eat? * So how often - should you be eating the theory: Nutrition	K. Ram Kumar
	experts tend to recommend eating 3 balanced meals (350 to 600 Calories each) and 1 to 3 -	K. Ram Kumar
	Snacks per day * (Between 150 and 200 Calories each).	K. Ram Kumar
	* According to many experts, eating breakfast jump starts fat burning	K. Ram Kumar


 Signature of the Mentor

GOVT. DEGREE COLLEGE, PADERU
COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar
Group : B. Com (Voc)
Registration Number : 121125404020

Date & Day	Activity Done	Signature of the Student
17-06-22	4) What meal would you consider to be your main meal of the day?	K. Ram Kumar
	* <u>Breakfast</u> :- + Breakfast is often called 'the most important meal of the day'. and for	K. Ram Kumar
	* As the name - suggests, break fast breaks the overnight fasting period.	K. Ram Kumar
	* it replenishes - levels and alertness, while also providing other essential nutrients required.	K. Ram Kumar


Signature of the Mentor

GOVT. DEGREE COLLEGE, PADERU

COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar

Group : B. Com (Voc)

Registration Number : 121125404020

Date & Day	Activity Done	Signature of the Student
19-6-22	5) What does your main meal consists of and how is it prepared? * <u>Explanation</u> : food preparation includes	K. Ram Kumar
	but is not limited to cooking. Cooking main article Cooking and Cookery is the art.	K. Ram Kumar
	* A meal is an eating occasion that takes place at a certain time and includes prepared food.	K. Ram Kumar
	* the names used for specific meal in English vary. the time of day or the size of the meal.	K. Ram Kumar


Signature of the Mentor

GOVT. DEGREE COLLEGE, PADERU
COMMUNITY SERVICE PROJECT

LOG BOOK

Name of the Student : K. Ram Kumar
Group : B. Com (Voc)
Registration Number : 121125404020

Date & Day	Activity Done	Signature of the Student
20-6-22	<p>G) Have you been avoiding some foods for health reasons?</p> <p>* 25 Foods you may want to Avoid, According to Registered</p>	K. Ram Kumar
	<p>Dietitians; 1 fruit Canned in Syrup.</p> <p>* pickled Apricots (Selective focus). Avoiding certain - food can be hard.</p>	K. Ram Kumar
	<p>* Avoiding Certain food can be hard, especially when they are specifically designed to taste so good.</p>	K. Ram Kumar
	<p>* In fact, what's deemed "bad" for you might be totally different than "bad" for someone else.</p>	K. Ram Kumar

Signature of the Mentor





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New Build

Paderu, Andhra Pradesh, India

3MJF+HXW, Paderu, Andhra Pradesh

531024, India

Lat 18.081762°

Long 82.674226°

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Unnamed Road, Paderu, Andhra Pradesh

531024, India

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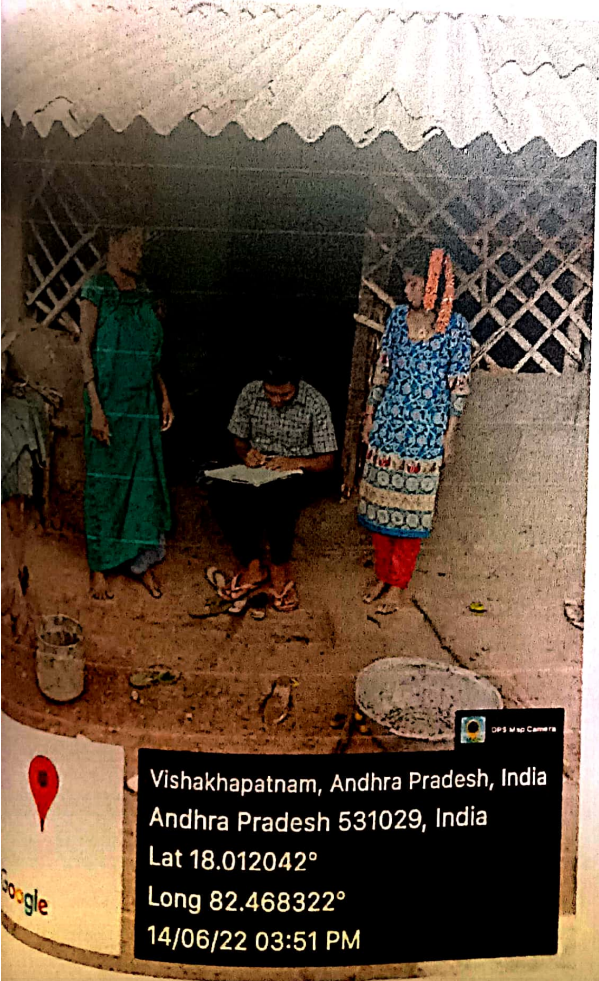
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Vishakhapatnam, Andhra Pradesh, India
Andhra Pradesh 531029, India
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ANALYSIS :

Abstract :

Background :- obesity and overweight affect a large proportion of the world's population. increasingly, this problem can be observed among young adults. The aim of the study was to identify the motivations and barriers to healthy eating habits among poles, the relationship.

Method : The method used in the research was a diagnostic survey using direct personal interviews. The research was conducted in the year 2016-2019 on a group of 399 young poles aged 18-26.

Conclusion :- The main reasons for healthy eating among young poles are the intent to follow a doctor's recommendations, to lose weight and to live a healthy lifestyle and to follow a trend.

Keywords :- eating habits, young adults, poles, obesity, overweight, barriers, motivations, education, body composition analyzer.

BMI (Body mass) :-

Embark on a holistic journey of healthy weight loss with Wooty's Curated programs. Call now. Chennai's best weight loss clinic - flat 50% off on most advanced weight.

Take your first step towards healthy living :-

Every body is unique and so is every one's weight loss needs. Our tailor made weight loss programmes are designed specifically for each client and our dieticians support throughout the programme to ensure your result are our prime goal. with 97% success rate, we boast to be best in weight loss.

Exercise :-

our trainer's make your work-out fun - Trampolines and dances. no boring weights and treadmills.

CONCLUSION:

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. Left to their own devices, children will not automatically select healthy foods.

So, in conclusion, food is one of the basic necessities of human, therefore, there should not be such problem that can cause serious health issue to protect consumer right.

Conclusion on food and health are as follows Good nutrition facilitates not only sufficient physical fitness and less susceptibility to disease but possesses also been-illustrated to provide for mental growth and educational achievement.

Food webs are important because it helps us to understand how each species is interconnected and reliant on each other. A fragile balance, and if one thing is changed, the whole ecosystem can easily change.

the theory. Nutrition experts tend to recommend eating 3 balanced meals (350 to 600 calories each) and 1 to 3 snacks per day.

optimal meal frequency - how many meals should you eat per day?

there is a lot of confusing advice about the "optimal" meal frequency.

According to many experts, eating breakfast jump starts fat burning and 5-6 small meals per day prevent your metabolism from slowing down.

Does eating more frequently balance blood sugar levels and reduce cravings?

Eating big meals is thought to lead to rapid highs and lows in blood sugar, while eating smaller and more frequent meals should stabilize blood sugar levels throughout the day.

High cholesterol :-

High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choice, which make it preventable and treatable. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

Symptoms :-

High cholesterol has no symptoms. A blood test is the only way to detect it you have it.

Causes :-

Cholesterol is carried through your blood, attached to proteins. This combination of protein and cholesterol is called a lipoprotein. There are different types of cholesterol, based on what the lipoprotein carries. They are:

* Low-density lipoprotein (LDL):

the "bad" cholesterol,

* High-density lipoprotein (HDL):

the good cholesterol.

Reference

Hector, D., S. Boylan, and A. Lee, Healthy food environment scoping review. 2016, Physical Activity Nutrition and obesity Research group: Sydney Australia.

"Reference food of the diet same food group" means a food which can be substituted in the food to which it is compared, and which belong to the same food group as the food to which it is compared.

ex:- Cheese as a reference food for milk, or chicken as a reference food for a tofu.

The six main classes of nutrients are carbohydrate, fat, protein, vitamins, minerals, and water. For the general population, health professionals suggest that a healthy, balanced diet is one that provides at least 50% of energy from carbohydrate, 35% from fat, and 15% from protein.

Labelling and presentation, and method of sampling and risk analysis.

Food Allergies :-

Food allergies affect approximately 6 percent of children younger than three years of age and 4 percent of adults in the United States. Those percentages may sound small at first, but according to the more than 50 million people suffer from some type of allergy, and food allergies seem to be developing an increasing prevalence in both the United States and other developed countries.

Food Intolerances :-

Unlike an allergy to a food protein, a food intolerance involves non-immune system functions. For instance the lack of a specific enzyme responsible for digesting certain foods,

Symptoms of food allergy can include:

1. Hives
2. Swelling of the throat
- 3) shock

COMMUNITY SERVICE PROJECT

Topic: Cultivated crops
A Case Study On Paderu Mandal
Alluri seetaramaraju District.

Project work submitted to Govt Degree college Paderu
Affiliated to Andhra University, Visakhapatnam

By
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PROJECT WORK GUIDE

Dr.Smt Chandra Kala Sirigiri
Botany



Bachelor of science
Govt. Degree College paderu
Alluri seetaramaraju District

GOVERNMENT DEGREE COLLEGE PADERU

COMMUNITY SERVICE PROJECT DEPARTMENT OF SCIENCE

Name of the mentor: Dr.Chandra kala Sirigiri

Name of the student: B.Dileep Sekhar

Group: 1st Bsc(CBZ)

Year : 2021-22

Registration number: 721125405090


Topic: Cultivated crops




Certificate

Certified that the project work entitled as "Cultivated crops" in agency area of ALLURI SITHA RAMARAJU DISTRICT is a bonafide work carried out by Mr/Miss Name B.Dileep Sekhar in partial fulfillment for the compliance of 1Semister.Project work under the supervision of Dr.Chandra Kala sirigiri lecturer in Botany.

Signature of the subject expert.


Signature of the mentor


Signature of the principal

Govt. Degree College
PADERU-531024
Alluri Sitharama Raju Dist,

Declaration

I hereby declare that the present work in the form of project work, entitled "CULTIVATED CROPS IN AGENCY AREA OF ALLURI SITHA RAMARAJU DISTRICT" is an innovative work carried out by me under the guidance of Dr. CHANDRA KALA SIRIGIRI lecturer in Botany, Government Degree college Paderu for the degree of under graduate and not previously submitted to this or any other University for the award of a degree, diploma, associate ship or any other similar project work.

Date: July, 2022

B. Dilip Selchar
Signature of the student

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AIMS AND OBJECTIVES

Aims:

To make Students experimental learning strategy that integrates meaningfully with instruction, participation, learning and community development.

Objectives:

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

Introduction

In any agricultural operation soil is the utmost importance as it is the cradle for all and plants. In rural areas, the living standards of people mainly depend on agriculture which is often determined by the fertility and productivity of soil. Soil fertility is one of the primary constraints to agricultural production in developing countries like India.

Hence, a comprehensive knowledge of soil fertility provides a better understanding in the current situation and for identifying soil nutrient distribution and trends that geo-statistical analysis methods are most useful obtain the knowledge of characteristics, distribution and variability of soil fertility in a finely and accurate manner for precision farming. These farming operations are vital decision-making process for land use suitability in improving crop productivity.

Therefore the objective of this study was to conduct geo-statistical analysis for spatial distribution and variability of observed values and predicted values through IDW interpolation techniques, for estimating soil, pH, electrical conductivity (EC) and macro-nutrients (NPK) as well as its stands for a site specific management approach in the agriculture fields of paderu mandal, Visakhapatnam district. Andhra Pradesh state, India.

The soil erosion is severe due to its varied and high topography of the land and heavy rainfall received during the monsoon period and less vegetable cover on its upper parts of the hills. The normal annual rainfall is 1258mm and mean annual temperature varies from 24°C to 35°C may is the hottest month and January is the coolest month.

Agriculture is the main source of livelihood of the people living in this area and the people practice shifting cultivation on hill slopes shifting cultivation is locally known as the podu cultivation. The same, were geographically referenced using a hand held GPS in each sampling site.

The existing soil fertility distribution and its status which can guide the users on the amount of fertilizers to be applied for different crops in different areas for more productivity of the study area.

It is essential for growth cell division and growth fruit development and early ripening required for energy storage and transfer constituent of several organic compounds including oils and amino acids.

Generally the phosphorus deficient plants are dark green but the lower leaves may turn yellow and dry up.

Growth is stunted and leaves become smaller.

Crop insurance it is common to see that agriculture horticulture and live stock are not covered by insurance.

As a result farmers incur huge losses in the event of crop natural calamity or disease.

These problems have arisen due to the lack of proper verification in carrying out the estimation of the extent of crop loss and identification of beneficiaries.

The extent of crop loss is usually estimated by sitting at the mandal headquarters.

Due to this practice many households are excluded from the beneficiary list.

Total households in Paderu region earn about half of their incomes from agriculture which is facing a number of challenges. The important among these include high incidence of land alienation, poor access to institutional credit, lower levels of investment, absence of efficient market environment for competitive price discovery, and a lack of an effective extension system.

Importance of Cultivated Crops

Cultivation is carried out to improve soil physical conditions, to allow improved root growth and therefore, to allow improved root growth and therefore tree anchorage, to improve root access to soil nutrients and moisture, and to improve the quality of planting. Also, cultivation removes competing weeds, thereby improving moisture and nutrient availability to planted seedlings; and it provides a surface to which herbicides can be effectively applied.

It is important to determine the optimum technique for ground preparation in any particular field condition, a balance of cost to effectiveness must be achieved; on some sites, eg: sites with heavy weed infestation such as blackberry (*Rubus fruticosus*) or gorse (*Clex europaeus*); it will not be economically possible to establish plantations due to high costs of controlling this type of weeds.

In addition, poor cultivation may increase erosion. Farmers should be aware that preparation equipment can be very specific where heavy work is required; in such a case special care must be taken to minimise erosion.

Soil cultivation should be controlled on all soils of high or very high erosion class, such as silty or granitic soils, and on slopes greater than 15% for the moderate to high erosion class. All cultivation must avoid disturbing flowlines. In areas of very high rainfall cultivation may be undesirable for some moderate and moderate to high erosion class above 15% slope.

Modern agronomy, plant breeding, agrochemicals such as pesticides and fertilizers, and technological developments have sharply increased crop yields, but cause ecological and environmental damage. Selective breeding and modern practices in animal husbandry have similarly increased the output of meat but have raised concerns about animal welfare and environmental damage. Environmental issues include contributions to global warming, depletion of aquifers, deforestation, antibiotic resistance, and other agricultural pollution. Agricultural is both a cause of and global warming, all of which can cause decreases in crop yield. Genetically modified organisms are widely used, although some are banned in certain countries.

History of Cultivated Crops

Agriculture or farming is the practice of cultivating plants and livestock. Agriculture was the key development in the rise of sedentary human civilization, whereby farming of domesticated species created food surpluses began that enabled people to live in cities. The history of agriculture began thousands of years ago. After becoming gathering wild grains beginning at least 105,000 years ago, nascent farmers began to plant them around 11,500 years ago. Pigs, sheep, and cattle were domesticated over 10,000 years ago. Plants were independently cultivated in at least 11 regions of the world. Industrial agriculture based on larger scale monocultures in the twentieth century came to dominate agricultural output, though about 2 billion people still depended on subsistence agriculture.

The major agricultural products can be broadly grouped into foods, fibers, fuels, and raw materials (such as rubber). Food classes include cereals (grains), vegetables, fruits, oils, meat, milk, eggs, and fungi. Over one-third of the world's workers are employed in recent decades, the global trend of a decreasing number of agricultural workers continues, especially in developing countries, where smallholding is being overtaken by industrial agriculture and mechanization that brings an enormous crop yield increase.



Objectives:

- * To learn about the different crops cultivated in the area [padery surroundings].
- * To know about the different methods of cultivation used by the people.
- * To learn about the pesticides used for the crops.

Analysis of Different Crops:

NOTE: Different crops are grown in different methods and their details are given in a table format.

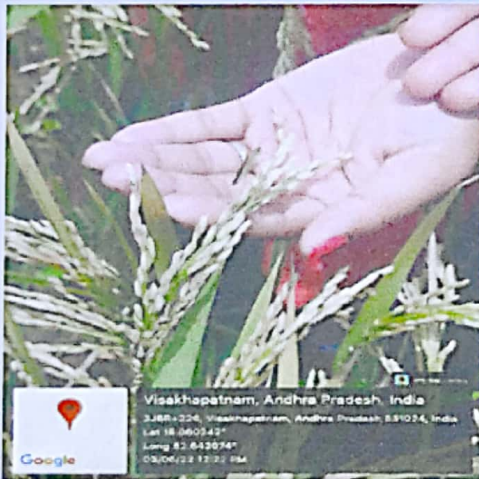
Area	Name of the Farmer	Organic Farming	Pesticides usage	Yield	Investment & Revenue
k. Kottururu	B. Nageswar --a rao.	NO, organic farming is not followed	Pesticides are used. They buy from the shops and spray on the crops.	Approximate yield 200-400 kgs per acre.	They use the seeds which they store. So no investment

Ground Nut

Area	Name of the Farmer	Acres Cultivated	Pesticides usage	Organic farming	Yield	Investment & Revenue
E. Kottavuru	Katani. Laxmi Naidu	2 1/2 or Sometimes 3 acres are cultivated with ground -nut.	No pesticides are used for ground -nut only weeding is done	No organic farming is done in this area.	1000kgs per acre ∴ for 3 acres approximately 2500-3000kgs	If brought in market seeds are 100-120RS per kg. But stored seeds are used for sowing. So no investment. According to the market for 50kg sack of Groundnut rate will be 1000RS or 900RS
D. Chintal - 4 reedhi	Gunta. Kamesh warao.					

Ragi

Area	Name of the Farmer	Acres Cultivated	Pesticides usage	Organic farming	Yield	Investment & Revenue.
E. Kottavuru	Maji. Kondanna	1. acre mostly	Sometimes Pesticides used.	No organic farming but Cowdung is used for few days	1000 kgs per acre	Stored crops are used so no investment. In market Ragi is 20 RS/ kg?

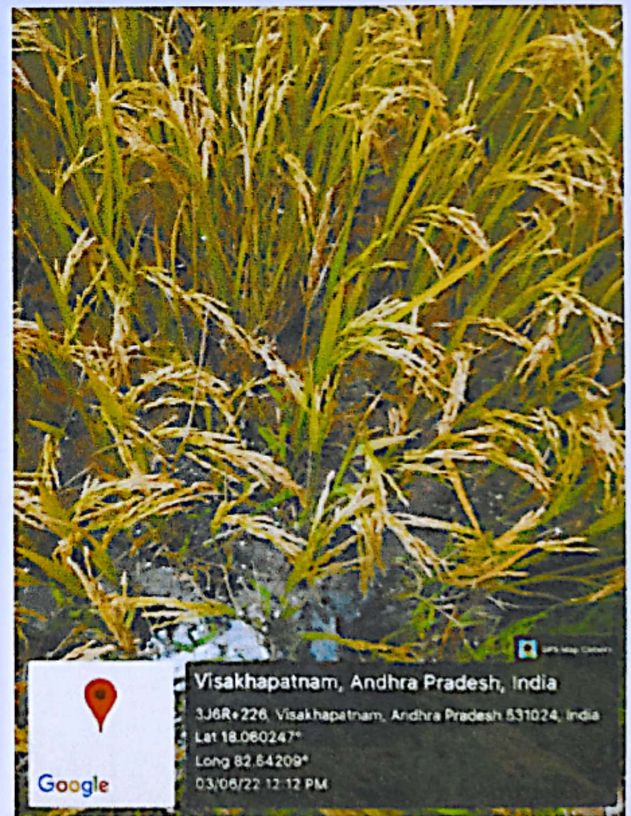
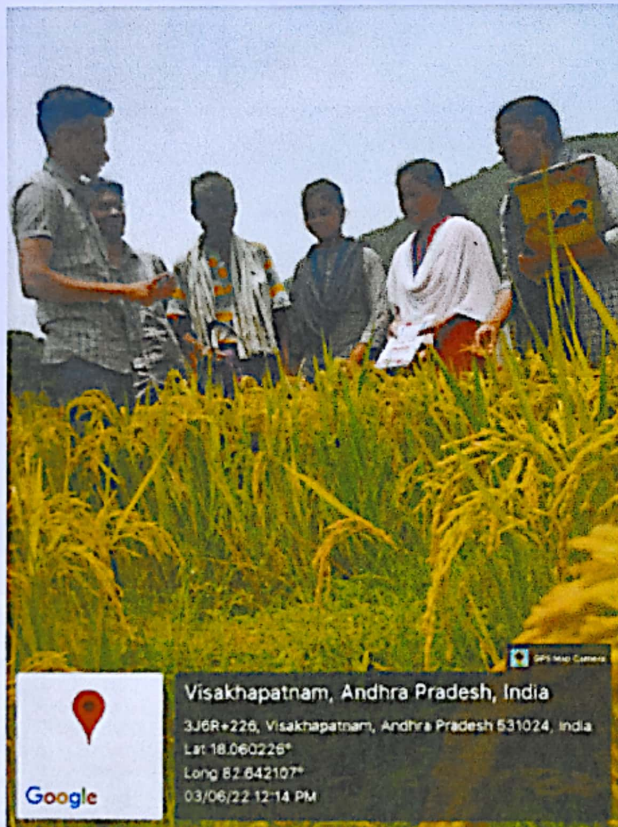
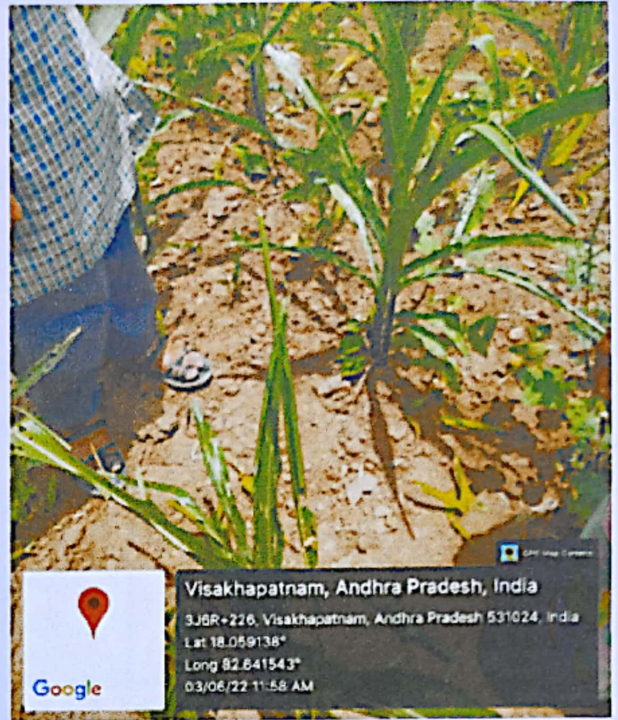
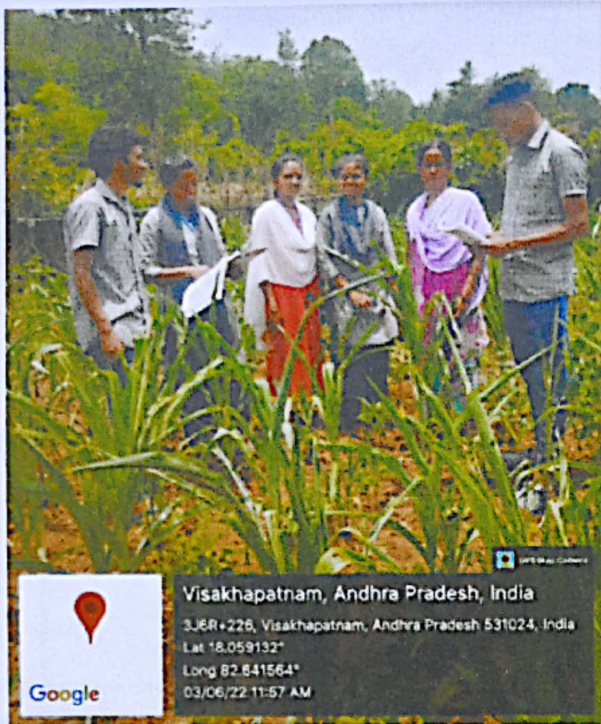


Ginger

Area	Name of the farmers	Acres cultivated	Pesticide usage	Organic farming	Yield	Investment & Revenue.
E. Kothavuru	Majji. Konda - nna	0.50 cents are being cultivated	No pesticides used for this crop	No organic farming. methods used for the crop	—	No investment if we used stored seeds. But brought 10 Rs/kg in the market.

Turmeric

Area	Name of the farmer	Acres cultivated	Pesticides usage	Organic farming	Yield	Investment & Revenue.
E. Kothavuru	Mamthirasi. Ramalingam	50 cents are cultivated	No pesticides are used for the crop. Farm yard manure is used as fertilizers.	They knew organic farming methods but use very less.	—	No investment as the stored crops are used. In market it is 60 Rs per Kg.



Maize


Area	Name of the Farmer	Acres Cultivated	Pesticides usage	organic farming	Yield	Investment & Revenue.
Sukkurupetty	Kuda. Subhadra - mima.	Maize is not grown in acres some 0.25 cents are cultivated.	Pesticides like 15 Fedan 35 EC Is used.	They know organic farming but did not put it into practice.	-	No investment as they used the stored seeds.

Paddy


Areas	Name of the Farmer	Acres Cultivated	Pesticides usage	organic farming	Yield	Investment & Revenue.
Sukkurupetty	Kuda. Pandamma	3 to 4 acres	They use pesticides for paddy.	They use manure for plant. They know organic fertilization		



Vishakhapatnam, Andhra Pradesh, India
Unnamed Road, Andhra Pradesh 531077, India
Lat 18.159448°
Long 82.695326°
07/06/22 08:56 AM



Vishakhapatnam, Andhra Pradesh, India
Unnamed Road, Andhra Pradesh 531077, India
Lat 18.159492°
Long 82.695439°
07/06/22 08:57 AM



Importance of Organic Farming

Only thirty percent of area in India is cultivated with fertilizers where irrigation facilities are available. Farmers use organic manure as a nutrient for their own farms. North-Eastern region of India provides huge resource for organic farming due to low use of chemicals. About 18 million hectares of land is available in the north eastern region of India where people do organic farming.

Organic farming can maintain soil quality. The chemical use is hitting the sustainability in soil and decreasing its potency. Applying organic manure is the only solution to improve the soil organic carbon productivity in the future. There should be a method of large scale conversion of organic agriculture which would decrease food shortage, as the yield of organic system relate to conventional agriculture on an average 10-15% especially in intensive farming manure can be used as an alternative renewable resource for nutrients supply.

Organic farming systems have pest and disease management approach which are largely preventive than reactive. Pest and disease incidence is less in organic farms when compared to conventional farms.

Expected out comes

Learning Outcomes

- To facilitate an understanding of the issues that confronts the vulnerable/ marginalised sections of the society
- Positive impact on academic outcomes such as demonstrated complexity of understanding, problem analysis, problem-solving, critical thinking, and cognitive development

Personal Outcomes

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

Social Outcomes

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

Career Development

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

Design of the study:

Methodology:

- In this study an attempt was made to study the opinions of households on public distribution system
- The investigator introduce to find out the commodities are available at PDS Shops and hurdles for this the investigator developed a structural Questionnaire and collected the information by personal interview with the households who are having ration card by survey report sheets.
- This methodology consists of Data collection, Data analysis, the investigator collect the information through the questionnaire

Conclusion

The agricultural sector is of vital importance for the region. It is undergoing a process of transition to a market economy, with substantial changes in the social, legal, structural, productive and supply set-ups, as is the case all other sectors of the economy. The changes have been accompanied by a decline in agricultural production for most countries, and have affected also the national seed supply sectors of the region. The region has had to face problems of food insecurity and some countries have needed food aid for IDPs and refugees.

Due to the relatively low demographic pressure projected for the future, the presence of some favorable types of climates and other positive factors including a very wide formal seed supply sector, it should be possible to overcome problems of food insecurity in the region as a whole, and even to use this region to provide food to other food-deficient regions. Opportunities must therefore be created to reach these results.

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