

Physiological Assessment of Nilgiri Women Involved in Economic Activities

Indu Karki, Pratibha Joshi¹ Devinder Dhingra² and Shenoy Sandhya³

Transfer of Technology Division, CIPHET, Ludhiana, Punjab, India

¹Vivekanand Parvatiya Krishi Anusandhan Sansthan, Almora, Uttarakhand, India

²Krishi Anusandhan Bhawan-II, ICAR, Pusa, New Delhi, India

³NAARM, Hyderabad, Andhra Pradesh, India

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ABSTRACT Prosperity of nation depends on status of its women, as they not only constitute nearly half of its population, but also positively influence growth of remaining half of population. Hence, a study was conducted to study personal profile of women farmers, performance of women in tea cultivation, potato cultivation and livestock activities. Physiological assessment was done in terms of RPE and REBA. By simple random sampling, 30 women were selected in Nilgiri district. Seventy percent were 30 years of age and educated up to high school. About 67 percent were dependent on tea cultivation for livelihood. Sixty three percent women had income in the range of Rs 5,000 to 10,000/-. All women performed bed preparation activity, whereas sowing was done by 20 percent women. Weeding activity was actually done by 63.33 percent respondents. Regarding harvesting of potato crops, 76.67 percent women performed it. Mean rating of perceived exertion was in the range of 1 to 1.27. REBA results showed that 40 percent women respondents were in AL3 category which means that they were in high risk level.