



GOVERNMENT DEGREE

COLLEGE URAVAKONDA

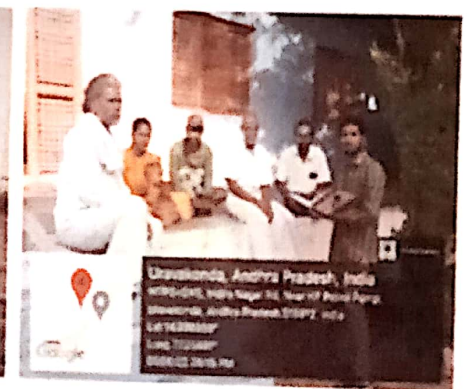
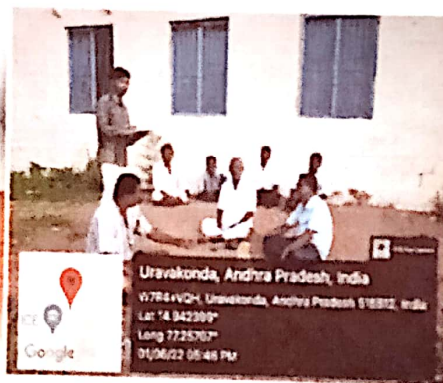
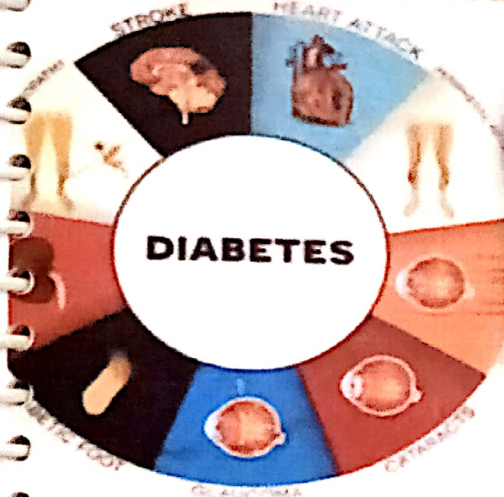


COMMUNITY SERVICE PROJECT

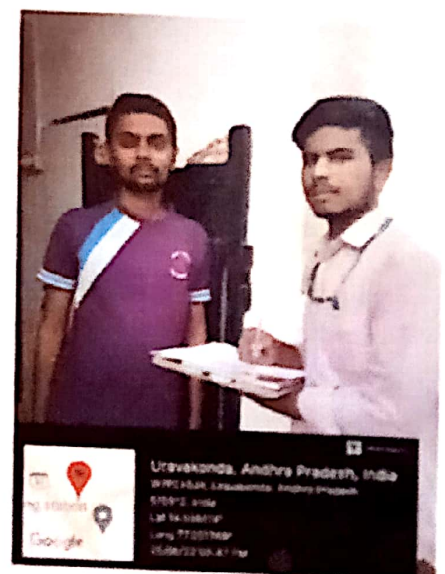
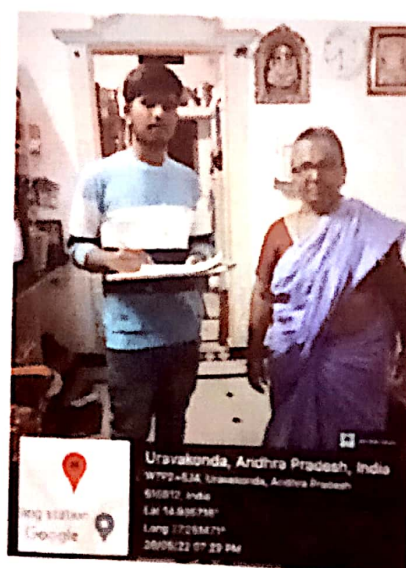
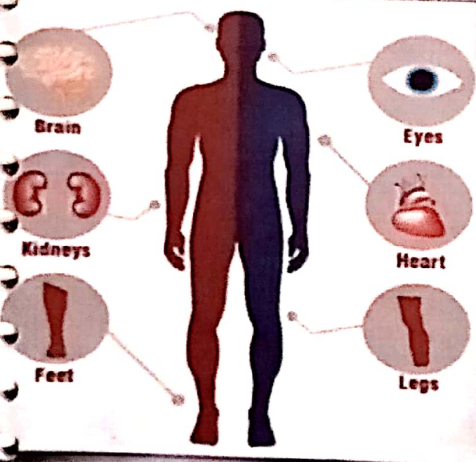
DEPT OF : ZOOLOGY

Name of faculty mentor: **B. NAGAJYOTHIRMAI**

Name of the student: **D. RAJU**



DIABETES AFFECTS THE B



Community
Service Project
Prevalance of diabetes
mellitus in Rural
Segments
URAVAKONDA

Acknowledgment

- * I take this opportunity to thank -
Dr. G. Rama Krishna, Principal of The college
B. Nagaiyothirmai madam Head of The department
of Zoology and our faculty mentor also guide
me to carry to this project
- * special Thanks to B. Nagaiyothirmai madam
for continuous support in completing this
community service project.
- * I would like to acknowledge help of
Anwar, Yashwanth from uravakonda village
for providing all sources of help carrying
out this project
- * My special Thanks to Dr. B. Venkataramudu sir Lec
in statistic for help me in preparing graphical representation
- * Finally I thank the authorities

Acknowledgements

Dr. G. Rama Krishna Principal, Govt. degree
college uravakonda

B. Nagaiyothirmai Faculty mentor —
Lecturer in Zoology Government degree college
uravakonda

All my classmates

Finally I Thank to authorities

Objectives

- The general goal of This project to prevent or delay The appearances of late disease
- to educate people on possible symptoms and ways to reduce their individual risk
- to make the people involved in decisions about how diabetes is managed
- to create awareness about health and quality of life

- observations made during the community survey
- Diabetes mellitus cases have been on rise even in rural areas
 - Rural people around UraVakonda are still ignorant about the complications of this disorder
 - Rural folk of UraVakonda rarely visit a doctor
 - established lab facility in RDT hospitals is available for the inhabitants of UraVakonda
 - After the survey it has been concluded that there is a correlation between food habits and prevalence of diabetes
 - it is less prevalent in rural people who are engaged in physical labour
 - Farmers may become diabetic at the later stages of their life normally
 - old people suffer from diabetes more when compared to young people

INDEX

Community service Project Prevalance of diabetes mellitus in Rural segments of usava Konda

- ① Title Page community service Project
- ② Team members Name Place at They surveyed
- ③ Acknowledgment
- ④ Certificate
- ⑤ Declaration
- ⑥ Introduction
- ⑦ methodology
- ⑧ Community - survey Photos
- ⑨ Awareness Programmes - Photos
- ⑩ Statistical Analysis
- ⑪ Report / Conclusions
- ⑫ References
- ⑬ Annexure



GOVERNMENT DEGREE COLLEGE,
URAVAKONDA



COMMUNITY SERVICE PROJECT (CSP)

*Prevalence of Diabetes mellitus in Rural Segments of
Uravakonda*

The project work submitted by

Hall ticket No: 204201404901*

Under the Mentorship of

Faculty Mentor : B.Nagajyothirmai

Lecturer in Zoology

Government Degree College

Uravakonda, Anantapuramu (d.t)

2021-22

COMMUNITY SERVICE PROJECT EVALUATION

I declare that the community service project work entitled
"Prevalence of diabetes mellitus in Rural
segments of Uruvanda" has been prepared by
me under the mentorship of Dr/B. Nagaraj Kumar
in Zoology, Government Degree College, Uruvanda, Anantapuramu
(d.t). No part of this work has been copied from any other project work for
the award of marks.

P. Raju
Signature of the Student

CERTIFICATE



Name of the student: XYZ D. RAJU			
Class & Year of the study: II B.Sc , 2021 - 22			
Register Number: 2042014049011			
S.No	Assessment component	Max Marks	Marks Secured
1	Project Log	20	
2	Project Implementation	30	
3	Project Report	25	
4	Project Presentation	25	
	Total ou of 100	100	

DECLARATION



I certify that Mr. D. P. A. D. has prepared the community service project entitled Prevention of Cancer award of marks under my mentorship. He has carried out the work at Govt. Degree College, Urasakumbala, Anantnagar district in the year 2021-22.

Place Urasakumbala

Date 11-03-2022


Govt. Degree College
Urasakumbala

Name of the student: XYZ			
Class & Year of the study: II B.Sc , 2021			
Register Number:			
S.No	Assessment component	Max Marks	Marks Secured
1	Project Log	20	
2	Project Implementation	30	
3	Project Report	25	
4	Project Presentation	25	
	Total ou of 100	100	

DECLARATION



I certify that Mr _____ has prepared this community service project entitled _____ for the award of marks under my mentorship. He has carried out the work at Govt. Degree College, Uravakonda, Anantapuramu in the year _____

Place:

Date:

Signature of the lecturer

(with Seal)



Introduction

Diabetes mellitus is a disorder caused by

The deficiency of insulin is the hormone -

secreted by Pancreas. Pancreas is a heterocrine gland. It is a mixed gland containing both

exocrine and endocrine parts. Endocrine part of Pancreas was identified by Paul Langerhans

. Hence the endocrine part of Pancreas is named after its discoverer as islets of Langerhans. This endocrine part contains α and β

cells. β cells secrete glucagon and β -cells secrete insulin. Insulin and glucagon are the antagonistic hormones. And they play a crucial role in the maintenance of glucose levels within the body.

Glucose is the source of energy. And it is the only molecule that can cross the blood-brain barrier. Brain can utilize only glucose

as the source of energy. If glucose is not available

to the brain, the person enters into coma. Hence it is mandatory for the human body to maintain

the prescribed level of glucose. The blood during fasting and also after least. Prescribed level of glucose in the blood during fasting is 90 -

120 mg/dl. Postprandial glucose level in the

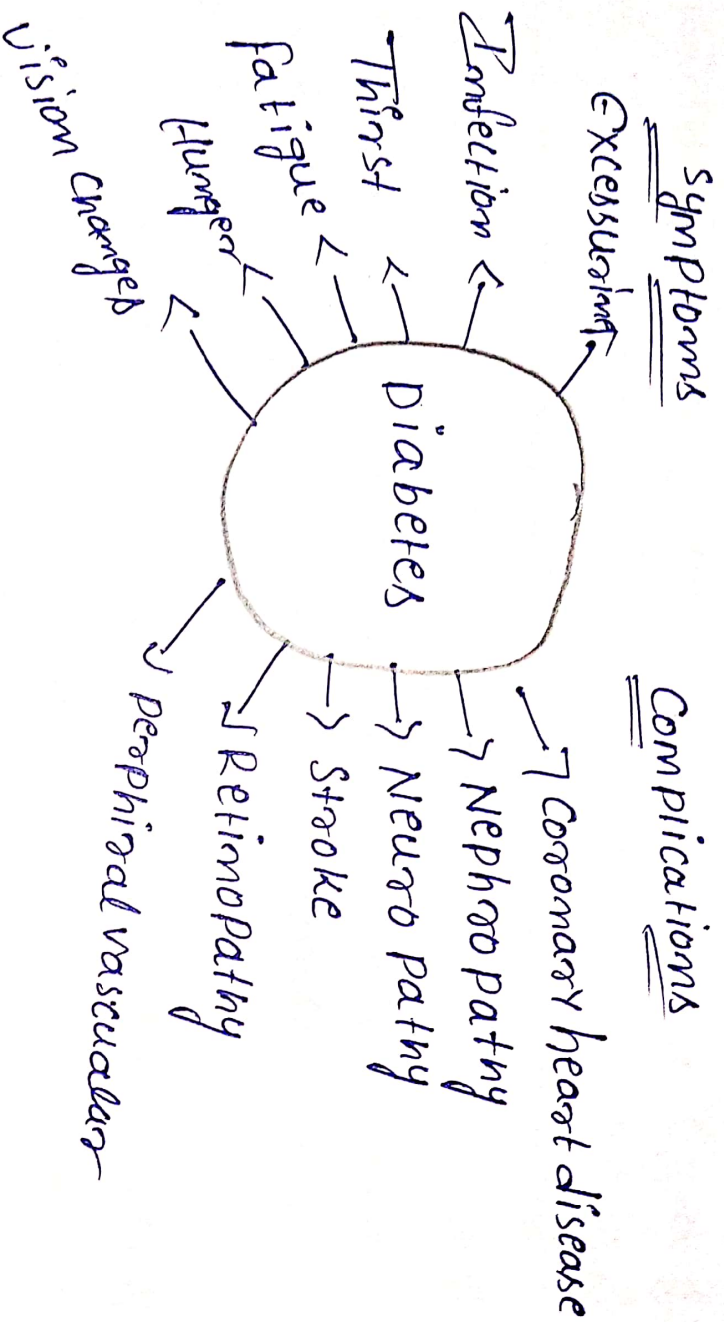
should not exceed 160 mg/dl. Excess accumulation of glucose in the blood results in a condition called diabetes mellitus and this is commonly called sugar.

In India day/ by day cases of diabetes are rising. identified reasons for the occurrences of diabetes are listed below

- Damage to pancreas
- malfunctioning of pancreas
- Aging
- Hereditary factors
- irregular diet
- stress
- Irregular sleeping habits
- unhealthy life style

Insulin: Insulin is secreted by the B-cells of pancreas. it facilitates the conversion of excess glucose into glycogen. conversion of glucose is called glycogenesis. As glucose is highly soluble in water it cannot be stored in the body as it is. In order to be stored in the body, it has to be converted to glycogen. This glycogen is called animal starch and is stored in the liver and muscle. As insulin is responsible for decreasing sugar levels in the blood, symptoms of diabetes mellitus include

- polyphagia - Excess hunger
- polydipsia - Excess thirst
- polyuria - Excess urination
- early aging
- delay in wound healing



Diabetes mellitus. as it is a Physiological disorder it has to be managed. for this it is essential to have minimum awareness of the disease. Previously it is known as the prevalent in urban area but now its occurrence is registered in rural areas also

Methodology

డెయూచెట్స్ తనగా షుగర్ షాగ్రి యన ఘోష్యలగా
 గాన్ ఇంకా తెడిన వారిగా కాన్ ఈ షుగర్ షాగ్రి పుట్టుది
 బంగారు Health రాగానిరాతిం దేయరు దేయరు పుట్టుది
 కాన కొద్ది యాగి పునాపూని ఈ కొద్ది యుది డెయూచెట్స్
 పూన్ పుట్టుతున్నాడు. తిండ్ల తిన్ యుదే దేయరాన్ దేయరాన్
 టుంకి Intergovernmental Diabetes Federation ౨౦౧౭ లాన్
 దేయరాన్ షాగ్రిగాన్ సుయరా దుగా ఈ లాన్ యుది డెయూచెట్స్
 షుగర్ షుగర్ షుగర్. దిన్కి యుక్తికారణం దేయరాన్ దేయరాన్
 సుగ్రిన్ దేయరాన్ దేయరాన్ దేయరాన్ దేయరాన్ దేయరాన్ దేయరాన్
 షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్
 షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్ షుగర్

[illegible]

ಮೊಟ್ಟೆಗೆ ಕಾಯಾಡೆ . ಇನ್ನು ಆನ್ ಟುಂಟನ್ ಗ್ಲೋಬಿಕ್ ಪೆಟಾ ಲಾಗಿ ವೆಚ್ಚಗೊಂಡು
ಈ ಇನ್ನು ಆನ್ ಟುಂಟನ್ ಯೆನ್ ಪೆಟಾ ಲಾಗಿ ಟುಂಟಾ (ಪ್ರೊಟಿಯನ್) ಟುಂಟಾ
ಪ್ರೊಟಿಯನ್ ಗ್ಲೋಬಿಕ್ ನುಂಟಾ ಯೆನ್ ಪೆಟಾ ಲಾಗಿ ಯೆನ್ ಪೆಟಾ ಲಾಗಿ ಟುಂಟಾ
ಗ್ಲೋಬಿಕ್ ನುಂಟಾ ಈ ಇನ್ನು ಆನ್ ರೀಲಾಡೆ ಟುಂಟಾ ಪ್ರೊಟಿಯನ್
ಪೆಟಾ ಲಾಗಿ ಪ್ರೊಟಿಯನ್ ಗ್ಲೋಬಿಕ್ ಟುಂಟಾ ಪೆಟಾ ಲಾಗಿ ಪೆಟಾ ಲಾಗಿ

[illegible]

డియోజెనేస్ లక్షణాలు

* ఎటుకయ్యగా వాయం తొస్తుంది

* బురుయ్య తగ్గుతూ వుంటుంది

* పెబ్బలు తగ్గి దిన తొందరగా యానవు

* చూరం నెరసంగా వుంటుంది.

* చర్మ వ్యాధులు వస్తాయి

లియోరథ్ క్రియాలు

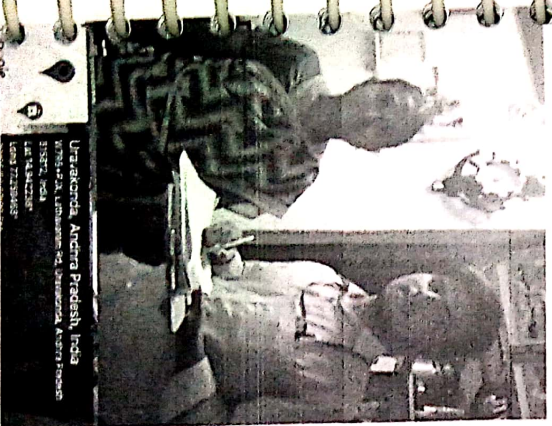
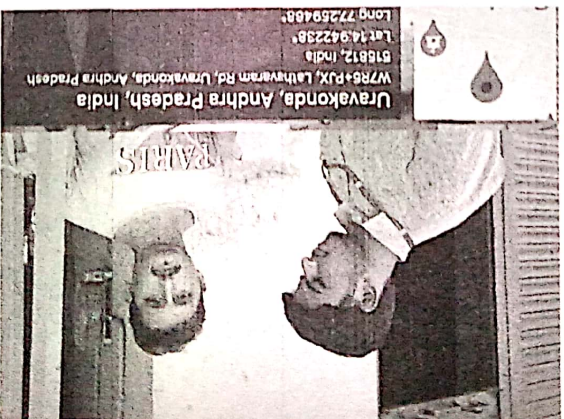
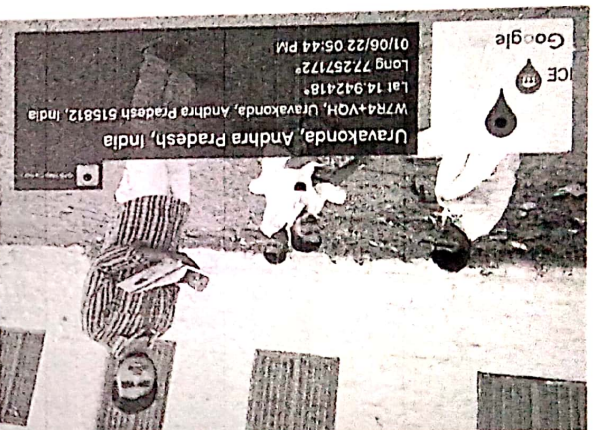
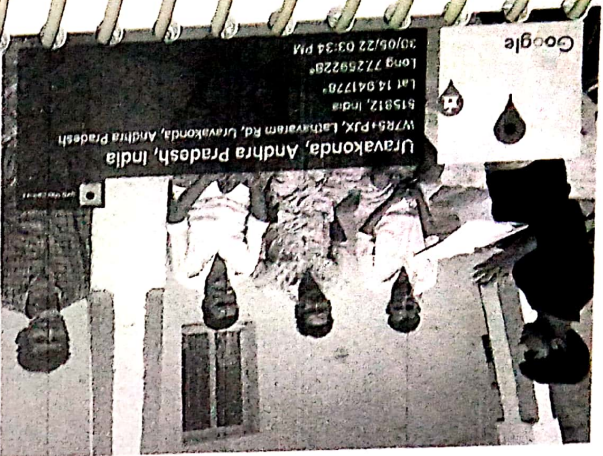
* తొయ్య వనజులు తగ్గిపోయి

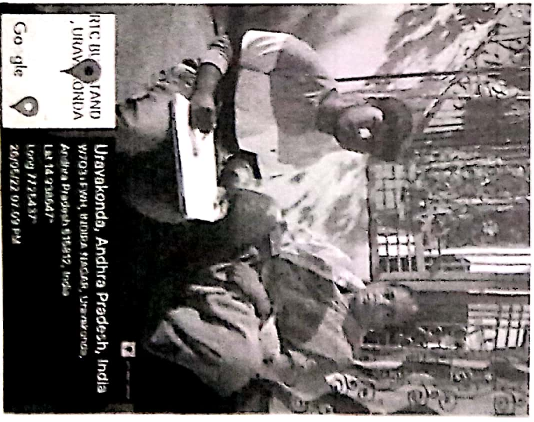
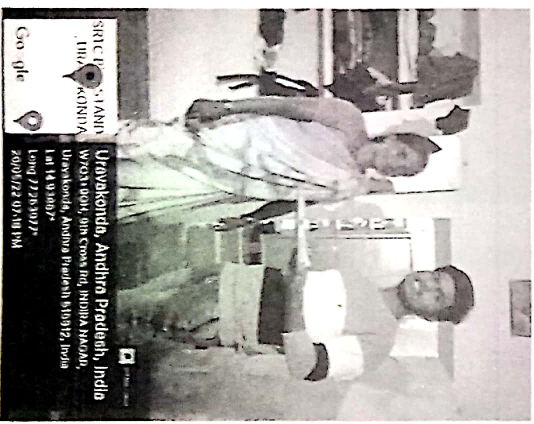
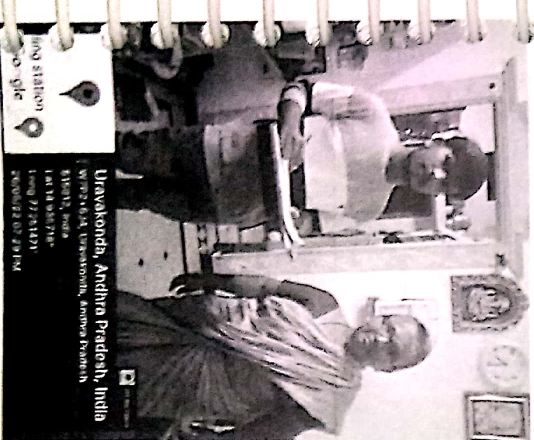
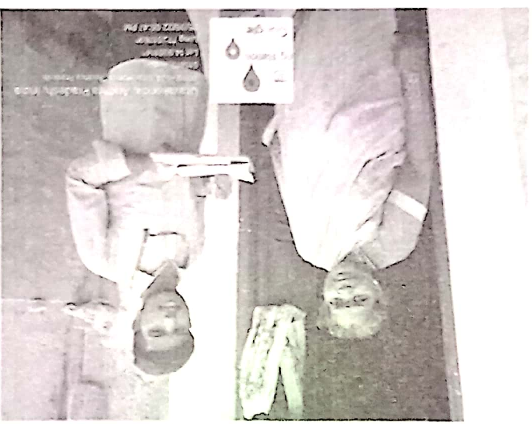
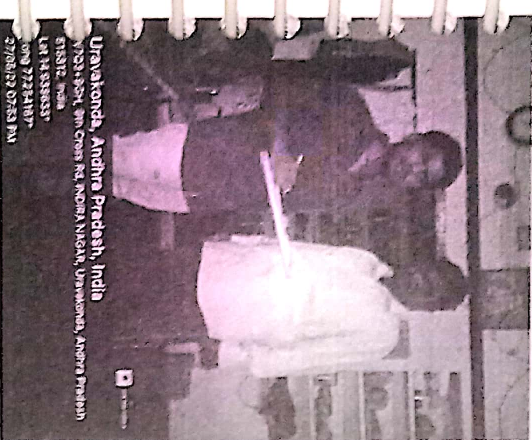
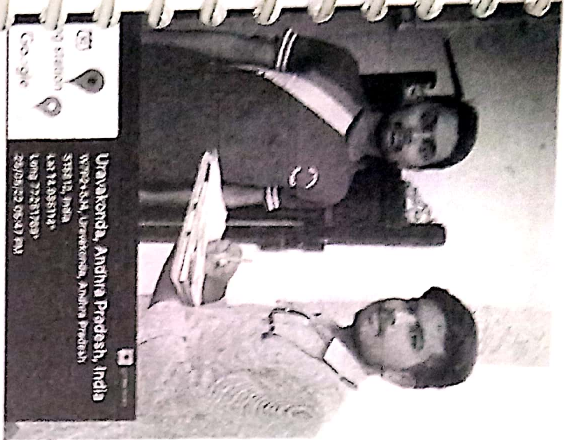
* తిన్న ఎటుకయ్యగా తొసుకొంటు

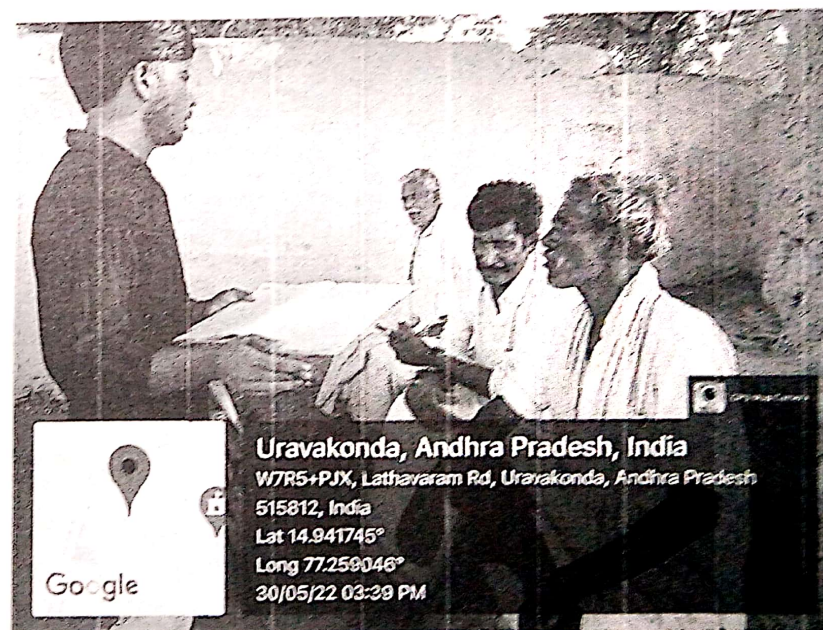
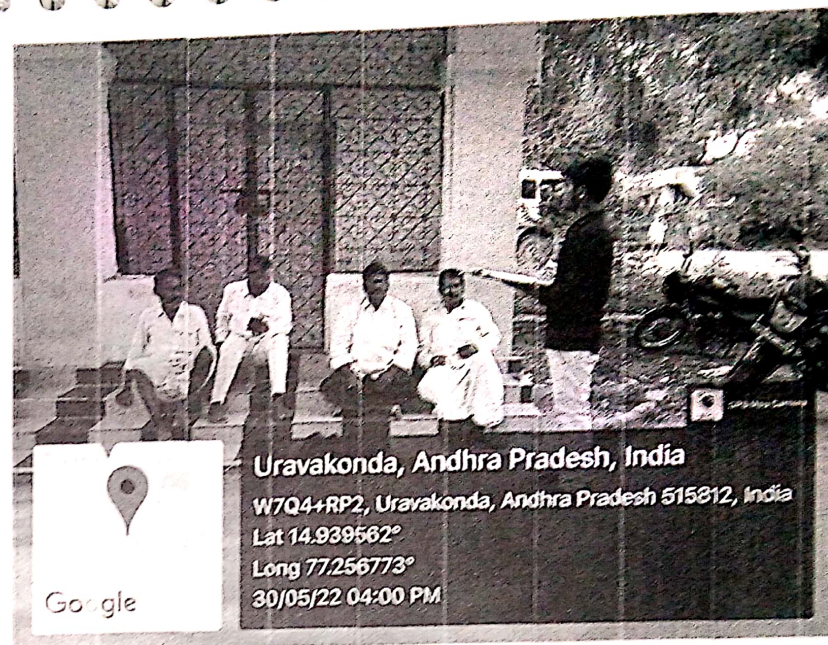
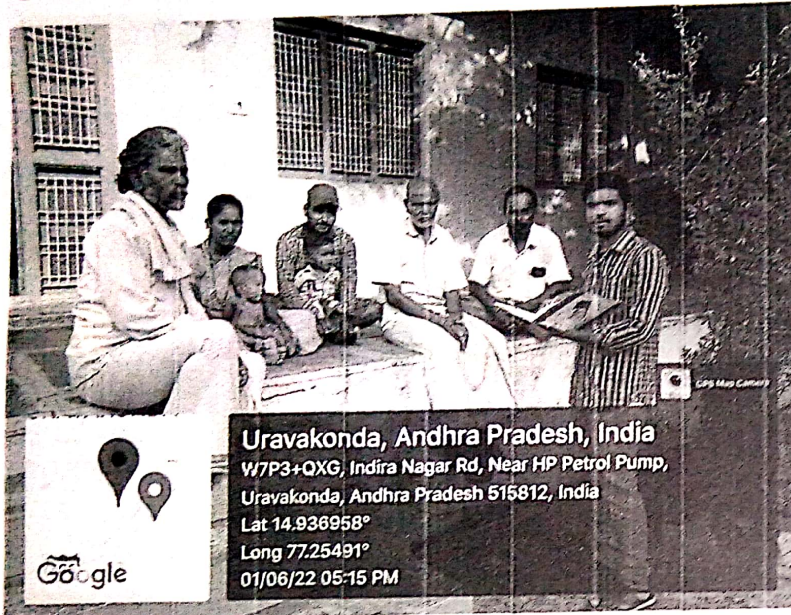
* ఇంటి, బూయ్యలు, వంటి వంటిని తొసుకొనవచ్చును

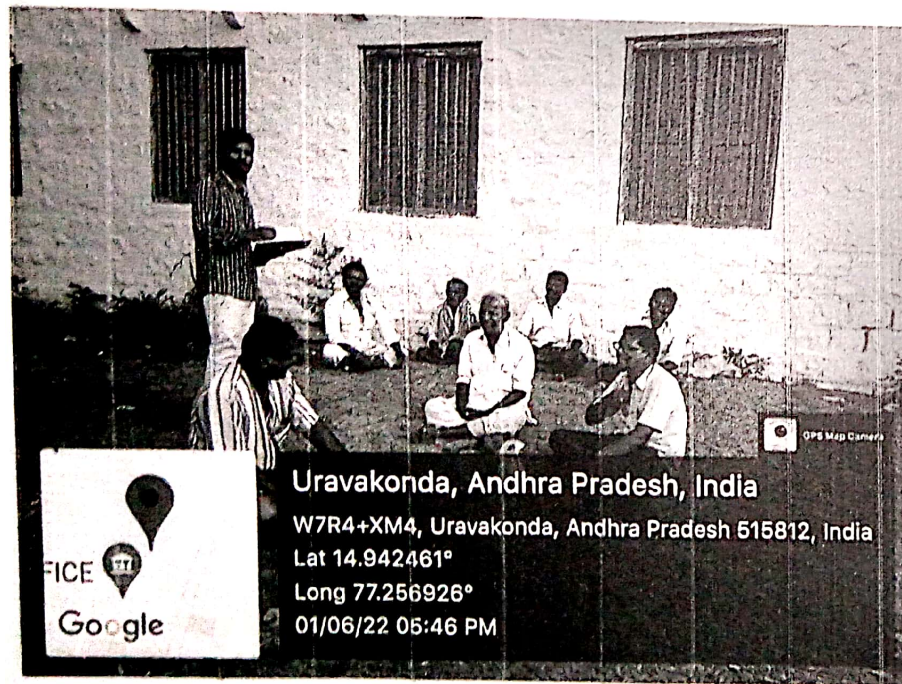
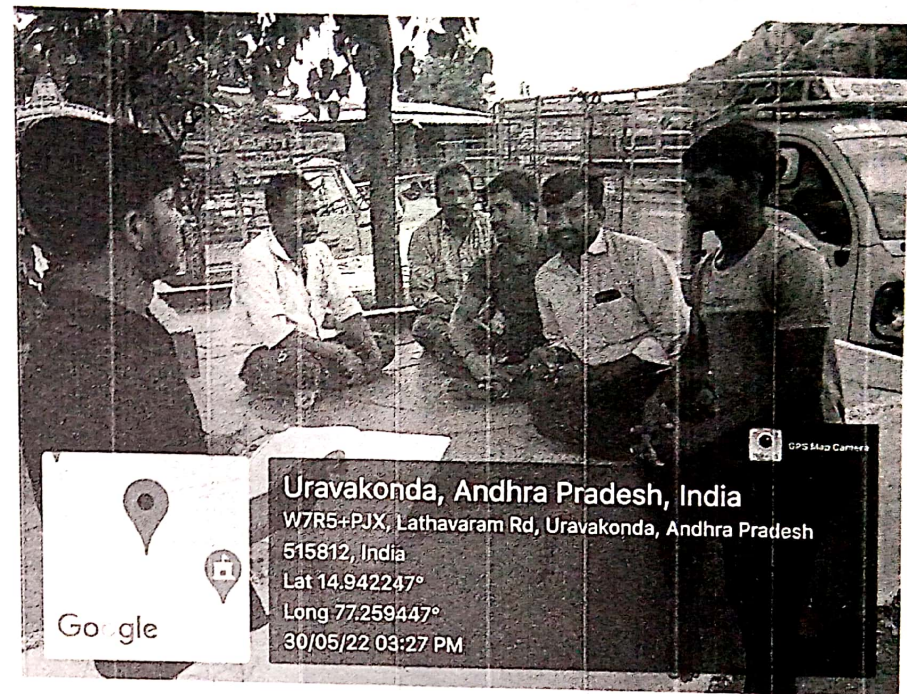
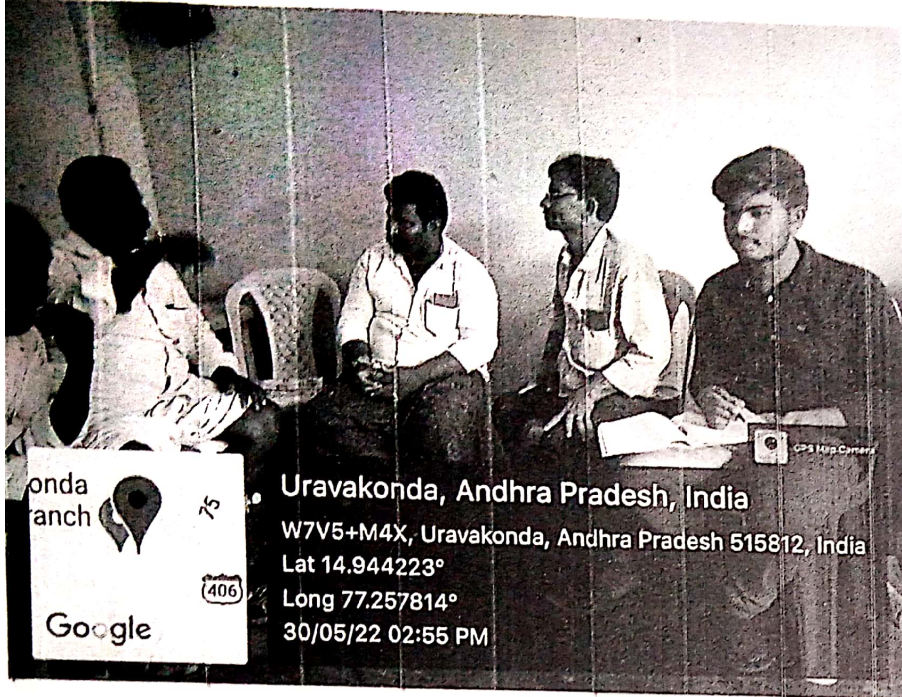
* దుడికలు, కెనగలు, చీలలు, చుట్టె, వంటివి

* కండ్లియం ఎటుకయ్యగా దన్నీ లియారం తొసుకొంటు.









Community service project Prevalance of diabetes mellitus in Rural segments of uravakonda

S.No	Name of The Team member	Place Surveyed	
1	Raj Rajeswari	vidalpanakal	
2	viśakalakshmi	urava konda	
3	MAMATHA	kadavala kunta	
4	vamaja	lathavaram	
5	Pravalika	Budagavi	
6	Tejaswari	Budagavi	
7	Pavan karnam	Budagavi	
8	vamsi	Prapili	
9	Bhargathi	uravakonda	
10	GOPAL	paltur	
11	Raju	urava konda	
12	Anwar	kau kuntla	
13	Namda kishore	Raketla	
14	Jyothi	Budagavi	
15	mañeśha	Budagavi	
16	siddappa	nimbagaal	
17	Ravi Kiran	Amidyalala	
18	su Remdra	unda banda	
19	swetha	Kamekal	
20	eswar	urasa puram	

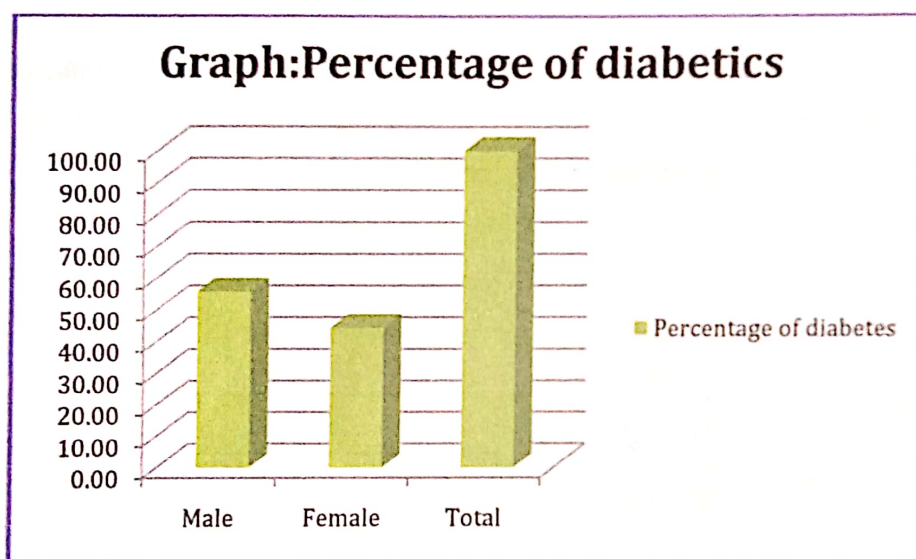
Sl. No	Place Surveyed Place	Total no of houses surveyed	Positive	Gender wise Analysis		Age wise Analysis		
				Female	Male	Young	Adult	old
1	Budagavi	14	5	3	2		2	3
2	Budagavi	10	2	1	1	1	1	
3	Ugavakonda	20	4	3	1	1	2	1
4	vida Panakal	21	18	4	14	2	13	
5	Nimbagal	15	13	7	6	1	3	9
6	Budagavi	10	10	4	6	1	5	4
7	Lathavararam	15	5	3	2	1	4	
8	Budagavi	10	8	4	4	1	6	1
9	sugendra undabanda	10	6	4	2	-	-	6
10	Vamshili Prapili	15	3	2	1	1	2	
11	Nandakishore Raketla	10	3	1	2	2	1	
12	vasa puram	9	6	5	1		5	
13	Paltur	15	5	0	5		4	1
14	Kadavala Kunta	10	5	2	3	4		1
15	Ugavakonda	13	13	3	10		10	3
16	Amidyalu	20	6	3	3		4	2
17	Koukuntla	20	2	1	1			2
18	Budagavi	10	8	4	4	3	4	1
		247	122	54	68	18	66	38
				122			122	

5. Statistical Analysis

Table: 5.1 Distribution of diabetes- gender wise in selected habitation

	No of Diabetes	Percentage
Male	68	55.7377
Female	54	44.2623
Total	122	100

Graph: 5.1.1 Distribution of diabetes- gender wise In selected habitation



Graph 5.1.2: Distribution of diabetes- gender wise in selected habitation

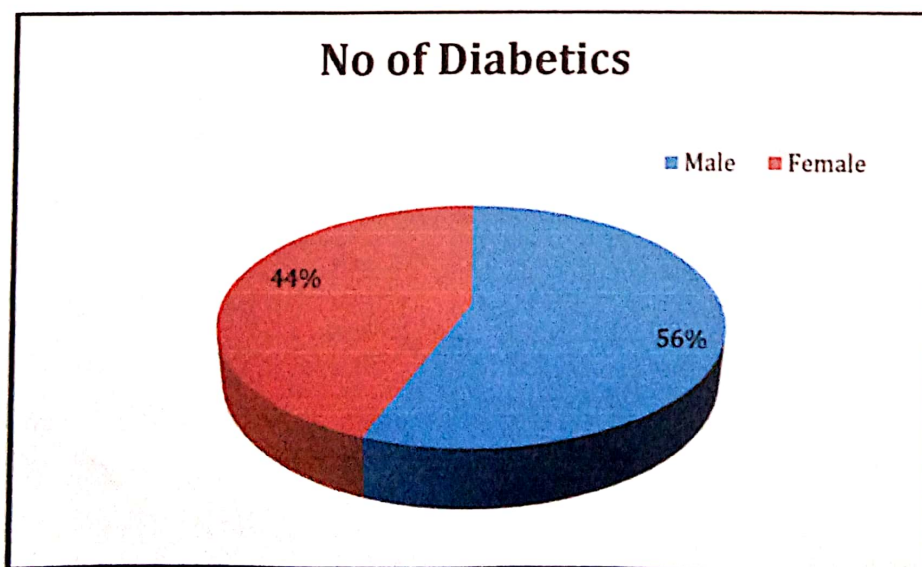


Table:5.2 Distribution of diabetics- Age wise

Age in Years	Number of diabetics	Percentage
Young (20-40)	18	14.7541
Adult (41-60)	66	54.09836
Old (61 above)	38	31.14754
Total	122	100

Graph: 5.2.1 Distribution of diabetics- Age wise

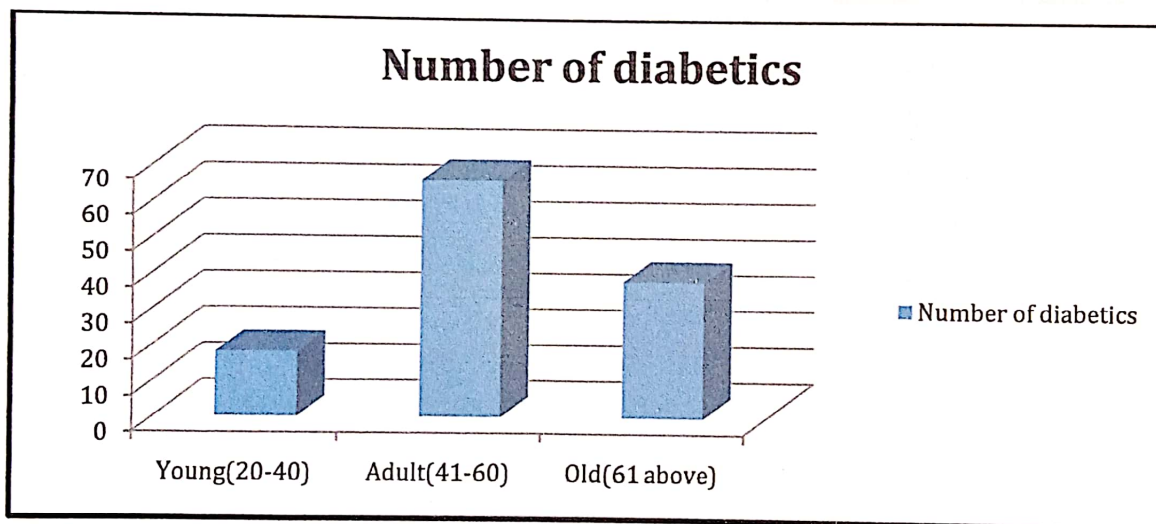
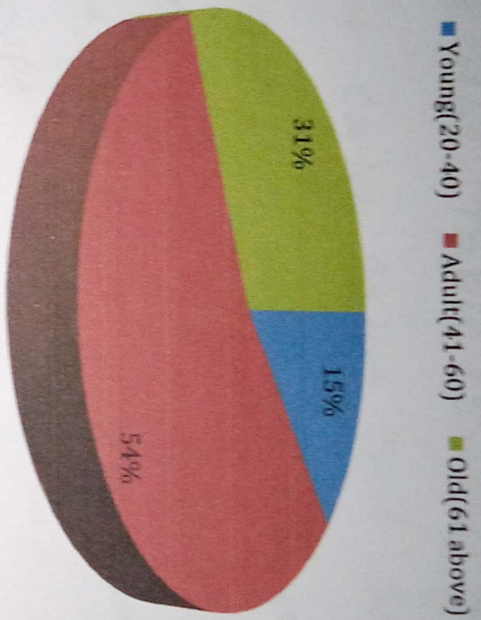


Table:5.2.2 Distribution of diabetics- Age wise

Number of diabetics



Report

Report: From the Table (5.1) & graph

5.1 & 5.12 we calculated that 55.73%.

one male diabetics while 44.26 are female diabetics were observed i.e more diabetics were observed in female groups when compared to female groups

from the table (5.2) & graph 5.2 & 5.2.2 we noticed that 54.09% of people are suffering from diabetes in adult age group (41 years - 60 years) & 31.14% of people are suffering from diabetes in old age group (61 years and above) while 14.75% of the people are suffering from diabetes in young group (20-40 years) i.e more diabetics were observed in adult age group when compared to other groups.

Total 257 members were surveyed around rural segments of Uraavakonda area for identifying diabetics. I surveyed (all) in Uraavakonda.

Discussion & Conclusions

After this community survey the following conclusions are drawn

- Diabetes mellitus, although a hormonal disorder, its predisposition is caused by several factors stress is the main culprit in creating diabetic conditions in a person Hence detesting oneself is the preventive measure
- As the rural segments are taken for survey it is observed that prevalence of diabetes is more now rural segments because of the shift in life style Thus diabetes mellitus may also be treated as life style disorder Healthy life style can make us antidiabetic Regular Physical exercise is an antidote to diabetes in organism families incidence of diabetes is less as they involve themselves in physical labour
- Possibility of becoming diabetic increases with the use of electronic gadgets like television, Hence, moderate body movements are recommended while watching television serials
- Less carbohydrate diet is the best remedy for diabetes
- Prevalence of Type-① diabetes is not registered in the rural segments which are selected for community survey it is only a coincidence It makes our life sweeter and also easier if we have minimum awareness

References

- 1. Telugu Akademy. Zoology - III BSc
paper - 3.
2. Centers for Disease Control and
Prevention Diabetes Public Health
Resource: Incidence and Age at Diagnosis
2013 [2015] January
[http://www.cdc.gov/diabetes/statistics/
incidence/national.htm](http://www.cdc.gov/diabetes/statistics/incidence/national.htm)
3. Anon. Economic costs of diabetes in the
U.S. in 2007. Diabetes Care 2008 Mar; 31
(3) 596-615 [pubmed]

Annexure

Government Degree College Uravakonda

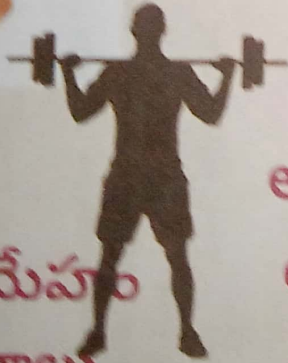
- * Student : D. Raju
- * Roll NO : 2042014049011
- * Contact number : 9398350927
- * email id : rajubsc134@gmail.com
- * Name of The project : Community service project
- * Topic : Prevalance of diabetes mellitus
in Rural segments of Uravakonda
- * Address : Uravakonda (m) Anantapur (CD)
Andhra Pradesh (S) India
515812

The diagram illustrates the transport of nutrients and waste products between the gut, liver, and muscle. The liver is shown at the top left, and the muscle is shown at the top right. The gut is shown at the bottom. Arrows indicate the direction of transport:

- From Gut to Liver:** GLUCOSE, LACTATE, PYRUVATE, ALANINE, and GLUTAMINE are transported from the gut to the liver.
- From Gut to Muscle:** GLUCOSE and LACTATE are transported from the gut to the muscle.
- From Muscle to Liver:** GLUCOSE, LACTATE, PYRUVATE, ALANINE, and GLUTAMINE are transported from the muscle to the liver.
- From Liver to Gut:** GLUCOSE, LACTATE, PYRUVATE, ALANINE, and GLUTAMINE are transported from the liver to the gut.
- From Liver to Muscle:** GLUCOSE, LACTATE, PYRUVATE, ALANINE, and GLUTAMINE are transported from the liver to the muscle.

The diagram also shows the conversion of GLUCOSE to GLUCOSE-6-PHOSPHATE in the liver and muscle, and the conversion of GLUCOSE-6-PHOSPHATE to GLUCOSE in the liver. The liver also shows the conversion of GLUCOSE to GLUCOSE-6-PHOSPHATE and the conversion of GLUCOSE-6-PHOSPHATE to GLUCOSE. The muscle shows the conversion of GLUCOSE to GLUCOSE-6-PHOSPHATE and the conversion of GLUCOSE-6-PHOSPHATE to GLUCOSE. The gut shows the conversion of GLUCOSE to GLUCOSE-6-PHOSPHATE and the conversion of GLUCOSE-6-PHOSPHATE to GLUCOSE.

స్వాయామం మంచి పరిష్కారం



మధుమేహం
లక్షణాలు

అతి మూత్రం
అతి దాహం
అతి ఆకలి
నిస్సత్తువ

GOVERNMENT DEGREE COLLEGE URAVAKONDA
COMMUNITY SERVICE PROJECT
LOGBOOK FOR FIRST WEEK
COMMUNITY SURVEY

Name of the student: D. RAJU

Name of the faculty mentor : NAGAJYOTHIRMAI

S.No	Date & time of visit	Name of the person interviewed	House address	Gender & age	Mobile number	Observations made during survey
Day 1	23-05-2022	CM ^o Bhojendra	10-2-160	male 33	8341214807	No diabetes
		D. Anil Kumar	10-2-75	male 37	8374433121	No diabetes
Day 2	24-05-2022	A. Revan Kumar	9-3-95	male 24	7995646776	No Diabetes
		Rudramma	7-3-75	female 55	6281036730	No diabetes
Day 3	25-05-2022	S. Sasikala	9-3-69	Female 47	9701698858	No Diabetes
		K. Sa/renabi	9-3-67	Female 43	9789250296	No diabetes
Day 4	26-05-2022	B. Ratnamma	43-60-	Female 48	8885494869	positive
		B. Nagalak Shmli	9-3-93	female 45	6301274609	No diabetes
Day 5	27-05-2022	N. Durgamma	10-44-8	male 61	8297782427	No Diabetes
		G. greenivasu	9-3-72	male 35	988558439	No diabetes
Day 6	28-05-2022	S. Munna	9-3-73	Female 50	95500842161	No diabetes
		B. Chittamma	10-4-06	female 45	9110328183	No diabetes
Day 7	29-05-2022	K. Kuchela	10-4-05	Female 75	9908428240	positive
		Smd Radick	10-4-06	male 45	7569822988	No diabetes

Persons signature

P.A. [Signature]

K. [Signature]

S.M.D. [Signature]

D. Raju
Signature of the student

Government Degree College Urvanakonda
Community service project
Log Book for first week

Name of The student : D. RAJU

Name of The faculty mentor : B. NARAYAN THIRUMAI

S.No	Date and time of visit	Name of The person interviewed	House address	Gender and age	mobile number	observation made during survey
DAY 7	29-05-2022	Lakshmi Devi	10-3-40	Female 44 years	6303321048	Positive
		Gopal	3-10-40	Male 27 years old	9177604510	Positive
		Rangappa	10-4-30	Male 49 years	9703194270	No Diabetes
		Sumamma	9-6-30	Female 61 years	63033416420	No Diabetes

Format – III – Community Service Project (CSP) – Student Diabetes Daily Progress Report

Scanned with OKEN Scanner

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student:

D. Raju

Name of the faculty mentor: B. Naga Jyothirmai

Name of the villager/ interviewee Uravakonda Rudamma

Village/area/colony/locality Uravakonda/Indira Nagar/
B-C colony/ Hindhu

1. Are you aware of the disease diabetes mellitus?

(A)

No

2. Have you ever been assessed for diabetes?

(A)

No

3. What is your age? (Young/ adult/Old)

(A)

48 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 4 AM

7. At what time you go to sleep at night?

(A) AT 9 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) YES

10. How frequently you check your weight?

(A) 75 kgs

11. How much time do you spend in a day watching

TV/Mobiles?

(A) NO

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Yes. Labor

13. What stuff is included in your menu?

(A) Roti, Chapathi, Ragi mudda, Rice dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) Yes, for using joint Pains

22. How frequently you check your weight?

(A) 75 kgs

23. When did you last check up your weight?

(A) 2 months back

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) NO

27. How frequently you eat sweets in a month?

(A) Yes

Name of the faculty mentor: Smt. B. Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) 1 Member

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) don't know

Name of the faculty mentor: Smt. B. Nageshthirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee: URAVA KONDA / D. Gopal

Village/area/colony/locality : URAVA KONDA / INDIRA NAGAR / B-C
COLONY / HINDHU

1. Are you aware of the disease diabetes mellitus?

(A) Yes

2. Have you ever been assessed for diabetes?

(A) Yes

3. What is your age? (Young/ adult/Old)

(A) 27 Years Young

Name of the faculty mentor: Smt. B. Nagajothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) 27

6. At what time you wake up in the morning?

(A) AT 7AM

7. At what time you go to sleep at night?

(A) AT 9PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) Yes Regularly, Surya namaskaras / asanas

9. Do you take a nap in the afternoon immediately after lunch?

(A) yes

10. How frequently you check your weight?

(A) Yes my weight is 50kg

11. How much time do you spend in a day watching

TV/Mobiles?

(A) Per a day 4 to 5 hours

12. What is the nature of your work? Does it involve any

(A)

Physical labor?

(A) Yes

13. What stuff is included in your menu?

(A) Chapatni, Roti, Rice, curd

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) Yes

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) Yes

19. Is there any family history of diabetes?

(A) Yes

20. Do you take insulin? If yes specify the dose.

(A) Yes

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Naga jyo thirmai

Name of the villager/ interviewee uravakonda kuchela

Village/area/colony/locality: uravakonda/ lakshmi colony /
10th ward/ Hinthu ~~Andappa~~

1. Are you aware of the disease diabetes mellitus?

(A) Yes

2. Have you ever been assessed for diabetes?

(A) Yes

3. What is your age? (Young/ adult/Old)

(A) 75 years old

Name of the faculty mentor: Smt. B. Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) At the age of 65 years I tested diabetes positive

6. At what time you wake up in the morning?

(A) AT 6 AM

7. At what time you go to sleep at night?

(A) AT 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) Yes

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 64 kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) 4 TO 5 Hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Typing

13. What stuff is included in your menu?

(A) Chapatti, Roti, Rice

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) Yes my father

20. Do you take insulin? If yes specify the dose.

(A) No only using ~~tablets~~

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmai

Name of the villager/ interviewee: uravakonda

Village/area/colony/locality : uravakonda / Indira Nagar /
B-C Colony / Himtha

1. Are you aware of the disease diabetes mellitus?

(A) Yes

2. Have you ever been assessed for diabetes?

(A) Yes

3. What is your age? (Young/ adult/Old)

(A) 44 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

☒ A Female

5. At what age you are tested positive for diabetes?

☒ A at the age of 28 i tested positive for diabetes

6. At what time you wake up in the morning?

☒ A At 6AM

7. At what time you go to sleep at night?

☒ A At 9PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

☒ A Yes

9. Do you take a nap in the afternoon immediately after lunch?

☒ A Yes

10. How frequently you check your weight?

☒ A Yes 50 kgs

11. How much time do you spend in a day watching

TV/Mobiles?

☒ A per day 5 to 6 hours

12. What is the nature of your work? Does it involve any

Physical labor?

☒ A yes

13. What stuff is included in your menu?

☒ A Roti, Rice, Chapatni

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

☒ A yes

15. Which nonvegetarian variety do you like?

☒ A mutton

16. How frequently you take outside food?

☒ A yes

17. Are you aware of calorific needs of your body?

☒ A yes

18. Do you take Junk food?

☒ A yes

19. Is there any family history of diabetes?

☒ A NO

20. Do you take insulin? If yes specify the dose.

☒ A yes

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Naga Jyothirmai

Name of the villager/ interviewee ~~URAVAKONDA~~ URAVAKONDA / ~~305 60 8025~~ Ratnamma

Village/area/colony/locality : URAVAKONDA / 10th ward / Sai
nagar colony / URAVAKONDA

1. Are you aware of the disease diabetes mellitus?

(A) Yes

2. Have you ever been assessed for diabetes?

(A) Yes

3. What is your age? (Young/ adult/Old)

(A) 50 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) At the age of 55 tested positive diabetes

6. At what time you wake up in the morning?

(A) 6:30 AM

7. At what time you go to sleep at night?

(A) at 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) No

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) Yes 50 kg

11. How much time do you spend in a day watching TV/Mobiles?

(A) Daily one or two hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) working as Hotel work

13. What stuff is included in your menu?

(A) Rabi, Vegetables, Rice, Curd, dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) No

15. Which nonvegetarian variety do you like?

(A) No

16. How frequently you take outside food?

(A) Yes, like, Vada, Gobi

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) Yes like, gobi

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) Yes

22. How frequently you check your weight?

(A) Yes

23. When did you last check up your weight?

(A) one month back

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) Heart stunt

27. How frequently you eat sweets in a month?

(A) Yes

Name of the faculty mentor: Smt.B.Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) No

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai



GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: O. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee uravakonda sunkamma

Village/area/colony/locality: uravakonda/Indiranagar/
B-C-colony/Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 33

Name of the faculty mentor: Smt.B.Nagajothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) 4:30 AM

7. At what time you go to sleep at night?

(A) 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) Yes my weight is 65

11. How much time do you spend in a day watching TV/Mobiles?

(A) Daily one or two hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) ~~Hotel~~ work Yes

13. What stuff is included in your menu?

(A) Rice, Curd, Dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) (NO) Yes weekly ones

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) NO

22. How frequently you check your weight?

(A) Yes Recently i check my weight is 65

23. When did you last check up your weight?

(A) Last one year

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) Hernia operation.

27. How frequently you eat sweets in a month?

(A) NO

Name of the faculty mentor: Smt.B.Nagajothirmai



28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) Don't know

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) NO

Name of the faculty mentor: Smit. B. Nagajothirmai



GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: Naga Jyothirmai

Name of the villager/ interviewee Uravakonda: Rangappa

Village/area/colony/locality : uravakonda / indiranagar
B-C Colony - Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) No

2. Have you ever been assessed for diabetes?

(A) No

3. What is your age? (Young/ adult/Old)

(A) 47

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

☒ Female

5. At what age you are tested positive for diabetes?

☒ No

6. At what time you wake up in the morning?

☒ AT 5:30 AM

7. At what time you go to sleep at night?

☒ AT 9:30 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

☒ No

9. Do you take a nap in the afternoon immediately after lunch?

☒ Yes

10. How frequently you check your weight?

☒ 5+ kg

11. How much time do you spend in a day watching

TV/Mobiles?

☒ Per day 3 to 4 hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt. B. Nagajothirmai

Physical labor?

(A) Tylo ring

13. What stuff is included in your menu?

(A) Chapathi, Roti, Upma, Rice,

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) eye drops, and Tablets

22. How frequently you check your weight?

(A) 57 kgs

23. When did you last check up your weight?

(A) 2 days back

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) NO

27. How frequently you eat sweets in a month?

(A) Yes.

Name of the faculty mentor: Smt.B.Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) 1 member

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) don't know.

Name of the faculty mentor: Smt.B.Nagajothirmai



GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: P. Raju

Name of the faculty mentor: B. Naga Jyothirmai

Name of the villager/ interviewee: uravakonda Ghittemma

Village/area/colony/locality: uravakonda/Indira Nagar
B-C Colony/ Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 24 Young

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Male

5. At what age you are tested positive for diabetes?

(A) No

6. At what time you wake up in the morning?

(A) at 7:30 AM

7. At what time you go to sleep at night?

(A) 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) Yes

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) Yes 49 Kgs

11. How much time do you spend in a day watching

TV/Mobiles?

(A) 5 Hours per day

12. What is the nature of your work? Does it involve any

(A)

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) No

13. What stuff is included in your menu?

(A) Idli, Dosa, Rice, curd, dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Chicken, mutton

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) Yes

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) Yes

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) No

22. How frequently you check your weight?

(A) Yes 49 kgs

23. When did you last check up your weight?

(A) one month back

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) No

25. Are you alcoholic?

(A) No

26. Have you got any other problem like thyroid?

(A) No

27. How frequently you eat sweets in a month?

(A) Yes

Name of the faculty mentor: Smt.B.Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) No

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai



GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee: uravakonda / S.M.D.S.S.

Village/area/colony/locality : uravakonda / Indiranagar / B-c
colony / muslim

1. Are you aware of the disease diabetes mellitus?

(A) No

2. Have you ever been assessed for diabetes?

(A) No

3. What is your age? (Young/ adult/Old)

(A) 45 years old

Name of the faculty mentor: Smt.B.Nagajothirmal

4. Specify the gender

(A) Male

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 5 AM

7. At what time you go to sleep at night?

(A) AT 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 70 kgs

11. How much time do you spend in a day watching

TV/Mobiles?

(A) 5 TO 6 Hours

12. What is the nature of your work? Does it involve any

(B)

Physical labor?

(A) Security Guard

13. What stuff is included in your menu?

(A) Idli, Chapatti, Rice

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Mutton

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee uravakonda/ (Durgamma)

Village/area/colony/locality uravakonda/INDIRANAGAR B-C COLONY
Sreenivasulu
Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 35 years Young

Name of the faculty mentor: Smt. B. Nagajothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) No

6. At what time you wake up in the morning?

(A) AT 5:20 AM

7. At what time you go to sleep at night?

(A) AT 10:30 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) Yes

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 64 kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) 2 TO 4 Hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Real estate

13. What stuff is included in your menu?

(A) Chapatti, Rice, Idli

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) Yes

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) Monthly once

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

- Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student:

D. Raju

Name of the faculty mentor:

B. Naga Srothirmai

Name of the villager/ interviewee

Uravakonda Booda

Village/area/colony/locality

Uravakonda Indiranagar

1. Are you aware of the disease diabetes mellitus?

☒ NO

2. Have you ever been assessed for diabetes?

☒ NO

3. What is your age? (Young/ adult/Old)

☒ 40 Years old

Name of the faculty mentor: Smt.B.NagaSrothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 7 AM

7. At what time you go to sleep at night?

(A) AT 10 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) YES

10. How frequently you check your weight?

(A) 55 Kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) per a day 3 TO 4 HOURS

12. What is the nature of your work? Does it involve any

(A)

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Yes

13. What stuff is included in your menu?

(A) Rice, Chapatni, dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) NO

17. Are you aware of calorific needs of your body?

(A) YES

18. Do you take Junk food?

(A) NO

19. Is there any family history of diabetes?

(A) NO

20. Do you take insulin? If yes specify the dose.

(A) NO

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Naga Jyothirmai

Name of the villager/ interviewee: Urava Konda Surof

Village/area/colony/locality: Urava Konda Indira Nagar
B-C Colony

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 58 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 9AM

7. At what time you go to sleep at night?

(A) AT 10PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 32 Kgo

11. How much time do you spend in a day watching TV/Mobiles?

(A) per day

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Yes

13. What stuff is included in your menu?

(A) Chapatai, Rice

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Mutton

16. How frequently you take outside food?

(A) NO

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) NO

19. Is there any family history of diabetes?

(A) NO

20. Do you take insulin? If yes specify the dose.

(A) NO

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) NO

22. How frequently you check your weight?

(A) 58 kg

23. When did you last check up your weight?

(A) last 3 months

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) NO

27. How frequently you eat sweets in a month?

(A) NO

Name of the faculty mentor: Smt. B. Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(n) Don't Know

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) Don't Know

Name of the faculty mentor: Smt.B.Nagajothirmai



GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmai

Name of the villager/ interviewee : uravakonda / ~~Kuchela~~
Nagalakshmi

Village/area/colony/locality : uravakonda / Indira Nagar
B - C COLONY / Himdu

1. Are you aware of the disease diabetes mellitus?

NO

(A)

2. Have you ever been assessed for diabetes?

NO

(A)

3. What is your age? (Young/ adult/Old)

35 Years Young

(A)

Name of the faculty mentor: Smt. B. Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 7 PM

7. At what time you go to sleep at night?

(A) AT 9 PM

8. Are you doing Surya namaskaras/asanas/exercises

(A) regularly?
yes

9. Do you take a nap in the afternoon immediately after lunch?

(A) yes

10. How frequently you check your weight?

(A) 67 Kgs

11. How much time do you spend in a day watching

TV/Mobiles?

(A) per day 3 TO 4 Hours

12. What is the nature of your work? Does it involve any

(A)

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) NO

13. What stuff is included in your menu?

(A) Rice, curd, dal

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken, fish

16. How frequently you take outside food?

(A) NO

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) NO

19. Is there any family history of diabetes?

(A) NO

20. Do you take insulin? If yes specify the dose.

(A) NO

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee: uravakonda Saleem bai

Village/area/colony/locality : uravakonda, indira Nagar
B-C-colony / Hindhu dōśāśālā

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 50 years old

Name of the faculty mentor: Smt.B.Nagajothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 7AM

7. At what time you go to sleep at night?

(A) AT 10PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 55 Kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) per day 3 to 4 Hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmal

Physical labor?

(A) Yes

13. What stuff is included in your menu?

(A) Rice, Curd, Chapathi, Roti

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) NO

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) NO

19. Is there any family history of diabetes?

(A) NO

20. Do you take insulin? If yes specify the dose.

(A) NO

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmai

Name of the villager/ interviewee: uravakonda sasikala

Village/area/colony/locality: urava konda/ Indira Nagar /
B-C colony/ Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 42 adult

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) No

6. At what time you wake up in the morning?

(A) 6:30 AM

7. At what time you go to sleep at night?

(A) AT 10:30 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) No

10. How frequently you check your weight?

(A) 85 kg

11. How much time do you spend in a day watching

TV/Mobiles?

(A) 1/2 Hour

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Village organization (VO)

13. What stuff is included in your menu?

(A) Chapathi, Dosa, Ragimudda, Rice

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) (Mutton) Fish

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) No

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the 'dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) Knee Pains medicine

22. How frequently you check your weight?

(A) 85 kgs

23. When did you last check up your weight?

(A) one month back

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) site problem

27. How frequently you eat sweets in a month?

(A) yes

Name of the faculty mentor: Smt.B.Nagajothirmai

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) No

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) No

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Naga Jyothirmal

Name of the villager/ interviewee: uravakonda / Revanth Kumar

Village/area/colony/locality: uravakonda / Indiranagar / B-C colony
Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 61 years old

Name of the faculty mentor: Smt. B. Naga Jyothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 4PM

7. At what time you go to sleep at night?

(A) AT 8PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) YES

10. How frequently you check your weight?

(A) 65 Kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) daily Two or 3 Hours

12. What is the nature of your work? Does it involve any

(A)

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) Retail working

13. What stuff is included in your menu?

(A) Idli, Rice, dal, Curd

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Mutton

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt. B. Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Naga jyothismai

Name of the villager/ interviewee urava Konda Amil Kumar

Village/area/colony/locality : uravakonda / INDIRANAGAR /
BC - colony / Hindhu

1. Are you aware of the disease diabetes mellitus?

(A) NO

2. Have you ever been assessed for diabetes?

(A) NO

3. What is your age? (Young/ adult/Old)

(A) 45 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 4:30 AM

7. At what time you go to sleep at night?

(A) AT 9 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 48 Kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) 3 or 4 Hours per day

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt. B. Nagajothirmai

Physical labor?

(A) Yes

13. What stuff is included in your menu?

(A) Idli, Chapathi, Rice

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Mutton, and Fish

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: D. Raju

Name of the faculty mentor: B. Nagajothirmal

Name of the villager/ interviewee: uravakonda / Bhojendra

Village/area/colony/locality : uravakonda / Indiranagar / B-C colony / Hindhu Indian

1. Are you aware of the disease diabetes mellitus?

(A) No

2. Have you ever been assessed for diabetes?

(A) No

3. What is your age? (Young/ adult/Old)

(A) 50 years old

Name of the faculty mentor: Smt. B. Nagajothirmal

4. Specify the gender

(A) male

5. At what age you are tested positive for diabetes?

(A) NO

6. At what time you wake up in the morning?

(A) AT 7 PM

7. At what time you go to sleep at night?

(A) AT 9 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) Yes

10. How frequently you check your weight?

(A) 80 Kgs

11. How much time do you spend in a day watching TV/Mobiles?

(A) daily 3 to 4 hours

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt.B.Nagajothirmai

Physical labor?

(A) House wife

13. What stuff is included in your menu?

(A) IDLI, Rice, Chapatti, Roti

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) Yes

15. Which nonvegetarian variety do you like?

(A) Mutton

16. How frequently you take outside food?

(A) Yes

17. Are you aware of calorific needs of your body?

(A) Yes

18. Do you take Junk food?

(A) Yes

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

GOVERNMENT DEGREE COLLEGE URAVAKONDA

Prevalence of diabetes mellitus in rural segments of Uravakonda

Questionnaire

Name of the student: ~~B. M. Peravallika~~ D. Raju

Name of the faculty mentor: B. Naga Jyothirmai

Name of the villager/ interviewee uravakonda. Salembai
Budagavi / Budagavi

Village/area/colony/locality (Budagavi) / BC colony / 3rd ward
Uravakonda

1. Are you aware of the disease diabetes mellitus?

(A) Yes

2. Have you ever been assessed for diabetes?

(A) Yes

3. What is your age? (Young/ adult/Old)

(A) 45 years old

Name of the faculty mentor: Smt.B.Nagajothirmai

4. Specify the gender

(A) Female

5. At what age you are tested positive for diabetes?

(A) 3 days back check diabetes positive

6. At what time you wake up in the morning?

(A) AT 4 AM

7. At what time you go to sleep at night?

(A) AT 8 PM

8. Are you doing Surya namaskaras/asanas/exercises regularly?

(A) NO

9. Do you take a nap in the afternoon immediately after lunch?

(A) YES

10. How frequently you check your weight?

(A) 65 Kgs

11. How much time do you spend in a day watching

TV/Mobiles?

(A) 3 to 4 Hours per day

12. What is the nature of your work? Does it involve any

Name of the faculty mentor: Smt. B. Nagajothirmai

Physical labor?

(A) yes

13. What stuff is included in your menu?

(A) Roti, mudda, Rice, Chapatni

14. Are you a meat lover? How frequently you go for nonvegetarian dinner?

(A) yes

15. Which nonvegetarian variety do you like?

(A) Chicken

16. How frequently you take outside food?

(A) No

17. Are you aware of calorific needs of your body?

(A) yes

18. Do you take Junk food?

(A) No

19. Is there any family history of diabetes?

(A) No

20. Do you take insulin? If yes specify the dose.

(A) yes

Name of the faculty mentor: Smt.B.Nagajothirmai

21. Have you tried any traditional or alternate systems of medicine?

(A) Sugar Related Tablets

22. How frequently you check your weight?

(A) 55 kgs

23. When did you last check up your weight?

(A) Last 4 months

24. Are you a smoker? If yes how many cigars, you smoke in a day?

(A) NO

25. Are you alcoholic?

(A) NO

26. Have you got any other problem like thyroid?

(A) NO

27. How frequently you eat sweets in a month?

(A) Yes

Name of the faculty mentor: Smt. B. Nagajothimal

28. Are you confident that you can manage diabetes?

(A) Yes

29. Do you know the number of diabetic patients in your village?

(A) No

30. What may be the possible reasons for the prevalence of diabetes in your village?

(A) No

Name of the faculty mentor: Smt.B.Nagajothirmai

