

## **Time Use Pattern of Adolescent Girls in Gujjar Community**

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**ABSTRACT** Time use pattern of 30 adolescent girls in the age group of 12-15 years in Gujjar community was studied with the help of interview schedule and observation. The result revealed that adolescent Gujjar girls start doing work both indoor and outdoor after the age of 5 years. About 5 hours and 55 minutes were consumed in indoor household activities which includes cooking, serving, cleaning, washing of clothes and utensils and about 6 hours and 16 minutes were consumed in outdoor household activities which were milking, grazing, fodder cutting, collection and making of cow dung cakes and washing of animals whereas they were able to spend only 1 hour and 40 minutes for rest and they have to manage their time for sibling care and self care from this rest period only.