

**A STUDY ON WOMEN EMPOWERMENT AMONG THE  
RURAL WOMEN OF AGE GROUP 18-59 YEARS OF  
BIROKONA VILLAGE, BILASPUR DISTRICT, CHHATTISGARH**

**Dissertation Submitted to the Department of Anthropology and  
Tribal Development**

**OR**

**Partial Fulfilment of Award of The Bachelor Degree in the  
Anthropology (VI Semester)**



*Scanned by [Signature]*

**SESSION 2022-23**

**SUBMITTED BY  
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**(A CENTRAL UNIVERSITY)**

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This is to certify that Miss Renuka Pradhan of B.Sc. VI Semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled --A STUDY ON WOMEN EMPOWERMENT AMONG THE RURAL WOMEN OF AGE GROUP 18-59 YEARS OF BIRKONA VILLAGE, BILAPUR, C.G.

under my supervision during her UG Course of academic session 2022-23. The work presented by her is an authentic and is not been submitted anywhere else for the award of this or any other degree.

  
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# **CHAPTER- 1**

## **INTRODUCTION**

Empowerment of women refers to making women powerful and make them capable of deciding for themselves or it means freedom of women from the vicious grips of social, political and economic gender based discrimination. It means granting women to make independent life choices. Swami Vivekananda quoted that, "there is no chance for the welfare of the world unless the condition of women is improved." As women were not allowed to make decisions for them, women empowerment came into force. It made them aware of their rights and how they must make their own place in society rather than depending on a man.

Women empowerment is one of the important concepts in the present scenario. Empowerment of women leads to the socio-economic development of the society and bringing women into the main stream. It makes improvement of women in social, economic and political empowerment, which leads to women in equal participation in politics and decision-making process and makes active participation of women in all levels of development. It involves power to, power with and power within. It guides women into capacity building and leading to greater participation, effective decision-making power and control leading to transformative action. The Central and State Government has launched various schemes for the growth and development of women status. The present study is an attempt to examine the conceptual meaning of women empowerment and various Government Schemes initiated by the government of India for upliftment of women.

Women constitute almost 50% of the world's population but India has shown disproportionate sex ratio whereby female's population has been comparatively lower than males. As far as their social status is concerned, they are not treated as equal to men in all the places. In the Western societies, the women have got equal right and status with men in all walks of life. But gender disabilities and discriminations are found in India even today. The paradoxical situation has such that she was sometimes concerned as Goddess and at other times merely as slave.

### **Status of Women in Indian Society**

Not all members of a society, especially women, have equal access to the factors. Patriarchal norms restrict Indian women education and employment issues.

- Gap in male female literacy rate.
- Schools in rural area are at considerable distance where women find unsafe to travel long distances for schooling.
- Stereotypical thinking

### **Dimensions of women empowerment**



**DISSERTATION**  
**On**  
**SOCIO-ECONOMIC PROBLEMS FACED BY**  
**ELDERLY PEOPLE (60+ years) OF BIRKONA**  
**VILLAGE OF BILASPUR CHHATTISGH**  
**SESSION:-2022-2023**



Submitted by:

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## INTRODUCTION

Old age or elderly consists of ages, nearly surpassing the average life span of individual. Increasing number of old people in India today issues that need to be taken care, of if economic & social improvement is to proceed effectively. As per Indian tradition, elderly people occupies power & prestige in family. But nowadays they are becoming inactive, dependent, sick & weak. In terms of economically & psychologically, physically all these phenomena leads to socio-economic problem. The main purpose of this research problems entitled Socioeconomic problems faced by elderly in BIRKONA is to discuss the economic issues, social & physical inability and other problems which is being faced by the senior citizen in BIRKONA. The major issues are economic contentment, health insurance unawareness, economic support & desire decision making, & planning for retirement etc. Hence this research is concluded, that although there are many issues that are making the life of senior citizens problematic but they are still living a satisfied life because they are not depending on others. The major demand of senior citizens is financial stability, respect by all the youngsters & time with children & grand children.

According to the Report of the Technical group on Population Projections for India & states 2011-2036, there are nearly 138 million elderly persons in India in 2021 (67 million males & 71 million females) & it is further expected to increase by around 56 million extent eldest persons in 2031. The elderly population is defined as people aged 65 and over. The factors which affect the elderly population are its

1. an increase in physical health problems / condition :- heart disease, stroke, Alzheimer's disease
2. Chronic pain
3. Side-effects from medicine
4. losses :- income, self worth, relationship, independence
5. social isolation.
6. Hospital admission



# Synopsis

PROBLEM OF RURAL EDUCATION BIRCONA BILASPUR,  
CHHATTISGARH



Submitted by:

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Bsc.6th semester

Anthropology & tribal development  
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For

Pre-Dissertation Seminar

Under the guidance of:

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## CHAPTERIZATION

### Chapter – 1 :- INTRODUCTION:

Statement of Problem

Meaning and Concept

Aims and objective of study

Hypothesis

Review of literature

### Chapter – 2 :- METHODS & METHODOLOGY:

Study Area and Study Universe

Study People

Sample & Sampling

Statistical tools

### Chapter – 3 :- RESULT AND DISCUSSION

### Chapter – 4 :- CONCLUSION

## REFERENCES

Field diary

Data schedule

Photography

## Introduction–

The real India live in villages', this saying is as true today as it was when the country got independence 65 years back. As the greater part of the number of inhabitants in the nation lives in towns, rural advancement is a prominent factor for the improvement of our economy. The crucial motivating factor for the development of the economy in today's time is education. Like in the group of individual liver is in charge of the best possible working of the body, similarly education acts a spine for the economy (Govinddarjan dr. s.2017)

"Education is the key to unlocking the world a passport to freedom "- Oprah winkrey  
In rural communities, there is a need to conduct an analysis of the problems and factors, which need to be improved. For example, if the rate of literacy is low, in other words, when the rural individuals possess low literacy skills or not any literacy skills, then programs will be formulated to establish educational institutions and training

# **STATUS OF PUBLIC DISTRIBUTION SYSTEM AMONG THE APL & BPL CARD HOLDERS IN BIRKONA BILASPUR (CHHATTISGARH)**

**A Dissertation.**

**Submitted for the bachelor degree in Anthropology and Tribal Development .**



**SHWETA MISHRA**

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**Roll no. 20201026**

**( Bsc VI semester )**

**Project Supervisor -:**

**MR. BALRAM ORAON SIR**

**Session 2023**

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Date

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# INTRODUCTION

Largest food subsidy programme in India The Public Distribution system. (PDS) evolved as a system of management of scarcity through distribution of food grains at affordable price.

Safety PDS Seeks to provide a food net to poor and vulnerable people living below the poverty cells major food grains mainly Rice, and wheat from fair price shops at significantly prices than the market. Lower price than market.

***Amendment in Mukhya Mantri Khadyanna Sahayata Yojana -***

Chhattisgarh Mukhya Mantri khadyanna Sahayata yojana was published in the chhattisgarh 23<sup>rd</sup> February 2007

Consumer selling price of Rice –

Yellow Ration card holder of BPL Scheme - RS- 3 per kg.

Red Ration Card holder of BPL scheme (Antyodaya). - RS-1 per Kg.

Grey Ration card holder of APL scheme - Rs 10 per kg.

## PUBLIC DISTRIBUTION SYSTEM

### **. PDS for BPL–**

The BPL survey of the government is based on certain

Indicators to assess the economic status of the households. In this context, the identified

BPL family is issued a ration card by the department of food supplies and consumer

Welfare to avail the essential items on monthly basis. Besides, the government also

Creates space of different subsidized policy to the beneficiaries within the same scheme

By looking into the matters of vulnerability on different aspects. An example of this case

Is the BPL price of rice of the KBK region and rest of Odisha.

**MARRIAGE PRACTICES IN DIFFERENT CASTES IN BIRKONA  
VILLAGE, BILASPUR, CHHATTISGARH**



**A Dissertation**

**Submitted in partial fulfillment of the requirements  
for the award of the degree of Bachelor of Arts**

**In**

**Anthropology and Tribal Development**

**To**

**GURU GHASIDAS VISHWAVIDYALAYA**

**By**

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*11-1-23*



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DATE:

  
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## **1. INTRODUCTION**

Nearly one-third of the population is dominated by tribal population in the state of Chhattisgarh. The state is home to forty - two different tribes, and their traditional marriage customs are well – Known around the world. As a result, Chhattisgarh's culture is referred to as tribal culture. According to socialism, gratifying one's sexual urges is a fundamental human need among other basic animal needs, and marriage, families, and other relationships have developed as a result of gratifying one's sexual impulses. Marriage is regarded as essential for a happy life and overall survival. In the tribes of Chhattisgarh, both monogamy and polygamy are socially legal and accepted. Monogamous or single marriages viz., Sister-in-law weddings and brother-in-law marriages are also in existence. Polygamy include marriage to more than one female or male, and group weddings (Banjare & Jaiswal, 2018). The Naxal movement significantly impacted the type of tribal family in the area. The majority of joint families split up into nuclear families. The majority of families living in base camps are spending more on wedding ceremonies. They used to reside in the extremely underdeveloped region of Abujmahad, but now they are living close to the town and district headquarters, which is a result of local culture and urbanization (Gajpal, 2017). Indians have family values that prevent them from divorce or extra marital sex. One in three marriages in the UK and one in two in the US end in divorce. Compared to the "alarming rate" in the West, "divorce was unknown to the Hindu institution of marriage." Man and woman were bound together not only in this life but also in future lives" (Pothen, 1986: ix; Parry, 2001). Teenage marriage is also present in Central India (Dube, 1953). India is a country of unity in diversity. In India people follow different religions and have different culture. Adivasi culture has its importance in Dahod and Panch mahal region of Gujarat state. Adivasi people live differently in the mountain regions. Their language, clothes, food, musical instruments and weapons are different from other tribal peoples. This research will provide an overview of the traditional marriage practices of the *adivasi* community present in Birkona village, Bilaspur, Chhattisgarh. A detailed account of each event or ceremony will be given with clear interpretation of how the groom and bride are chosen, betrothed, how various *vidhis* or ceremonies are performed, various wedding customs, rites and rituals, etc. The marriage customs among the *Adivasi* communities have their own significance in the society (Damor, 2020).

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**A DISSERTATION**  
**ON**  
**NUTRITIONAL STATUS OF AN ELDERLY MALE (60+ YEARS) OF**  
**VILLAGE BIRKONA, BILASPUR, CHHATTISGARH**

***Submitted to Guru Ghasidas Vishwavidyalaya, Bilaspur(C.G)***

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I declare that this dissertation entitled Nutritional status of Adult Males(60+year) ofBirkonavillage Bilaspur district, C.G” is my own work conducted under the supervision of Dr.Rashmi Jaiswal in Department of Anthropology and Tribal Development, Guru GhasidasVishwavidyalaya, Bilasur, Chhattisgarh. I further declare that to the best of my knowledge this dissertation does not any part of others work that has done previously.



## CHAPTER I

### INTRODUCTION

Nutrition is intake of food considered in relation of body dietary needs. Good nutritional adequate well balanced diet combined with regular physical activity is a cornerstone of good health. Poor nutrition can lead to reduced immunity, weight control and physical performance is important for all the people, including the coach, trainer and athlete. An athlete's performance may be improved with good and balanced nutrition, while at the same time it may deteriorate with poor nutritional practices.

A basic understanding of nutrition and its effect upon health, weight control and physical performance is important for all for all people, including the coach, trainer and athlete. An athlete's performance may be improved with good and balanced nutrition, while at the same time it may deteriorate with poor nutritional practices. To optimize performance, athletes should engaged in heavy training should

- A) Eat enough calories to offset energy expenditure ( 50-80 kcal/kg/day)
- B) Consume proper amount of carbohydrate (5-8 grams/kg/day during normal training and 8-10 grms/kg/day during heavy training)
- C) Ingest meals and snacks at appropriate time intervals prior to, during and/or following exercise in order to provide energy as well as to promote recovery following exercise.

#### Classification of nutrition-

##### MACRONUTRITION-

Nutrients that are needed in large amounts are called macronutrients. There are three classes of macronutrients: carbohydrates, Fat and proteins. The energy from macronutrients comes from their chemical bonds. This chemical energy is converted into cellular energy used to perform work, allowing our bodies to conduct their basic functions. A unit of measurement of food energy is the calorie. Water is also a macronutrient in the sense that you require a large amount of it, but unlike the other macronutrients, it does not provide calories

. a) Carbohydrates: Carbohydrates are molecules composed of carbon, hydrogen, and oxygen. The main function of carbohydrates is to furnish energy to the millions of cells within the human body. Besides providing energy, carbohydrates are essential for the nervous system's proper functioning, heart, and kidneys. The major food sources of carbohydrates are grains, milk, fruits, and starchy vegetables, like potatoes. Non-starchy vegetables also contain carbohydrates but in lesser quantities. Carbohydrates are broadly classified into two forms based on their chemical structure: simple carbohydrates, simple sugars, and complex carbohydrates. If the storage capacity for glycogen in the muscle and liver exceeds, the excess glucose is converted into fat and stored in the fatty adipose tissue of the body.

**EDUCATION DROPOUT AMONG THE GOND TRIBE  
AT BIRKONA VILLAGE, BILASPUR, CHHATTISGARH**

**Dissertation Submitted to the Department of Anthropology and  
tribal development**

**as**

**partial fulfillment of award of The Graduation's Degree in the  
Anthropology (VI Semester)**



**Submitted To**

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## **INTRODUCTION**

### **Introduction to Chhattisgarh: A Brief Profile**

Chhattisgarh is a state of east-central India. It was formed on 1st November 2000 after the separation from Madhya Pradesh. The state shares its boundaries with the Indian states of Uttar Pradesh and Jharkhand to the north and northeast, Odisha (Orissa) to the east, Telangana (formerly part of Andhra Pradesh) to the south, and Maharashtra and Madhya Pradesh to the west. The capital of Chhattisgarh is Raipur. The total area of the state is 135,192 square kilometres. The state holds a population of diverse ethnic, social, cultural, ethnic, and linguistic diversity of people, the majority of the population about one third belongs to scheduled caste and scheduled tribes. The total population of the state is 25,545,198 where the male population share is 12,832,895 and the female 12,712,303. The total population of Chhattisgarh forms 2.11% of the total population of India (Census 2011). A majority of the population: 76.76% of the state live in rural areas while only 23.24% live in urban spaces (census 2011).

### **Education**

There is an alarming amount of Students not finishing their education. This action has been termed as 'Education Dropout'. Education dropout is the culmination of a long-term process, not an event, which may begin prior to the start of formal Education. Moreover, the consequences of dropping out can extend beyond an individual's lifetime. Thus, a lifespan developmental perspective is needed to understand the antecedents and consequences of school dropout and to reduce its occurrence through intervention.

The development of society depends on quality education and it can only be measured by assessing the socio-economic indicators that extend educational inequality prevalent in society. Many factors contribute to the unequal distribution of education among urban and rural India. Access to education and school enrolment rates at all levels were subsequently increased, but the phenomenon of school dropouts still plagues the progress of education in India. It is of utmost concern that high dropout rates were reported in most states in India at all stages education is a fundamental human right.



**DISSERTATION ON NUTRITIONAL STATUS OF ADOLESCENT GIRLS  
AGED (9-19 YEARS) AMONG THE RURAL POPULATIONS OF  
VILLAGE BIRKONA, BILASPUR, CHHATTISGARH**

***Field Report Submitted***

***By***

***Neha Jaiswal***

***B.Sc. VIth Semester***

***Anthropology & Tribal Development***

***Enrollment No.: GGV/20/03215***

***Roll No.: 20201013***

***For***

***Partial fulfillment of Bachelor Degree***

***Under the Supervision***

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A/10/04/23*



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*This is to certify that the dissertation entitled, "A STUDY ON NUTRITIONAL STATUS OF ADOLESCENT GIRLS AT BIRKONA VILLAGE, BILASPUR, CHHATTISGARH" is submitted to the Department of Anthropology and Tribal Development for the award of Degree of Bachelors of Education is a record of original research work done by Miss Neha Jaiswal of academic session 2022-2023. The work presented by her is an authentic and has not been submitted anywhere else for the award of this or any other degree.*

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## CHAPTER-I

### INTRODUCTION

Nutrition is the act or process of nourishing or being nourished. According to WHO, nutrition is a foundation for health and well-being for all, leaving no one behind, and a crucial element of primary health care, and plays an essential part in prevention. Nutrition is about eating a healthy and balanced diet.

A proper diet is essential from veritably early age of life for growth, development and active life. Nutrition is the wisdom that deals with all the colorful factors of which food is composed and the way in which proper aliment is brought about. The average nutritive conditions of groups of people are fixed and depend on similar measurable characteristics similar as age, coitus, height, weight, degree of exertion and rate of growth.

Nutrition is the input of the essential nutrients. There are two types of nutrients: the micronutrients and the macro nutrients. The nutrients that are essential for the body in lower quantities are known as micronutrients, whereas the nutrients that are needed by the body in greater quantities are known as macro-nutrients.

Nutritive status is the current body status, of a person or a population group, related to their state of nourishment (the consumption and operation of nutrients). It's the condition of an individual by operation of nutrients in the body; this can be determined only by a careful medical and salutary history, or through a Detailed Physical examination.

The nutritive status is determined by a complex commerce between Internal/indigenous factors and external environmental factors-

- Internal or indigenous factors like age, commerce, nutrition, physical Conditioning and Associated conditions
- Environmental factors like food safety, cultural, social and profitable Circumstances.

### **Nutritional status**

Nutritive status was defined as "a physiological state of an individual, which results from the relationship between nutrient input and conditions, and from the body's capability to digest, absorb and use these nutrients"

Nutritional status is now considered to be a high indicator of the overall health of a Population. The World Health Organization (WHO) goes on to state that the ultimate ideal of nutritional assessment is the overall improvement of the quality of mortal Health (Beghin *et al.*, 1988).

Nutritive status has been defined as an existent's health condition as it is told by the input and application of nutrients (Todhunter, 1970).



**Nutritional Status of Pre-School Children (2-5 years)**  
**based on conventional indices among the Tribal people of**  
**Village Birkona ,Bilaspur, Chhattisgarh**



**Session: 2022-23**

**Submitted by :-**  
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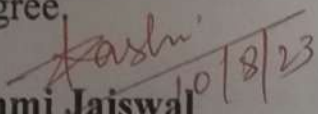
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## Certificate

This is to certify that Miss Raksha Shrivastava of B.A. 6th semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "Nutritional Status of Pre-School Children (2-5 years) based on conventional indices among the Tribal people of Village Birkona ,Bilaspur, Chhattisgarh" under my supervision during his UG Course of academic session 2022-23. The work presented by him is an authentic and his not been submitted anywhere else for the award of this or any other degree.

  
Dr. Rashmi Jaiswal  
(Supervisor)

Department of Anthropology and Tribal Development  
Guru Ghasidas Vishwavidyalaya Bilaspur ,Chhattisgarh  
(A Central University established by Central University Act 2009  
No.25 of 2009)

Dr. NilkanthaPanigrahi Email-  
(Head of the Department)  
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# CHAPTER-1

## INTRODUCTION

Nutrition is defined as the science of food and its relationship to health. Nutrition is food at work in the body. It includes everything that happens to food. It is the study of nutrients and processes by which they are used by the body. It is concerned with the part played by nutrients in the body growth and development, prevents malnutrition, resists infection and prevents from diseases. Nutritional Status of an individual is defined as the state of health as affected by the intake and utilization of nutrients. Nutritional status is a health of a person convinced by the diet, the levels of nutrients containing in the body and normal metabolic integrity. Normal nutritional status is managed by imbalance food intake and faulty utilization of nutrients. Malnutrition is the main global health problem of children which affects large number of children in developing countries. Malnutrition is the cause of at least half of all childhood deaths and one third of child deaths are due to undernutrition only. Good nutrition during school age is important to overcome the deficiencies occurred during childhood. Adequate food availability in terms of quantity as well as quality, ability to digestion, absorption and utilization of food and the discrimination against girls can greatly affect the adequate nutrition of children. Adequate growth and development and nutritional status of children are monitored by the use of anthropometric measurement specially height and weight which in combination with the age of the child forms of the anthropometric indices. **(Brij pal Singh & Mahak Sharma)**. Preschool children belong to 1-5 years age group are vulnerable because of their rapid growth rate. They need more attention and care for the physical and mental development. Physical growth, development and well-being are directly related to the nutritional status. Malnutrition is not only an important cause of childhood morbidity and mortality but also leads to permanent impairment of physical and possibly of mental growth of those who survive. It is the most widespread condition affecting the health of child. Thus nutritional status of the child is a sensitive indicator of not only health of a child but also community health and nutrition. A large majority of malnourished children live in rural area as compared to urban areas. The state Chhattisgarh is having 76:76 % rural and tribal population. National Family Health Survey (NFHS) data reported higher prevalence of stunting (38-67%), wasting (23.5%) and underweight (37.7%) in Chhattisgarh as compared to national figure. The condition is worse in rural areas. Scarcity of suitable food, lack of purchasing power of the family as well as traditional belief and taboo about what baby should eat and infections often make rural areas more prone for malnutrition. Therefore regular growth monitoring investigations are necessary to generate data regarding the current status of nutritional status especially of this vulnerable group. It would also have an add on benefits in during suitable remedial efforts, nutrition intervention programmes and cultivation of good practice, all forming a part of nutritional surveillance system. **(Pradeep Sukla, Avinash Borkar)**. Nutritional status is the best indicator of the child health. Malnutrition has both short and long term adverse ramifications. As per NFHS III 47% children are stunted in the state of Chhattisgarh. However still many communities in the tribal dominated and Naxal affected state may remain affected, hence the study was planned to identify the nutritional status of children and find out its determinant. Present cross-sectional study was conducted among 12-59 months children in the urban slum of Jagdalpur city, Bastar region of Chhattisgarh. Predesigned and pretested questionnaire was administered to the caregiver of the child, information on socio-demographic characteristics was obtained and anthropometric measurements were taken. Statistical Analysis: all frequencies were derived for completeness of data. WHO Anthro Software version 3.1.0 was



**A STUDY ON SOCIAL TABOOS AMONG THE RURAL WOMEN (18-59  
YEARS) OF BIRKONA VILLAGE, BILASPUR CHHATTISGARH**



Examined  
Ar  
11/04/23

**SESSION 2022-23**

**SUBMITTED BY:**

**SNEHA BEHRA**

**BA 6<sup>TH</sup> SEMESTER**

**GUIDED BY:**

**DR. RASHMI JAISWAL**

**ASST. PROFESSOR**

**DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT**

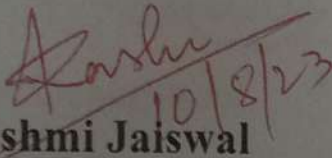
**GURU GHASIDAS VISHWAVIDYALAYA**

**(A CENTRAL UNIVERSITY)**

**BILASPUR, CHHATTISGARH**

**CERTIFICATE**  
**TO WHOM IT MAY CONCERN**

This is to certify that Miss Sneha Behra of B.A.VI semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "A STUDY ON SOCIAL TABOOS AMONG THE RURAL WOMEN (18-59 YEARS) OF BIRKONA VILLAGE, BILASPUR CHHATTISGARH" under my supervision during her UG Course of academic session 2022-23. The work presented by her is an authentic and her not been submitted anywhere else for the award of this or any other degree.

  
**Dr. Rashmi Jaiswal**

**(Assistant Professor)**

Department of Anthropology & Tribal Development

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## CHAPTER -1

### INTRODUCTION

Human behaviors are governed by many social factors such as affiliations, norms, practices, beliefs and actions (Strong, 2005). Societies have often shared values and standards which are recognized as acceptable norms for the members of the society to practice (Zia, 2012). A society or culture basically guides the behaviors of the individuals through these norms and practices. Social taboos are specific beliefs of people about various dimensions of life (Colding & Folke, 2001). These beliefs are developed over many years and provide strong guidelines to the people to adopt or avoid certain habits or practices in a particular society. Social taboos have a deeper effect on social development of people. People behave, dress, eat and pattern their lives according to the prevailing social norms. Actually, social norms are the driving forces behind the functioning of societies and individuals (Fehr & Fischbacher, 2004).

Social norms play a key role in developing the patterns of human personality and behaviors called socialization or humanization (Young, 2011). Socialization is a process of development of individuals in which they come in contact with other members of the society, practices and beliefs. This interaction forms the foundation of the ideology or social temperament of the individuals which in turn plays a vital role in the development of personality of a person. There is a close relationship between social norms and socialization (Fershtmen, Gneezy, & Hoffman, 2011). Almost in every society of the world social taboos exist. However, it is believed in Pakistani society the prevalence of social taboos has deeply affected the academic development of students. The social taboos exist in the form of jargons, terms, euphemisms and different metaphoric expressions. Over the years, this phenomenon has led to discussions and confusions among the

researchers and scholars regarding the effect of the social taboos in relation to social development of Pakistani youth vis a vis the rapidly changing global scenarios (Hussain & Khan, 2008).

An extensive literature is available on social norms and taboos in different societies around the world. However, anthropologists have documented and analyzed the taboos in various ways. The

# SYNOPSIS

TOPIC :- Functions of women self help group ; in Birkona Village bilaspur

Submitted by

**Muskan Pradhan**  
**B.A VI semester**

Department of anthropology and tribal development  
Guru Ghasidas vishwavidyalaya , bilaspur ( C.G )

Examined  
Aj. 10/06/23



**Session : 2022-23**

Under the guidance of  
**Nilakantha panigrahi , Ph.D**  
**Professor and Head**

Department of Anthropology and Tribal Development  
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Dr. Nilkantha Panigrahi

(Head of Department)

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This is to certify that **Miss. Muskan pradhan** of B.A. VI semester, Department of Anthropology and Tribal Development GGV, Bilaspur has carried out UG field work Report entitled "**Functions of women of self help groups in Birkona village Bilaspur**"

The work presented by him is an authentic and his not been submitted anywhere else for the award of this any other degree.

*Nilkantha* - 10/8/23

Dr. **Nilakantha panigrahi**

(supervisor)

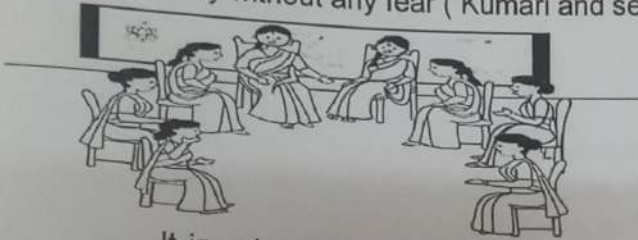
**विभागाध्यक्ष/H.O.D.**

मानव विज्ञान एवं जनजातीय विकास विभाग  
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Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)

## Topic :- Function of women self help group

### CHAPTER-1 INTRODUCTION

Self Help Group (SHG) is a voluntary association of the poor preferably from the same socio-economic background. They come together for the purpose of solving their common problems through self help. The groups have been recommended to be informal to keep them away from bureaucracy, corruption, unnecessary administrative expenditure and profit motive. Size of SHG is common 20 members because any group bigger than this would need to be registered under the Indian legal system. These groups are expected to foster true democratic culture where all the members participate actively by taking part in the decision making process. Groups are expected to be homogeneous so that the members do not have conflicting interest and all the members can participate freely without any fear (Kumari and sehwat2011)



It is universally accepted that women's income in the family is very much essential and important in relation to nutritional, economical and educational upliftment of the family. But, for centuries, women have been neglected to a secondary status in the family as well as in society compared to their male counterparts. Women constitute about 48.46% of the total population of India according to the Provisional Census Report, 2011. Till date, though the country is developing in the field of science and technology, but still, status of women is almost the same as before. In modern days, though women have started performing multiple roles in and outside home, and greater equality is accorded to them, they are still not totally equal in terms of social and economic empowerment. The fundamental basis for this inequality is lopsided access to economic, education, social and political opportunities between men and women. Over the years, it has been observed that no country in the world, no matter how advanced, has achieved true gender equality as measured by comparable decision making power, equal opportunity for education and advancement and equal participation in all walks of human endeavor.

### Historical background

#### Micro-finance institutes of Bangladesh

Bangladesh has been acknowledged as a pioneer in the field of micro-finance. Dr. Mehmud Yunus, Professor of Economics in Chittagong University of Bangladesh, was an initiator of an action research project 'Grameen Bank'. The project started in 1976 and it was formally recognised as a bank through an ordinance, issued by the government in 1983. Even then it does not have a scheduled status from the Central bank of the country, the Bangladesh Bank. The Grameen Bank provides loans to the landless poor, particularly women, to promote self-employment. At the end of December 2001, it had a membership of 23.78 lakh and cumulative micro-credit disbursements of Tk 14.653 crore. Bangladesh Rural Advancement Committee (BRAC), Association for Social Advancement (ASA) and PROSHIKA are the other principal Micro-credit Finance Institutions (MFIs) operating for over two decades and their activities are spread in all the districts of that country. BRAC is the largest NGO of



*A Dissertation*

*ON*

**"SCHOOL DROPOUTS AMONG ADOLESCENTS AGED 10-19 YEARS  
OF BIRKONA VILLAGE, BILASPUR, CHHATTISGARH"**

*Submitted to Guru Ghasidas Vishwavidyalaya, Bilaspur C.G*



*Session 2022-2023*

*Submitted by*

*Somesh Sahu*

*B.AVIth Sem*

*of*

*Under the Guidance*

*Dr. Rashmi Jaiswal*

*Assistant Professor*

**DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT**

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This is to certify that Mr. Somesh ku. sahu of BAVI semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "*SCHOOL DROPOUTS AMONG ADOLESCENTS AGED 10-19 YEARS OF BIRKONA VILLAGE*" under my supervision during his UG Course of academic session 2021-23. The work presented by him is an authentic and has not been submitted anywhere else for the award of this or any other degree.

*Rashmi 10/8/23*  
**Dr. Rashmi Jaiswal**  
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## CHAPTER - 1

### **1. INTRODUCTION**

There is an alarming amount of Students not finishing their education. This action has been termed as 'Education Dropout'. Education dropout is the culmination of a long-term process, not an event, which may begin prior to the start of formal Education. Moreover, the consequences of dropping out can extend beyond an individual's lifetime. Thus, a lifespan developmental perspective is needed to understand the antecedents and consequences of school dropout and to reduce its occurrence through intervention.

Every year, a large number of students drop out of school. This hinders their economic and social well-being as well as reduces the literacy rate of the country and creates a non-innovative environment. The issue of dropout in India is of particular importance and interest.

Education is a basic human right and fosters economic growth and human development. Providing right type of education to the right people at right time is the key to human resource formation. Education enables a person to achieve a better job or means of self-employment. It cultivates cultural values and beliefs in the child. Once the awareness to send students regularly to the school continues, slow but sure results will follow. The values of education are countless but let us not ignore the fact that education is a fundamental human right as it promotes individual freedom and empowerment and yields important development benefits. Education for youngsters is a powerful tool by which we can prevent economically and socially marginalized adulthood and enables them to lift themselves out of poverty and participate fully as productive citizens.

Dropping out of school is defined as leaving a school without completion to a formal qualification awarded. It is of critical importance due to the economic and social consequences on communities and families. Educators and policy makers are constantly looking for support programs to re-enrol existing school dropouts and enable them to improve their academic achievement skills, obtain their high school diplomas or equivalent which bolster their employability through work experience and training.

India is striving to assure an opportunity for access to education to all its citizens with equity and quality. While the education system has grown manifold since independence, the growth has come with its own set of



**DISSERTATION**  
**On**  
**SOCIO-ECONOMIC PROBLEMS FACED BY**  
**ELDERLY PEOPLE (60+ years) OF BIRKONA**  
**VILLAGE OF BILASPUR CHHATTISGH**  
**SESSION:-2022-2023**



*Examine 2*  
*[Signature]*  
*10/06/23*

**Submitted by:**

**DRISHTI CHANDRA**  
**B.A VIthSem**

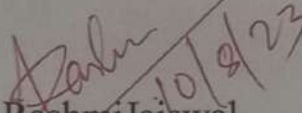
**Under the Guidance of**

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## CERTIFICATE

This is to certify that Miss Drishti Chandra of B.A 6th semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "Socio - economic problems faced by elderly living in Birkona village of Bilaspur, Chhattisgarh" under my supervision during his UG Course of academic session 2022-2023. The work presented by her is an authentic and his not been submitted anywhere else for the award of this or any other degree.

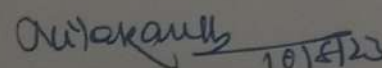
  
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मानव विज्ञान एवं जनजातीय विकास विभाग  
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## INTRODUCTION

Old age or elderly consists of ages. nearly surpassing the average life span of individual increasing number of old people in India today issues that need to be taken care.. of if economic & social improvement is to proceed effectively .As per Indian tradition, elderly people occupies power & prestige in family . But nowadays they are becoming in active, dependent, sick & weak. in terms of economically & psychologically , physically all these phenomena leads to socio-economic problem. The main purpose of this research problems entitled Socioeconomic problems faced by elderly in BIRKONA is to discuss the economic issues, social & physical inability and other problems which is being faced by the senior citizen in BIRKONA .The major issues are economic contentment, health insurance unawareness, economic Support & desire decision making. & planning for retirement etc. Hence this research is concluded. that although there are many issues that are making the life of senior citizens problematic but they are still living a satisfied life because they or not depending on others. The major demand of senior citizens is financial stability, respect by all the youngsters & time with children & grand children.

According to the Report of the Technical group on Population Projections for India.& states 2011-2036, there are nearly 138 million elderly persons in India in 2021 (67 million males 4 71. million females) & it is further expected to increase by around 56 million extent eldest persons in 2031. The elderly population is defined as people aged 65 and over. The factors which affect the elderly population. are it's

- 1 .an increase in physical health problems / condition :- heart disease, stroke, Alzheimer's disease
2. Chronic pain
- 3 . Side-effects from medicine
4. losses :- income ,self worth , relationship, independence
5. social isolation.
6. Hospital admission



**ASSOCIATION OF SOCIO-ECONOMIC FACTORS IN THE  
PREVALENCE OF STUNTING AMONG GIRLS AGED 6-15 YEARS OF  
BIRKONA, CHHATTISGARH, INDIA**

**Session:2022-2023**

**Field Report submitted in**

**Partial fulfilment of the Undergraduate Degree of**

**B. Sc in Anthropology and Tribal Development**

**By**

**Tsering Chosdol**

**B.Sc. VI<sup>th</sup> Semester**

**Roll No.: 20201033**

**Under the supervision  
of**

**DR. SUBAL DAS**

**ASSISTANT PROFESSOR**

**DEPARTMENT OF ANTHROPOLOGY AND TRIBAL  
DEVELOPMENT**



**GURU GHASIDAS VISWAVIDYALAYA**

**A CENTRAL UNIVERSITY, KONI, BILASPUR CG-495001**

## CERTIFICATE

### TO WHOM IT MAY CONCERN

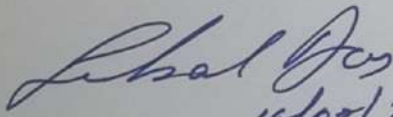
This is to certify that *Miss Tsering Chosdol*, Roll No. 20201033, a student of B. Sc. 6<sup>th</sup> Semester in Anthropology and Tribal Development has undertaken field work among the Girls aged 6-15 years of Birkona, Bilaspur, C.G, under my guidance for her field work. She has also prepared a field report as per prescribed syllabus of Department of Anthropology & Tribal Development, Guru Ghasidas Vishwavidyalaya.

HOD

Prof N.K. Panigrahi

Department of Anthropology & Tribal Development

Guru Ghasidas Vishwavidyalaya

  
16/08/2023  
(Dr. Subal Das)

Assistant Professor

Department of Anthropology and Tribal Development

Guru Ghasidas Vishwavidyalaya

## CHAPTER- 1

### INTRODUCTION

#### STATEMENT OF THE PROBLEM

Child growth is internationally recognized as an important indicator of nutritional status and health in populations. Stunting is one of three anthropometric indices commonly used as an indicator for child growth (*WHO,1995*). New International Child Growth Standards for infants and young children released today by World Health Organisations (WHO) provide evidence and guidance for the first time about how every child in the world should grow. “The WHO Child Growth Standards provide new means to support every child to get the best chance to develop in the most important formative years”, said Dr LEE Jong-wook, Director- General of WHO (*WHO,2006*). A growth chart is used by paediatricians and other health care providers to follow a child's growth over time. The height, weight and head circumference of a child. Growth chart mainly belongs to two types: Growth standards and Growth references. Growth standards are prescriptive and define how population should grow given the optimal nutrition and optimal health while Growth references are descriptive and are prepared from a population (*Khadilkar V.V.et al.,2010*). The growth charts used for the assessment of childhood growth, distance and velocity charts, derive from cross-sectional and longitudinal studies, respectively (*Kleanthous K, et al., 2022*)

These charts, however, do not reflect the growth rate of modern children, especially in adolescence, since during the last decades there was a secular trend for earlier sexual maturation in children, especially in girls. (*Parent AS, et al.,2003*). Further, childhood overweight and obesity are an increasing health problem in Indian children nowadays, it is more of concern after Covid-19 as children were studying from home and going outside was total restrict. So, they lacked some physical activities which results in overweight and obesity. Growing children require more calcium than adults (*ICMR,2017*)

The measures to be used for assessment for growth should be economical to perform, easy to standardize, reliable and capable of reliable execution by especially trained non-professional individuals. Anthropometric measures are best suited to fulfil these criteria (*International Union of Nutrition sciences, 1971*). Simple measurement of height and weight serve as reliable means to evaluate the growth of a child and also detect the abnormalities even when no other



**WOMEN EMPOWERMENT OF BIRKONA KONI, BILASPUR,  
CHHATTISGARH**



**Dissertation Submitted for the Partial Fulfilment of the  
Bachelors' Degree in Arts**

**UNDER THE SUPERVISION OF  
MR. KAUSTUV DEBSARMA  
ASSISTANT PROFESSOR  
(AD-HOC)**

**SUBMITTED BY  
PRAGATI SINGH  
BA ANTHROPOLOGY  
VI<sup>TH</sup> SEMESTER  
ROLL NO. 20302008**

*Examined  
10/10/23*

**DEPARTMENT OF ANTHROPOLOGY AND TRIBAL  
DEVELOPMENT**

**GURU GHASIDAS VISHWAVIDYALAYA  
(A Central University)**

**KONI, BILASPUR, CHHATTISGARH**

**Session: 2023**

Date: 10/08/23

Place: GUV Bilaspur



## Department of Anthropology and Tribal Development

Guru Ghasidas Vishwavidyalaya

(A central university established by central university Act 2009 No.25 of 2009)

### CERTIFICATE

This is to certify that **Pragati Singh**, a student of **BA VI** semester, Department of Anthropology and Tribal Development, Roll No. **20302008** of 2022-2023 has undertaken field work on "**Women Empowerment of Birkona, Koni, Bilaspur**" under the guidance of Mr. Kaustuv Debsarma, Assistant Professor (ad-hoc) for her field work (Paper VII: Dissertation Field Work Report). She has also prepared a field report as per prescribed syllabus of Department of Anthropology and Tribal Development, Guru Ghasidas Vishwavidyalaya, Koni, Bilaspur, C.G.

Prof. N. Panigrahi

HOD

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Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)

Mr. Kaustuv Debsarma

Assistant Professor (ad-hoc)



## INTRODUCTION

### **WOMEN EMPOWERMENT**

Women empowerment as a concept was introduced at the UN's Third World Conference on women in Nairobi in 1985, which defined it as a redistribution of social and economic powers and control of resources in favor of women.

Women's empowerment may be defined as accepting women's viewpoint, making an effort to seek them and raising the status of women through education, awareness, literacy and training.

- According to Sushma Sahay (1998):- "women empowerment is a multidimensional process which enables women to realize their full identity and piers in all spheres of life."
- According to ArudhatiChattopadhaya (2005):- "Women empowerment is multidimensional and refers to the expansion of freedom of choice and action in all spheres (Social, political and economic) to shape one's life."
- According to Aspy and Sandhu (1999):- "Women empowerment is the process of gaining control over one's own life while supporting and facilitating other's control over their lives."

### TYPES OF EMPOWERMENT

- **Social Empowerment:** -Social empowerment refers to the enabling force that strengthens women's social relations and their position in social structure. Social empowerment addresses the social discrimination existing in the society based on disability, race, ethnicity, religion, or gender.
- **Educational Empowerment:** - Educational creates self-confidence, self-esteem, and self-sufficiency to a person. It has been realized by National political leaders, policymakers, administrators and bureaucrats that if one male child is literate personally he alone becomes educated but if one girl child is educated the whole family becomes benefited.
- **Psychological Empowerment:** -Through psychological empowerment women not only transfers the traditional and patriarchal taboos and social obligations they also transfer their selves and subjectivities. When they are psychologically empowered they have self-confidence, recognize their self-worth etc. in various fields.



**IMPACT OF  
URBANISATION ON DAY-TO-DAILY LIFE OF SAHU  
COMMUNITY: A STUDY IN BIRKONA VILLAGE, BILASPUR  
CHHATTISGARH (C.G.)**

Dissertation submitted to the Department of Anthropology and Tribal Development as a  
partial fulfilment of award of the Bachelor's degree in Anthropology and Tribal  
development.

Session 2022-2023



**SUBMITTED BY:**

Vaishali Yadav

Roll no. :- 20201037

Enrollment no.-GGV/20/03241

BSC – 6<sup>th</sup> semester

Department of Anthropology and Tribal development

Under the guidance of: -

Mr. Balram Oraon sir

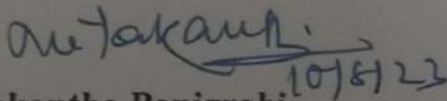
**DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT**

GURUGHASIDAS VISHWAVIDYALAYA, KONI, BILASPUR, CHHATTISGARH (A Central  
University established by the Central University Act 2009 No. 25 of 2009)

2023

## CERTIFICATE

This is to certify that the thesis entitled "**Impact of Urbanization in day-to-day life of Sahu community: - A study in birkona village, Bilaspur Chhattisgarh (C.G.)**". submitted by Vaishali Yadav, Roll no. 20201037 for the award of degree of Bachelors of Science in subject Anthropology and Tribal Development under my supervision. The work included in this thesis is original and its own work of the candidate



**Dr. Nilakantha Panigrahi**

Professor & HOD

Department of Anthropology and

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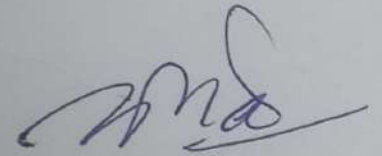
**विभागाध्यक्ष/H.O.D.**

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## CHAPTER:-1

### INTRODUCTION: -

#### 1.1 THE CONCEPT OF URBANIZATION IN ANTHROPOLOGY

The role of urban centre is pertinent enough in regulating the system of economic transition channelizing the resource mobility and as the centre of multi-activities- innovator, receiver, container, and distributor. The question of appropriate size and type of urban centre arises not only in the economic context, like location of industries or to enhance the agricultural and other primary productions and commercialization of agriculture but also in such issues as creation of infra-structural network for achieving balanced regional development (Verma S.S, 1989). Being a complex socio-economic process closely connected with the scientific and technological revolution, urbanization exercises a growing influence on all aspects of society's life affecting the nature of economic development, the demographic ethnic and many social processes (Kantsebovskaia .V, 1976). As a complex as well as many sided processes, its study requires a comprehensive approach involving many disciplines. Brush (1968) has referred to this situation in the central parts of the cities as "urban impulsion" which results from concentration of people in the centre of the city close to their work and shopping incidentally many of the fastest growing urban centers are large cities.

In the 21<sup>st</sup> century livelihoods will be needed by perhaps two- or three-time Present human Population. A livelihood Comprises people, their means of living including food, income and Assets. A livelihood is socially sustainable which can copy with and recover from stress and Shocks, and provide for future generating. The objective of sustainable livelihoods for all provides a focus for anticipating the 21<sup>st</sup> century, and points to priorities for policy and research. Livelihoods are understood not only in terms of income earning A Much wider range of activities. A focus on the livelihood initiatives of urban household and Communities

serves to highlight the importance of human capabilities and agency. According to (Colin Murray, 1981) what he called the fallacies of essentialism, because this view of household changing its shape and form over time. The development cycle manifests itself in a Diversity of household types, with any one household changing its shape and form over time. If urban households are defined as task or activity-based units, it is nevertheless key to acknowledge the role of members who are not directly part of the immediate household.

The term "urbanization & quote"; has been given different interpretations and definitions. Wikipedia (2009) defines "urbanization as the physical growth of rural or natural land into urban areas as a result of immigration to existing urban areas". While United Nation defined urbanization as movement of people from rural to urban areas with population growth equating to urban migration (The associated press, 2008 in Aluko, 2010) but to Daejeon, (1979:161) in his book "An introduction to the geography of the tropics" defined urbanization in two terms; economically and demographically. Economically, "urbanization is a process of economic development where people move from agricultural community into non-agricultural one". To him "the process reflects relative growth of secondary and tertiary component of the economy at the expense of primary production". Demographically, "urbanization is the process of population concentration. Here "It represents a way of ordering the population of a general area for the purpose of attaining higher level of Subsistence and security.



**ANTHROPOMETRIC CHARACTERISTICS AND NUTRITIONAL  
STATUS OF ADULT MALE- AN INFERENTIAL ANALYSIS, OF  
BIRKONA VILLAGE, BILASPUR, CHHATTISGARH.**

**Dissertation submitted by**

**PUSHPRAJ SHARDUL**

**For undergraduate degree**

**Under the supervision of**

**Dr. SUBAL DAS**

**ASSISTANT PROFESSOR**

**Department of anthropology and tribal development**

**Session: 2022-2023**



**Department Of Anthropology And Tribal Development**

**Guru Ghasidas Viswavidyalaya, Koni, Bilaspur, C.G.**

20201014

GGV/20/03220

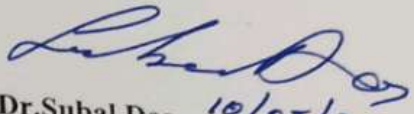
## CERTIFICATE

### TO WHOM IT MAY CONCERN

This is to certify that Master **Pushpraj Shardul** Roll no. 20201014 of 2020, a student of B.Sc. 6<sup>th</sup> semester in Anthropology has undertaken field work among the men of Birkona Village, Bilaspur, C.G. under my guidance, for his field work (Paper VI: Fieldwork). He has also prepared a field report as per prescribed syllabus of department of Anthropology & Tribal Development, Guru Ghasidas Viswavidyalaya.

HOD

Prof N.K Panigrahi  
Dept. of Anth.  
GGV.

  
Dr. Subal Das 10/08/2023

Assistant Professor

Department of Anthropology And Tribal Development  
Guru Ghasidas Viswavidyalaya



# ANTHROPOMETRIC CHARACTERISTICS AND NUTRITIONAL STATUS OF ADULT MALE- AN INFERENTIAL ANALYSIS, OF BIRKONA VILLAGE, BILASPUR, CHHATTISGARH

## CHAPTER-I

### INTRODUCTION

It is well acknowledged that diet, nutritional status, and physical activity are important factors in determining health, particularly of non-communicable diseases (NCDs). It is commonly acknowledged that recent lifestyle changes, especially those related to diet and nutrition, are responsible for the global NCD epidemic.(Ruthsatz., M. and Candeias.,V.2020). Elderly become vulnerable to malnutrition owing to inappropriate dietary intake, poor economic status and social deprivation. Elderly are known to be easily subjected to inanition and avitaminosis resulting in multiple nutritional deficiencies(Wadhwa, A., et al. 1997). In an ageing world, it is crucial to consider the role of preventative health interventions and to support people to live more active, healthier lives for longer. Preventing disease, along with limiting long term impairment and the compounding impact of multiple diseases not only has positive health and well-being outcomes, but also wider economic significances(ILC, U.K. 2019).Malnutrition (undernutrition or protein-energy-malnutrition) is a state that can be associated with lack of intake of nutrition caused by diseases (with or without inflammation), socioeconomic, psychologic (disabilities of taste and smell that result in "anorexia of aging") or hunger-related factors and results in a decrease fat-poor body mass and deterioration of body cell components, physical and mental health.(Catikkas,M. 2020).Malnutrition is a serious cause of increased morbidity and mortality, decreased functionality and quality of life that can be treated and prevented in the geriatric population. In some studies, malnutrition is a predictor of mortality (Grabowski, D.C. and , Ellis, J.E. 2001).

Undernutrition can be defined as a disorder of nutritional status resulting from reduced nutrient intake or impaired metabolism(August, DA & Kushner, RF (1995). There is increasing awareness that undernutrition may be an important modifiable risk factor for poor clinical outcomes in older individuals in developed countries Amarantos, E, Martinez, A & Dwyer, J (2001) . Associations are found with a reduced functional status(physical impairment, reduced quality of life hospitalisation and mortality (Corrada, M. M., Kawas, C. H., Mozaffar, F., & Paganini-Hill, A. (2006).

To meet its nutritional demands and sustain its basic physiology, the human body requires a well-balanced diet. A surplus of calories is consumed (over nutrition) or there is an insufficient supply of one or more vital nutrients (undernutrition) as a result of improper nutrition. Overeating is a danger that raises body weight and contributes to a number of non-communicable diseases. On the other hand, undernutrition, which is brought on by insufficient nutritional and energy consumption, is a significant health issue for economically poor, emerging village like Birkona.



**Nutritional Status of Pre-School Children (2-5 years)**  
**based on conventional indices among the Tribal people of**  
**Village Birkona ,Bilaspur, Chhattisgarh**



**Session: 2022-23**

**Submitted by :-**

**Raksha Shrivastava**  
**B.A. 6th Sem.**

**Under the guidance of:-**

**Dr.Rashmi Jaiswal**  
**Assistant Professor**

**Department of Anthropology & Tribal Development**  
**Guru Ghashidas University (GGV)**  
**Bilaspur (C.G.) 495009**

## Certificate

This is to certify that Miss Raksha Shrivastava of B.A. 6th semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "Nutritional Status of Pre-School Children (2-5 years) based on conventional indices among the Tribal people of Village Birkona ,Bilaspur, Chhattisgarh" under my supervision during his UG Course of academic session 2022-23. The work presented by him is an authentic and his not been submitted anywhere else for the award of this or any other degree.

*Rashmi*  
Dr. Rashmi Jaiswal 10/8/23  
(Supervisor)

Department of Anthropology and Tribal Development  
Guru Ghasidas Vishwavidyalaya Bilaspur ,Chhattisgarh  
(A Central University established by Central University Act 2009  
No.25 of 2009)

Dr. NilkanthaPanigrahi Email-  
(Head of the Department)  
Contact No-



## CHAPTER-1

### INTRODUCTION

Nutrition is defined as the science of food and its relationship to health. Nutrition is food at work in the body. It includes everything that happens to food. It is the study of nutrients and processes by which they are used by the body. It is concerned with the part played by nutrients in the body growth and development, prevents malnutrition, resists infection and prevents from diseases. Nutritional Status of an individual is defined as the state of health as affected by the intake and utilization of nutrients. Nutritional status is a health of a person convinced by the diet, the levels of nutrients containing in the body and normal metabolic integrity. Normal nutritional status is managed by imbalance food intake and faulty utilization of nutrients. Malnutrition is the main global health problem of children which affects large number of children in developing countries. Malnutrition is the cause of at least half of all childhood deaths and one third of child deaths are due to undernutrition only. Good nutrition during school age is important to overcome the deficiencies occurred during childhood. Adequate food availability in terms of quantity as well as quality, ability to digestion, absorption and utilization of food and the discrimination against girls can greatly affect the adequate nutrition of children. Adequate growth and development and nutritional status of children are monitored by the use of anthropometric measurement specially height and weight which in combination with the age of the child forms of the anthropometric indices. **(Brij pal Singh & Mahak Sharma)**. Preschool children belong to 1-5 years age group are vulnerable because of their rapid growth rate. They need more attention and care for the physical and mental development. Physical growth, development and well-being are directly related to the nutritional status. Malnutrition is not only an important cause of childhood morbidity and mortality but also leads to permanent impairment of physical and possibly of mental growth of those who survive. It is the most widespread condition affecting the health of child. Thus nutritional status of the child is a sensitive indicator of not only health of a child but also community health and nutrition. A large majority of malnourished children live in rural areas as compared to urban areas. The state Chhattisgarh is having 76:76 % rural and tribal population. National Family Health Survey (NFHS) data reported higher prevalence of stunting (38-67%), wasting (23.5%) and underweight (37.7%) in Chhattisgarh as compared to national figure. The condition is worse in rural areas. Scarcity of suitable food, lack of purchasing power of the family as well as traditional belief and taboo about what baby should eat and infections often make rural areas more prone for malnutrition. Therefore regular growth monitoring investigations are necessary to generate data regarding the current status of nutritional status especially of this vulnerable group. It would also have an add on benefits in during suitable remedial efforts, nutrition intervention programmes and cultivation of good practice, all forming a part of nutritional surveillance system. **(Pradeep Sukla, Avinash Borkar)**. Nutritional status is the best indicator of the child health. Malnutrition has both short and long term adverse ramifications. As per NFHS III 47% children are stunted in the state of Chhattisgarh. However still many communities in the tribal dominated and Naxal affected state may remain affected, hence the study was planned to identify the nutritional status of children and find out its determinant. Present cross-sectional study was conducted among 12-59 months children in the urban slum of Jagdalpur city, Bastar region of Chhattisgarh. Predesigned and pretested questionnaire was administered to the caregiver of the child, information on socio-demographic characteristics was obtained and anthropometric measurements were taken. Statistical Analysis: all frequencies were derived for completeness of data. WHO Anthro Software version 3.1.0 was



**Recommended food chart and actual supply of food to**  
**Anganwadi children**  
**of Birkona Bilaspur, Chhattisgarh**

Field Report Submitted

By

Rekha patel

B. Sc VIth semester

Anthropology and Tribal Department

Enrollment No: GGV/20/03222

Roll No : 20201018

Partial fulfillment of Bachelor Degree

Under the supervisor

Of

Dr. Subal Das

Assistant professor

Department of Anthropology & Tribal Development



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**GURU GHASIDAS VISHWAVIDYALAYA A CENTRAL UNIVERSITY**


**KONI BILASPUR C. G**

Examined  
10/04/2023

## Certificate


This is to certify that Miss Rekha Patel of B.SC. 6th semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "**Recommended food chart and actual supply of food to Anganwadi children of Birkona Bilaspur, Chhattisgarh**" under my supervision during his UG Course of academic session 2022-23. The work presented by him is authentic and his not been submitted anywhere else for the award of this or any other degree.

Dr. Subal DAS  
(Supervisor)

  
10/8/23

Department of Anthropology and Tribal Development  
Guru Ghasidas Vishwavidyalaya Bilaspur, Chhattisgarh  
(A Central University established by Central University Act 2009 No.25 of 2009)

Dr. Nilkantha Panigrahi  
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Email- 10/8/23

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विभागाध्यक्ष/H.O.D.  
मानव विज्ञान एवं जनजातीय विकास विभाग  
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गुरु घासीदास विश्वविद्यालय, बिलासपुर (छ.ग.)  
Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)



## CHAPTER-1

### Introduction:

Launched on 2nd October 1975, today, Integrated Child Development Services (ICDS) scheme represents one of the world's largest and most unique programs for early childhood development. ICDS is the foremost symbol of India's commitment to her children – India's response to the challenge of providing pre-school education on one hand and breaking the vicious cycle of malnutrition, morbidity, reduced learning capacity and mortality, on the other. [1] Integrated Child Development Services program continues to be the world's most unique early childhood development program, which is being satisfactorily operated since more than three decades of its existence. [2] The ICDS scheme is a long term development program for community and all efforts should be continued to strengthen to make it more successful. It serves as an excellent platform for several development initiatives in India. It serves the extreme underprivileged communities of backward and remote areas of the country. It delivers services right at the doorsteps of the beneficiaries to ensure their maximum participation. [3] The ICDS program aims at enhancing survival and development of children from the vulnerable sections of the society. The program includes a network of "Anganwadi Centre" (AWC) literally courtyard play centre, provides integrated services comprising supplementary nutrition, immunization, health check-up, referral services to children below six years of age, adolescent girls and expectant and nursing mothers. High priority is accorded to the needs of the most vulnerable younger children under three years of age in the program through capacity building of care givers to provide stimulation and quality early childhood care. [2] The program is executed through dedicated cadre of female workers named Anganwadi workers (AWWs), who are chosen from the local community and given 4 months training in health, nutrition and child-care. She is in charge of an Anganwadi centre (AWCs) and is supervised by a supervisor called Mukhya Sevika. AWW is also assisted by helper who works with AWW and helps in executing routine activities at anganwadi centre. One of the important services of AWCs includes Supplementary Nutrition Program (SNP). The SNP provides supplementary food to children between 6 months and 6 years of age, adolescent girls and pregnant and lactating mothers. [5] By providing supplementary feeding, the scheme attempts to bridge the protein-energy gap between the recommended dietary allowance (RDA) and average dietary intake (ADI) of children, pregnant and lactating women. Every beneficiary under supplementary nutrition (SN) is to be provided supplementary nutrition for 300 days a year. [6] The AWC provides different type of supplementary nutrition in form of hot cooked food (HCF), ready to eat food (RTE), and take home ration (THR) to the beneficiaries. The present study was conducted to assess supplementary nutrition activities and its related issues at anganwadi centres in different districts of Gujarat state, India. (Rajesh K chudasama et.al 2013)

Integrated Child Development Scheme (ICDS) is a four-decade old programme mainly to fulfil the nutritional requirement of children along with essential integrated



**A STUDY ON POST COVID-19 AND IT'S EFFECT ON THE  
SOCIO-ECONOMIC AND DEMOGRAPHIC STATUS OF ADULT MALES  
OF BIRKONA BILASPUR, CHHATTISGARH**



Session - 2022-23

**Undergraduate Fieldwork Project**

**Submitted by**

**Monu Ram Dhaneliya**

**For**

**Partial fulfillment of Bachelor Degree**

**Under the guidance of**

**Dr. Subal Das**

**Assistant Professor**

**Department of Anthropology and Tribal Development**

**Guru Ghasidas Vishwavidyalaya Bilaspur**

**Chhattisgarh 495009**

## CERTIFICATE

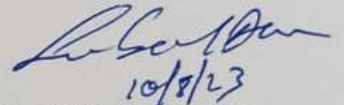
Department of Anthropology and tribal development  
Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)

This is to certify that MONU RAM DHANELIYA, a student in the 6th Semester of Bachelor of Arts (B.A.) Anthropology at the Department of Anthropology and tribal development, Guru Ghasidas Vishwavidyalaya, Bilaspur, (C.G.) has successfully completed his/her dissertation/project on **"a study on post covid-19 and it's effect on the socio-economic and demographic status of adult males of birkona bilaspur, chhattisgarh. "**

I hereby confirm that the matter embodied in the dissertation/project has not been submitted to any other University/Institute for the award of a graduation degree at Guru Ghasidas Vishwavidyalaya, Bilaspur, (C.G.).

Date: 10/08/2023

Place: bilaspur



**Dr.SUBAL DAS**

Assistant professor  
Department of Anthropology  
And Tribal Development  
Guru Ghasidas Vishwavidyalaya  
Bilaspur (C.G.)

## CHAPTER: 1

### Introduction

Social economics is special part of social science and the branch of economics that focuses on the relationship between social behavior and economic. Social economics is also referred to as socioeconomics. Social economics is primarily concerned with the interplay between social processes and economic activity within a society (<https://www.investopedia.com>). Social and economic factors include factors such as income, education, employment, community safety and social support. The choices that are available in a community are impacted by social and economic factors. These choices include our abilities to afford medical care and housing and to manage stress ( <https://www.countyhealthrankings.org> ) . Socio-economic characteristics are important tools to the measures of human development. It is a measure of an individual's or family's or group of people's economic and social position based on education, income, health, and occupation ( Mustaquim, M., and Islam, M. 2014 ), Socio-economic status is an economic and sociological combined total measure of a person's work experience and of family's economic and social position relative to others, based on income, education, and occupation ( Rathod, G.R., Ningshen, A., 2012 ).

The measuring method of SES is also a vital moderator variable. They have found that parents' education level could be as predictive as other factors for children's academic achievement ( Scarr and Weinberg 1978 ).

Socio-economic is the most important determinant of livelihoods as it influences levels of knowledge, skill, and income conditions which mean for their living. People's way of living differs from one income group to another as their consumption power also differs among income groups of the population. Socio-economic status is "a composite measure that typically incorporates economic status, measured by income; social status, measured by education; and work status, measured by occupation" (Dutton, D.B., and Levis, S. 1989). Socioeconomic status reflects and is measured by the social and economic status of family members. People generally believe that there is a strong and stable correlation between SES and children's academic achievement and cognitive development. However, the conclusions from studies are inconsistent (Bradley and Corwyn, 2002; Lareau, 2011)



DISSERTATION ON  
MENSTRUAL HEALTH AMONG ADOLESCENT GIRLS AND WOMENS OF  
BIRKONA, BILASPUR (CHHATTISGARH)



*Certified*  
*10/04/23*

GUIDED BY:

MR. KAUSTAV DEBSHARMA

ASSISTANT PROFESSOR (Ad-hoc)

Dept. of Anthropology and Tribal  
Development

GGV, Bilaspur (C.G)

SUBMITTED BY:

MINAL RAJESH TEKAM

ROLL NO - 20201010

B.sc Anthropology hons  
Semester - 6<sup>th</sup>

DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT  
GURU GHASIDAS UNIVERSITY  
KONI, BILASPUR (C.G)  
SESSION 2020-2023

## CERTIFICATE

This is to certify that the project report entitled  
"MENSTRUAL HEALTH AMONG ADOLESCENT GIRLS IN  
BIRKONA VILLAGE OF CHHATTISGARH" is an authentic  
record of work done by MINAL RAJESH TEKAM student  
of Bachelors of science (hons) in Anthropology and  
Tribal development, Guru Ghasidas Vishwavidyalaya.

Date –

Signature of guide

Mr. kaustav Debsharma

Department of Anthropology

and tribal development

According to World Health Organization (WHO) 1948 health is defined as it is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

Health play very important part of human life because if a person is healthy, he/she will be able to give best to the society by working in various fields. Daily exercise, meditation, yoga, brisk walking help individual to stay fit and healthy as it also helps to reduce various diseases, control obesity, improve respiratory system, reduce blood pressure etc. There are various types of health and every type is related to human being but menstrual health is something which can only be seen and experience among adolescent girls and women. They experience this process of menstruation every month.

### But What is menstrual health?

Menstrual health is defined as the state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity, in relation to the menstrual cycle.

### Menstruation

Every month a sexually mature female's ovary releases an egg cell that travels towards the uterus through the Fallopian tube. The uterus prepares for a possible



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**Comparison of International Growth Standard of (WHO)  
and (CDC) with the age group 6 to 12 years Boys of the  
village Birkona, Bilaspur, Chhattisgarh  
STUDY**

Submitted By

**SHIVAM R SHARMA**

B.Sc. VI Semester

Anthropology & Tribal Development

Enrollment no. GGV/20/03227

Roll No.: 20201032

For

Dissertation Seminar

Under the guidance of

Dr. SUBAL DAS

Assistant Professor

“DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT”




GURU GHASIDAS VISHWAVIDYALAYA

A CENTRAL UNIVERSITY

KONI, BILASPUR, (C.G.)

## CERTIFICATE

This is to certify that Master SHIVAM R Sharma of B.Sc VI Semester in Anthropology Hons, has done dissertation under my supervision, The title of His work is Comparison of International Growth Standard of (WHO) and (CDC) with the age group 6 to 12 years Boys of the village Birkona, Bilaspur, Chhattisgarh, India. He has collected various data and prepared his research report. He has used all the scientific methods in his work. My best wishes are with him at her successful attempt of this work.

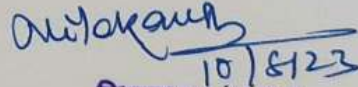


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विभागाध्यक्ष/H.O.D.

मानव विज्ञान एवं जनजातीय विकास विभाग

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Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)

## CHAPTER- 1

### INTRODUCTION

Children decide the future of a nation and hence a lot of importance should be given to childhood Growth Standards and nutrition. School age is the crucial period during which body's nutritional status is built (Vinoth, S. et al., 2016). The best global indicator of child health is growth. Poor growth attributes to a range of factors closely linked to overall standards of living and ability of a population to meet their basic needs such as access to food, housing and health care (Kamath, R. et al., 2015). Assessment of Standard growth is the measurement that best defines the nutritional and health status of children, and provides an indirect measurement of the quality of life of the entire population of the country (Joshi, H.S. 2011).

The World Health Organization (WHO) published the Child Growth Standard for infants and children up to the age of 5 yr based on a multi-country study (Brazil, Ghana, India, Norway, Oman and USA) on growth of healthy breast-fed children under optimal conditions in April 2006( De Onis, M., & Blössner, M., 2003). The release of these new standards evoked a lot of interest. Some of the developed countries such as UK and USA, examined the usefulness of these growth standards for assessment of nutritional status vis-a-vis existing national standards. (Greer, F. R., 2006). It was reported that the major advantages for using WHO standards in developed countries were: (i) standards based on growth pattern of breast-fed infants could be used as tools to promote breast feeding, and (ii) these could result in better detection of over nutrition in early infancy and childhood.

In 1994 the World Health Organization (WHO) began planning for new growth standards. The main motivation came from the observation that clinically extensive differences exist between the growth patterns of healthy breastfed infants and the NCHS/WHO international growth references. The WHO



DISSERTATION  
ON  
NUTRITIONAL STATUS OF AN ADULT MALE (18-59 YEARS ) AMONG THE  
RURAL POPULATIONS OF VILLAGE BIRKONA, BILASPUR, CHHATTISGARH

Field Report Submitted

By

Sumit Patel

B.Sc. VI Semester

Anthropology & Tribal Development

Enrollment No.: GGV/20/03234

Roll No.: 20201029

For

Partial fulfillment of Bachelor Degree

Under the Supervision

of

Dr. Rashmi Jaiswal

Assistant Professor

DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT



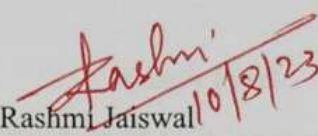
GURU GHASIDAS VISHWAVIDYALAYA  
A CENTRAL UNIVERSITY  
KONI, BILASPUR C.G.

Examined  
AB  
10/08/23

## **CERTIFICATE**

To WHOME IT MAY CONCERN

This is to certify that Mr. Sumit Patel, Roll No. 20201029 of 2022-23 a student of B.Sc. VI Semester in Anthropology has undertaken field work among the Rural Populations of Birkona Village, Bilaspur C.G. under my guidance, for his field work Report entitled (Nutritional Status of Adult male among among the rural people of Bilaspur, Chhattisgarh). The work presented by him is authentic and has not been submitted anywhere else for the award of this or any other degree.

  
Dr. Rashmi Jaiswal

Assistant Professor

Supervisor

Department of Anthropology & Tribal Development  
Guru Ghasidas Vishwavidyalaya Bilaspur, Chhattisgarh

## CHAPTER – 1

### INTRODUCTION

Nutritional status is the balance between the input of nutrients by an organism and the expenditure of these in the processes of growth, development and maintenance of the body .

Nutritional status is the current body status, of a person or a population group, related to their state of nourishment. It's the condition of an individual by application of nutrients in the body, this can be determined only by a careful medical and dietary history, or through a Detailed physical examination.(Robinson,2000). The nutritional status is determined by a complex commerce between internal/constitutional factors and external environmental factors:-

- Internal or constitutional factors like: age, coitus, nutrition, behaviour , physical activities and Associated diseases.
- External environmental factors like: Consumption of food, income source, illiteracy. Socio-cultural and religious belief , environmental sanitation and health facility. etc. (Bocabo 1988).

Nutritive status is now considered to be a high index of the overall health of a population. The World Health Organization( WHO) goes on to state that the ultimate ideal of nutritive assessment is the overall enhancement of the quality of mortal health(Beghin et al. 1988).

### Purpose of Nutritive Assessment

Nutritional assessment allows healthcare providers to totally assess the overall nutritive status of an Individual to evaluate it's nutritive Status whether the person is Malnourished ,Underweight, Overweight, Obese And Also the various kinds of disease associated with these.(NCBI)

It Includes:

- Identify individualities who are at threat of getting malnourished.
- Identify humans or population groups who are malnourished.
- To develop fitness care packages that meet the community needs which are defined via the assessment.

To measure the effectiveness of the nutritive programs.

### A healthy Diet for Adult Male

A healthy diet helps to cover against malnutrition in all its forms, as well as non- transmissible conditions (NCDs), including diabetes, heart complaint, stroke and cancer. For Adults A healthy eating diet helps to guard in opposition to malnutrition in all its forms, as nicely as non



(28)

**A Study on Nutritional Status of Adult Females aged 18-59 years  
among the rural people of Village Birkona, Bilaspur, Chhattisgarh.**

Dissertation Submitted to the department of Anthropology and  
tribal development.

as

partial fulfilment of award of The Bachelor's Degree in the  
Anthropology (VI Semester)



**Session: 2022-23**

Submitted by:-

Shweta Shrivastava

Bsc VI sem

Under the guidance of :-

Dr. Rashmi Jaiswal

Assistant Professor

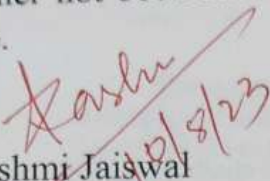
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## CERTIFICATE

This is to certify that Miss Shweta Shrivastava of B.Sc.VI semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out UG field work Report entitled "Nutritional Status of adult female among rural people of Birkona, Bilaspur, Chhattisgarh" under my supervision during her UG Course of academic session 2022-23. The work presented by him is an authentic Rend her not been submitted anywhere else for the award of this or any other degree.

  
Dr. Rashmi Jaiswal

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## CHAPTER-1

### INTRODUCTION :

Adequate nutrition is a pillar of individual health, especially for adults women. Women more are likely to suffer from nutritional deficiencies than men in developing countries due to the reason of their reproductive biology low social status, poverty and lack of education. Studies have shown that a bad nutritional Status leads to medical and obsteric complications such as cardiac or respiratory disorder, anemia, premature rupture of membranes, endometric (endometrial infection), intrauterine fetal growth retardation, spontaneous abortion, prematurity of the child and low birth weight. These complications are known increase the risk of maternal and neonatal mortality the Body Mass index (BMI) is used to assess the nutritional status in adults. The values for body mass index (BMI) are age dependent for adult population and are the same for both genders. BMI is a simple index of weight to height that is classify underweight, overweight and obesity in adults. BMI is defined as the weight in Kilograms divided by square the height in meters ( $\text{kg/m}^2$ ). A BMI (17.0 & indicates thinness in adult population. A BMI of the cut-off point of a BMI for underweight in both genders. A  $\text{BMI} \geq 25$  signifies overweight, it is major determinant of many NCDs (non insulin dependent diabetes mellitus, coronary heart disease and stroke), A  $\text{BMI} \geq 30$  signifies obesity, which is a disease that is largely preventable through lifestyle changes. ( Patel et al , 2016) Insufficient healthy food consumption among ST women causes poor health and severe health consequences. According to the latest National Family Health Survey report (2019–21), nearly 13% of Indian women are underweight, while 33.2% are overweight. Almost 17.4% of tribal reproductive women belong to underweight. The overall development is changing the trends of the underweight population in Scheduled tribe communities; the trends gradually decline. According to some recent studies, malnutrition affects 25.3% of tribal women in India.8 (Biswas et al 2022).

According to 2001 census, only 54.3 % of Indian women were literate and it increases to 70% according to 2011 census. As well as the maternal mortality rate was 540 maternal deaths per one lakh live birth and decline to 167 per one lakh live birth. So we can say that literacy level and nutritional status of women is interconnected. The literacy level of women can affect reproductive behaviour, use of contraceptives, health and upbringing overall status of women in society. An early marriage and child-birth is a major determinant of women's health and is also responsible for the prevailing wide variation in the socio-economic status. Inadequate and improper utilization of health facilities and wide spread anaemia among all the reproductive age women, leading to high maternal mortality (540 maternal deaths per one lakh live births) (NFHS 2). Poor health has repercussions not only for women but also their families. Women with poor health and nutrition are more likely to give birth to low weight infants. They are also less likely to be able to provide food and adequate care for their children. Finally, a women's health affects the household economic well-being, and as a wo-men with poor health will be less productive in the labour force. While malnutrition is prevalent among all segments of the population, poor nutrition among women begins infancy and continues throughout their lifetime. (Chatterjee 1990; Desai 1994). Because of prevailing culture and traditional practices in India, the health and nutritional status of women becoming worse effected. There is a paucity of information on diet and nutritional status of women