

COMMUNITY SERVICE PROJECT

DR.V.S.KRISHNA GOVT. DEGREE COLLEGE

Dr V	S KRISHNA GOVERNMENT COLLEGE (A)
	COMMUNITY SERVICE PROJECT
	LOG BOOK
Name of the Stude	nt : Reyyi. Sri lekha
Programmer	: II B.Sc. (Microbiology, Biochemistry, Chemistry)
Regd.No	: E 2 0 2 0 6 0 2 7
Mobile No.	: 9848689017
Name of the Mento	r : N Yerusha
Designation	: Guest Lecturer in Biochemistry
R. Sui lekt	stident signature of Mentor
	Signations. Exclination Head of the Debattment Department of Microbiology Dr. V.S. Krishna Govt. Degree College (A)

COMMUNITY SERVICE PROJECT

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COMMUNITY SERVICE PROJECT

LOG BOOK

Student Profile

1. Name of the Student	: Reyyi. Sri lekha
2. Date of Birth	:13-01-2003
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4. Reg. No.	: E20206027
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12. Student signature	:R.srilekha

COMMUNITY SERVICE PROJECT

<u>LOG BOOK</u>

Day	S.N	Date	Name of	Addres	Gender	Observations made
	0	& z	the	s	& age	during survey
		time	person			
		ofvisit				
		0111010				
Davi	1.	10-6-22 8:00 pm	R.Ravi kumar	sanath nagar, old gajuwaka , vsp	Male 51	I observed he is attached with sun burn
Day 1	2.	10-6-22 8:10 pm	T.Kesava rao	Sanath nagar, old gajuwaka , vsp	Male 45	he is under dehydrated
	3.	10-6-22 8:15 pm	G.Prasad	Sanath nagar. Old gajuwaka , vsp	Male 34	He is attached with sun stroke
Ι Γ	4.	10-6-22 8:20 pm	S.Ram kumar	Sanath nagar. Old gajuwaka , vsp	Male 38	He is attached with sun burn
	5.	10-6-22 8:25 pm	M.Paravathi	Sanath nagar. Old gajuwaka , vsp	Female 46	She us attached with sun burn
	6.	10-6-22 8:30 pm	K.Venkat raju	Sanath nagar, Old gajuwaka , vsp	Male 51	He is attached with sun burn
	7.	10-6-22 8:35 pm	K.S. Naidu	Sanath nagar, Old gajuwaka	Male 48	He is attached with sun burn
	8.	10-6-22 8:40 pm	k.Lakshmi	Sanath nagar, Old gajuwaka , vsp	Female 43	She is attached with sun burn
	9.	10-6-22 8:45 pm	T.Suresh	Sanath nagar. Old gajuwaka . vsp	Male 57	He is attached with sun burn
	10.	10-6-22 8:50 pm	S.Suresh	Sanath nagar, old gajuwaka , vsp	Male 45	He is attached with sun burn
Day 2	11.	11-6-22 9:00 Am	V.Maha lakshmi	sanath nagar, old gajuwaka , vsp	Female 50	She is attached with sun stroke
2	12.	11-6-22 9:10Am	k.V. Naidu	Sanath nagar Old gajuwaka	Male 39	He is attached with sun stroke
1 1	13.	11-6-22 9:15	S.Vishnu	Sanath nagar, Old gojuwaka , VSp Sanath nagar, old gajawaka	Male 38	He is attached with sun burn
Ι Γ	14.	11-6-22 9:20 Am	B.Ravi kumar	Sanath nagar, old gajawaka . vsp	Male 45	He is attached with sun stroke
	15.	11-6-22 9:25 Am	D.Kanaka raju	Sanath nagar, old gajuwaka , vsp	Male 48	He is attached with sun stroke
Ι Γ	16.	11-6-22 9:30 Am	P.Raju	Sanath nagar. Old Gajuwaka, vsp	Male 45	He is attached with sun stroke
	17.	11-6-22 9:40 Am	D.Anil kumar	Sanath nagar, Old Gajuwaka, vsp	Male 32	No
	18.	11-6-22 9:45 Am	N.Ramesh	Sanath nagar, Old Gajuwaka, Vsp	Male 40	No
	19.	11-6-22 9:50 Am	T.Hemanth	Sanath nagar, old Gajuwaka, Vsp	Male 45	No
	20.	11-6-22 10:00 Am	R.Ravi	Sanath nagar, Old Gajuwaka, Vsp	Male 48	No
Day	21.	12-6-22 9:15 Am	P.Gowri	Sanath nagar, old Gajuwaka, Vsp	Male 55	He is attached with sun burn
3	22.	12-6-22 9:20 Am	G Durga	Sanath nagar, old Gajuwaka, vsp	Female 29	She is attached with sun burn

		2-6-22 25 Am	B.Vijaya lakshmi	Sanath nagar, Old Gajuwaka, Yap	Female 30	He is attached with sun burn
	24.	12-6-22 9:30 Am	G.Satya	Nap Sanath nagar, Old Gajuwaka, vsp	Female 60	He is attached with sun stroke
	25.	12-6-22 9:35 Am	K.Sri lakshmi	Sanath nagar, Old Gajuwaka, Vsp	Female 46	No
	26.	12-6-22 9:40 Am	K.Ramana	Sanath nagar. Old Gainwaka	Male 50	He is attached with sun burn
	27.	12-6-22 9:45 Am	V.M. B. Krishna	Vsp Sanath nagar. Old Gajuwaka,	Male 43	He is attached with sun burn
	28.	12.6.22 9:50 Am	M_Siddo	Vsp Sanath nagar Old Gajuwaka, Vsp	Male 29	Ne
	29.	12-6-22 9:55 Am	G.Sathish kumar	Vap Sanath nagar, Old Gajuwaka, Yap	Male 43	No
	30.	12-6-22 10:00 Am	K.Madhu	Sanath nagar, old Gajuwaka, Vsp	male 47	No
Day	31.	13-6-22 9:00 Am	S.Lalitha kumari	Old Gaiuwaka	Female 35	She is attached with sun burn
4	32.	13-6-22 9:10 Am	Y.Bhavani	Vsp Sanath nagar, Old Gajuwaka, Vsp	Female 56	She is attached with sun stroke
	33.	13-6-22 9:15 Am	P.Vasu	Sanath nagar, Old Gajuwaka, Vep	Male 40	She is attached with sun burn
	34.	13-6-22 9:20 Am	M.Bhavani	Sanath nagar, Old Gajuwaka, Vsp	Male 21	No
	35.	13-6-22 9:25 Am	P.Vinay kumar	Sanath nagar, old Gajuwaka,	Male 25	He is attached with sun burn
	36.	13-6-22 9:30 Am	K.Appalaraju	Vsp Sanath nagar. Old Gajuwaka, Vsp	Male 35	He is attached with sun burn
	37.	13-6-22 9:35 Am	T.Tejaswa rao	Sanath nagar, Old Gajuwaka, Vsp	Male 37	No
	38.	13-6-22 9:40 Am	S.Raju	Sanath nagar, Old Gajuwaka,	Male 38	No
	39.	13-6-22 9:45 Am	P.Rama naidu	Vsp Sanath nagar, Old Gajuwaka, Vsp	Male 43	No
	40.	13-6-22 9:50 Am	M.Ramesh	Sanath nagar. Old Gajuwaka, Vsp	Male 40	No
Day	41.	14-6-22 9:00Am	N.Vasanthi	Sanath nagar. Old Gajuwaka, Vsp	Female 43	No
5	42.	14-6-22 9:05 Am	N.Nirmala	Sanath nagar, Old Gajuwaka, Vsp	Female 46	No
	43.	14-6-22 9:10 Am	S.Suryakantham	Sanath nagar, Old Gajuwaka, Vsp	Female 65	No
	44.	14-6-22 9:15 Am	S.Savathri	Sanath nagar. Old Gajuwaka,	Female 62	No
	45.	14-6-22 9:20 Am	P.Surya kumari	Vsp Sanath nagar, Old Gajuwaka, Vsp	Female 30	No
	46.	14-6-22 9:25 Am	V.Sravanthi	Sanath nagar, Old Gajuwaka, Vsp	Female 32	No
	47.	14-6-22 9:30 Am	K.Lakshmi	Sanath nagar, Old Gajuwaka, Vsp	Female 56	No
	48.	14-6-22 9:35 Am	A.Durga	Sanath nagar. Old Gajuwaka, vap	Female zo	No
	49.	14-6-22 9:40 Am	P.Kanna amma	Sanath nagar. Old Gajuwaka, Vsp	Female 28	No
	50.	14-6-22 9:45Am	B.Nandha kumar reddy	Sanath nagar. Old Gajuwaka, Vsp	Female 54	No
Day	51.	15-6-22 9:15 Am	R.Harsha sai	Sanath nagar. Old Gajuwaka, Vsp	Male 35	No
6	52.	15-6-22 9:20 Am	S.Vamsi krishan	Vuda colony, Old Gaiuwaka,	Male 25	No
	53.	15-6-22 9:25 Am	N.Subramanyam	Vsp Sanath nagar. Old Gajuwaka,	Male 53	No
	54.	15-6-22 9:30 Am	B.Jagadesh	Vsp Sanath nagar, Old Gajuwaka,	Male 39	No
	55	15-6-22 9:35 Am	B.Pavan kumar	Vsp Vuda colony, Old Gajuwaka,	Male 36	No

56.	15-6-22 9:40 Am	N.Sundaram	Sanath nagar, Old Gajuwaka, Vsp	Male 49	He is attached with sun stroke
57.	15-6-22 9:45Am	L	Old Gajuwaka, vsp	Penale 26	No
58.	15-6-22 9:50 Am	P.Raavee	Sanath nagar, Old Gajuwaka, Mar	Female 33	No
59.	15-6-22 9:55 Am	M.Bala latha	Sanath nagar. Old Gajuwaka, Vsp	Female 43	No
60.	15-6-22 10.00 Am	T.Padma	Sanath nagar, Old Gajuwaka,vsp	Female 48	No

R. Sri lekha Signature of the student

COMMUNITY SERVICE PROJECT LOG BOOK SURVEY RELATED PHOTOS







Name of the Student Registered Number Year Program Studying R. Sri lekha 1 2 3 4 E20206027 B20206027 2022 BSC II YEAR MB BC C N YERUSHA SUMMER HELATH HAZARDS Gajuwaka Program Studying Program Combination Name of the Mentor Name of the CSP Place of CSP Execution 5 6 7 8 No. of Hours S.No Date Work Done Spent Day 1 6-6-22 Day 2 7-6-22 1. 1 hour Madam explained about the project 2. 2 hours Discussed about the project to be done 7-6-22 Day 3 8-6-22 Day 4 9-6-22 3. 2 hours Discussed about the project to be done 4. 2 hours Finalization of the project 5. 2 hours Day 5 10-6-22 Community service project-10 Summer health hazards-10 Community service project-10 Summer health hazard-10 2 hour 6. Day 6 11-6-22 Community service project-10 Summer health hazard-10 7. Day 7 12-6-22 2 hours 8. Day 8 13-6-22 1hour Summer health hazard-10 9. Day 9 14-6-22 1 hour Summer health hazard-10 Summer health hazard-10 10. Day10 15-6-22 1 hour Day 11 16-6-22 11. 2 hours Awareness about the project Day 12 16-6-22 12. 1 hour Awareness about the project Day 13 17-6-22 13. 1 hour Awareness about the project 14. Day 14 1 hour Awareness about the project

Commissionerate of Collegiate Education, Government of Andhra Pradesh

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

15.	Day 15 19-6-22		1 hour
	19-0-22	Awareness about the project	
16.	Day 16 20-6-22	Awareness about the project	1 hour
17.	Day 17 21-6-22	Awareness about the project	1 hour
18.	Day 18 22-6-22	Arrangements of the survey report	2 hours
19.	Day 19 23-6-22	Started doing the report of the survey	3 hours
20.	Day 20 24-6-22	Preparing of the ppt	3 hours
21.	Day 21 25-6-22	Preparing of the ppt	3 hours
22.	Day 22 26-6-22	Preparing students daily report	2 hours
23.	Day 23 27-6-22	Preparing students daily report	2 hours
24.	Day 24 28-6-22	Submission of the project	



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ABSTRACT:

Through critical and deep study, I examined the type of problems people are facing in this hot summer due to the raise in temperature. Studies have shown that, compared with the average climate ,extreme events such as post corona ,ozone layer depletion, sedentary life style ,lack of rich nutrients are more likely to drive changes in nature. Due to this the temperature has raised to much so there are some effected and non effected people in my area. Heat waves have serious implications on human health. The intensity and frequency of hot days have increased, and the minimum temperature indices exhibited a higher rate of warming. The rapid economic expansion, increase of population and urban effects in the region are thought to have intensified the rapidly warming climate pattern in Gajuwaka since the turn of the year.

REVIEW OF THE LITERATURE

INTRODUCTION:

- When the cold winters fade away and hot summers come, the hazards increase at the heat related workplace. So, it is important to look at how workplace safety gets affected by summers. Each season brings different safety troubles and if these concerns are not properly addressed, it may lead to injuries accidents and illness to prevent these hazards during these summers, it is recommended to understand and manage the risks from heat stroke to injuries, you need to take proper actions to prevent workplace accidents. Let's check some of the common summer safety hazards and the ways to avoid them.
- Heat-related illness such as "HEAT EXHAUSTION AND HEAT STROKE" are common summer health issues heat exhaustion comes with many unpleasant symptoms, including increased pulse, dizziness ,fatigue , muscle cramps, nausea and headache.

FATIGUE:

- A state of tiredness that does not resolve with rest or sleep. In general usage, fatigue is synonymous with extreme tiredness or exhaustion that normally follows prolonged physical or mental activity. When it does not resolve after rest or sleep, or occurs independently of physical or mental exertion, it may be a symptom of a medical condition that may become severe or progressive.
- Fatigue can be a feature of a mental disorder such as depression; may be associated with conditions of chronic pain such as fibromyalgia .It may also feature in conditions of chronic low-level inflammation, and be a diseaserelated symptom in many other conditions. Fatigue often has no known cause, and is recognised as being very complex in nature Fatigability



Symptoms of fatigue :-• chronic tiredness or sleepiness

•headache •dizziness •sore or aching muscles •muscle weakness •slowed reflexes and responses •moodiness, such as irritability •impaired hand-to-eye coordination escribes a susceptibility to fatigue.

<u>Causes of fatigue :-</u> The wide range of causes that can trigger fatigue include:

•Medical causes – unrelenting exhaustion may be a sign of an underlying illness, such as a thyroid disorder, heart disease or diabetes.

•Lifestyle-related causes – alcohol or drugs or lack of regular exercise can lead to feelings of fatigue. •Workplace-related cause – workplace stress can lead to feelings of fatigue

•Emotional concerns and stress - fatigue is a common symptom of mental health problems, such as depression and grief,

and may be accompanied by other signs and symptoms, including irritability and lack of motivation.

DEHYDRATION :-

- **Dehydration** occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.
- Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults.
- The most common cause of dehydration in young children is severe diarrhea and vomiting. Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.



SYMPTOMS :-

In adults, the symptoms of dehydration include:

•Feeling very thirsty

- •Urinating and sweating less than usual
- •Dark-coloured urine
- •Dry skin

CAUSES :-

You can become dehydrated because of:

- •Diarrhea
- •<u>Vomiting</u>
- •<u>Sweating</u> too much
- •Urinating too much, which can happen because of certain medicines and illnesses
- •<u>Fever</u>
- •Not drinking enough

• HEAT EXHAUSION :-

• <u>Heat exhaustion</u> is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by <u>dehydration</u>.

- There are two types of heat exhaustion:
- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include <u>nausea and vomiting</u>, <u>muscle cramps</u>, and <u>dizziness</u>.
- Although heat exhaustion isn't as serious as <u>heat stroke</u>, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the <u>brain</u> and other vital organs, and even cause death.



SYMPTOMS

Cool, moist skin with goose bumps when in the heat
Heavy sweating
Faintness
Dizziness
Fatigue
Weak, rapid pulse
Low blood pressure upon standing
Muscle cramps
Nausea
Headache

<u>CAUSES</u>

•Dehydration, which reduces your body's ability to sweat and maintain a normal temperature

•Alcohol use, which can affect your body's ability to regulate your temperature

•Overdressing, particularly in clothes that don't allow sweat to evaporate easily

SUN STROKE

- Sunstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to 104 F (40 C) or higher. The condition is most common in the summer months.
- Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.



Symptoms

Heatstroke signs and symptoms include:

•**High body temperature.** A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.

•Altered mental state or behaviour. Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.

•Alteration in sweating. In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.

•Nausea and vomiting. You may feel sick to your stomach or vomit.

•Flushed skin. Your skin may turn red as your body temperature increases.

•Rapid breathing. Your breathing may become rapid and shallow.

CAUSES

• Exposure to a hot environment. In a type of heatstroke, called nonexertional (classic) heatstroke, being in a hot environment leads to a rise in core body temperature. This type of heatstroke typically occurs after exposure to hot, humid weather, especially for prolonged periods. It occurs most often in older adults and in people with chronic illness.

SUN BURN

- Sunburn is inflamed, painful skin that feels hot to the touch. It often appears within a few hours of being in the sun too long.
- You can get sunburn relief with simple self-care measures such as taking pain relievers and cooling the skin. But it may take days for the sunburn to fade.
- Preventing sunburn year-round by wearing sunscreen or using other skinprotection habits is important for everyone. It is especially important when you're outdoors, even on cool or cloudy days.



Symptoms

- Sunburn symptoms can include:
- •Inflamed skin, which looks pink or red on white skin and may
- be harder to see on brown or Black skin
- •Skin that feels warm or hot to the touch
- •Pain, tenderness and itching
- •Swelling
- •Small, fluid-filled blisters, which may break

<u>Causes</u>

Sunburn is caused by too much exposure to ultraviolet (UV) light. UV light may be from the sun or artificial sources, such as sunlamps and tanning beds. UVA is the wavelength of light that can penetrate to the deep layers of skin and lead to skin damage over time. UVB is the wavelength of light that penetrates the skin more superficially and causes sunburn.

- <u>AIM</u> : To identify how people are suffering in my colony due to increasing temperature and their problems
- METHODS ADAPTED : Community survey and Community awareness
- TIME LINE :-
- 1st week : COMMUNITY SURVEY .this includes the door-to-door survey along with the collection of data in the form of questionnaire . Different age groups are selected for this collection of data . A comprehensive study of summer health hazards in young , adult and old people is taken for this purpose .
- 2ND week : COMMUNITY AWARENESS To create awareness regarding summer health hazards and it's effect . It was done individually
- **3**RD week : All the collected reports are compiled in the form of project report . Which includes questionnaire form , tabular forms and bar graphs.
- 4TH week : It includes the presentation of our project work to the internal viva committee at the college level individually.
- **Tools and techniques used :** specific clinical tools are not used but for collecting data in the form of questionnaire , tabular forms and graphical representations .

QUESTIONNAIRE

- ≻ Name :
- ≻ Age :
- ➤ Gender :
- ≻ Area :
- \succ Health condition :
- ➤ How many members are their in your family ?
- Do you have family doctor ?
- > Do you go for regular health checkups ?
- Did you undergo any major surgery in the past ?
- Do you have any family health history ?
- > How do you feel about the current situation on temperature ?
- > What is your occupation ? Does it involve any physical labour ?
- ➤ How much time do you spend under the sun without intervals ?
- ➢ How often do you take breaks in your work time ?

- ➤ Is your working place is cool or hot ?
- > Did you ever feel nauseous or vomiting when under the sun for a long period of time ?
- Do you sweat a lot when you go outside ?
- > Did you ever fee like losing conscious while working or often you return from work ?
- ➤ What are the timings of your work ?
- > Have you consulted a doctor or a pharmacist regarding your health in the recent times ?
- > Do you feel like you must rest even if you don't work much ?
- > Does your skin ache or inflamates when you touch it?
- > Did your skin turn red when it aches?

> Do you congest the contaminated food due to high temperature?

- Do you use any medication for the above-mentioned abnormalities ties?
- Did you feel any side effects?
- > Affected with COVID virus?
- > Are you suffering from any post COVID complications?
- > Does post COVID had any role in disturbance in temperature?

SOCIO-ECONOMIC SURVEY QUESTIONS :-

1)	NAME :
2)	AGE :
3)	GENDER :
4)	DATE :
5)	
5)	AREA :
6)	I. Social status of study area:
	1.Location of area:
	2.Religion:
	3.Education:
	4.Occupation:
7)	Health profile:
')	Diabetes [] Blood pressure [] Cholesterol []
0)	Any other: None { }
8)	Infrastructural facilities:
	Market [] Health facilities [] Post office [] Drinking water [] Electricity [] Transport []
9)	II .Economic status of study area:
	1.Source of income:
	2.Availability of agricultural land:
	3.Agricultural land used for:
10)	Type of cooking fuel used:
10)	LPG [] Kerosene [] Electricity[] Wood[] Any other :
	LIG [] Kelosene [] Eleculeny[] wood[] Ally outer

11) Type/s of vehicle/s:
Two-wheeler Car Auto Any other:
12)Name of govt. schemes received:
III. <u>Specific issues</u> :
13) How are you purchasing required commodities?
Online [] Offline [] Both[]
14) Are you a member of any self help group?
15) Do you have a bank account?
16) Are you using internet banking/ mobile banking/ other banking services?
17) Do you have any insurance?
18) Do you undergo regular health checkups?
19) Were you hospitalized recently?
20) Did you use any kind of medication recently?
General sales list (GSL) [] Pharmacy medicines (P) [] Prescription only medicine (POM)[]
Controlled drugs (CD) [] None { }
21) How do you rate the hospitals in this area? / 10.
22) Reason for such hospital rating:
23) Comments for better functioning of hospitals:
24) Do you follow Covid protocols in this area?
25) Do you face social stigma after Covid 19?
Any other problem/s in this area:

Observation :

TABLE REPRESENTATION

S.NO.	AGE GROUP	TOTAL NO.OF PERSONS	NO.OF PERSONS EFFECTED	NO.OF PERSONS NOT-EFFECTED
1.	20- 30 YEARS	8	2	6
2.	30-40 YEARS	16	7	9
3.	40-50 YEARS	23	13	10
4.	50-60 YEARS	10	7	3
5.	60-65 YEARS	3	1	2
TOTAL		60	40	20

S.NO.	GENDER	TOTAL NO.OF PERSONS	NO.OF PERSONS EFFECTED	NO.OF PERSONS NOT-EFFECTED
1.	MALE	35	18	17
2.	FEMALE	25	10	15
	TOTAL	60	28	32

S no.	Total no. of persons	No. of persons effected	No. of persons not-effected
1.	60	40	20







REPORT

- ◆ It is less prevalent in urban area as the people are engaged in their works by taking good food.
- ♦ Between the age 40-50 suffers with the increasing temperature more then the young age.
- ♦ Urban people around Gajuwaka are taking good precautions during summer.
- * Hospitals in Gajuwaka are good at treatment but infrastructure should be more improved.
- People need to take regular checkups and visit to hospitals regularly.
- People are taking care of their health by taking good food and good diet.
- ✤ Most of the private workers are suffering from sun stroke and sun burn.
- * Children are maintaining their health by not playing under the sun.

References

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Cecil Adams (11 March 1983). "Is it true summer in Ireland starts May 1?". The Straight Dope. Archived from the original on 30 August 2011. Retrieved 27 September 2011.

➢Meteorological Glossary. London: HMSO. 1991. P. 260. ISBN 978-0-11-400363-0. □ "Professor Paul Hardaker answers questions on meteorological forecasting" Archived 2 February 2017 at the Way back Machine. Royal Geographical Society.

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➤"First day of summer worth celebrating". JSOnline. Archived from the original on 13 July 2011. Retrieved 27 September 2011.