

**A Functional Analysis of Women's Participation in Various
Activities in Hills: A Case Study from Village Arah in
Kumaun Himalaya, India**

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ABSTRACT The varied and demanding occupations of women in rural central Himalaya have been recognized by many workers but there is paucity of information with regard to energy expended by women in central Himalayan villages for performing various activities. While many studies reveal that women make implicit contributions towards subsistence economy and ecological and cultural sustainability, the defining of such contributions can be based on firm footing by providing data on energetics. The present study has attempted to analyse major functional activities of women of a remote central Himalayan mid mountain village Arah (Garur Block, Distt. Bageshwar) in Kumaun hills of U.P.