

## **Regional Environment and Diurnal Function Profile of Rural Women: a study of Great Himalayan Agro-ecological Zone of Kumaon Himalaya**

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### **Abstract**

In the regions of extreme climate, the environment plays a deterministic role, which pedals the human activities, and determines the course of diurnal action, in and around of his habitat. Present study deals with the functional profile of the rural women in Great Himalayan agro-ecological zone of the Kumaon Himalaya. Descriptive research design following survey method was used for study. House hold survey, focus group discussion and interview of resource persons were used as tools for collection of primary data. For the comfort of farmers and accuracy of time, Hindi month calendar was used for numeration of data. Total waken up hours were divided into three categories-indoor, outdoor and recreational activities and month wise division of the work profile was plotted under these three categories. The monthly deviations of the diurnal functional profile were observed in each category and possible causes were observed. The annual average of the diurnal waken up period was calculated 15hours and 45minutes, out of which 64%, 32% and 4% goes for outdoor, indoor and recreational activities. Month wise large fluctuations were observed in outdoor and recreational activities. Entire functional profile, particularly outdoor activity is controlled and regulated by the agriculture activities. The outdoor activity with an annual average of 9hrs and 49 minutes ranges from 8 hours to 12 hours 25 minutes per day with one longplateau in the graph from Baisakh to kartik. Unlike the other zones the dip between the two major cropping period is covered by the activity of fodder collection which normally done during winters in lower zones and not possible in Great Himalaya (GH) because of heavy snowfall.

Out of the annual average of 9 hours and 49 minutes per day of outdoor activities, 58% time goes for crop cultivation and 14% for fodder collection, 14% for animal husbandry and 12% for fuel wood collection. Crop cultivation dips down during winters when fields are fallow and is supplemented by the seasonal activity of fuel wood collection from forest. Recreational activity which is quite low of only 35minutes per day, reversely oscillates with the outdoor activities specially crop cultivation. The functional profile shows that the rural women in GH already suffering with a high work pressure which is going to escalate in future due to the impact of deteriorating environment. The study recommends a modification in their cropping system, by introducing commercial crops with better market valueand lesser workload. In place of quantity a quality livestock is needed; women should be given training and option to grow some handicraft during their lean winter period.

**KEYWORDS:** functional profile, indoor activity, outdoor activity, recreational activity, rural women,Great Himalaya.

## 1. Introduction

Woman as a mother is pivot to a family. This concept is universal and deep rooted in the Hindu society of Himalaya. Though this noble concept carry some wait for the women, particularly the older ones of the family but on the ground the situation is quite bleak for the women of the working age group and even some times beyond that. Exposure of women for longer working hours on tough terrain and arduous climatic conditions, lesser significance in social life and family decisions and malnourishment is common. Though this is more or less similar to the entire Kumaon Himalaya but in case of Great Himalaya (GH) this position of women is not only confined to the socio-cultural sphere but also to their economic activities, unfortunately this additional role which resulted in the drudgery is taken as granted and largely unnoticed (Dube, 2003.). Traditionally mountain women are accustomed to less significant level of resource control and a clear voice in the affairs of the household and partially in the community. Never the less, there exist strong dichotomies between men's work and women's work, which was aggravated due to the large scale male dominated outmigration, primarily for recruitment in armed forces and later on to join the work force at the cities and industrial centers in the Plains of Northern India. In agriculture their role is much more important than man. In this way women have been the pivot of the Kumaoni village economy, as hill agriculture is absolutely dependent on them. (Agrawal C.M. 1996; Pandey G.C. 1998)

A sustainable Himalayan village system survives on the healthy trio of three- Agriculture, Forest and women, well interconnected and highly dependent on each other; deterioration of any one leads to the deterioration of the entire system. Unfortunately number of internal factors like overburdened rural women, population growth and male dominated out migration, ignorance of youngsters for agriculture; and external factors like climate change, penetration of modern means of transportation and communication leading to the encroachment of new urban market and life style etc. are deeply shattering the age old system of rural villages in Himalaya. The Great Himalaya, the most sensitive most fragile among the all zones of Himalaya, receives the worst blow (Dube, 2003). With the deterioration in agriculture, forest and water resources, women are experiencing very hard life. There are various covert and overt problems generated by the deterioration in environmental condition which are further hampering the life of women in Kumaon (Pandey, 1996). Women usually work longer hour and more than their normal capacity and daughters are often taken out of school to render help to their overburdened mother (Gulati L 1993).

The major question is 'what to be done' for the upliftment of women, and the solution starts with to know 'what they are doing now' or to know their work profile. What are the temporal variations and sectorial deviation and contrasts in their work profile? Some scattered and isolated studies done on the parts of Indian Himalaya were confined to the entire transverse extension from foothills (Shivalik) to Great or Trans Himalaya as one single entity; or confined to one zone of Himalaya. It was realized that an integrated study for all zones of Kumaon Himalaya which should give due weightage to all ecological zones and finally come out with a complete picture of work profile of rural women of Kumaon Himalaya is needed. Present paper covers the third zone of Kumaon Himalaya-the Great Himalaya.

**1.i. The Great Himalaya:** It is also known as *Himadri*. As the name implies this zone covers the highest part of Himalayan mountains. The Great Himalayan is the high altitude zone, largely covered with perpetual snow ranges in altitude between 3000 and 7000m. Most of the peaks attaining heights of more than 6000m. The mean relief ranges between 4800m and 6000m. The high snow clad mountain peaks and glaciers and the Alpine meadows, deep gorges, close, 'v' shaped valleys (Singh 1971). The prominent features of this zone are steep slopes, dense temperate mixed evergreen forest and rich flora and fauna. The zone consists of Nanda devi massif, the Panchachuli group and Yargnajung group, nourishing such celebrated glaciers as the Sundardhunga, Pindari, Kaphni glacier. The Panchachuli and Yirganajung group feed the Milam, Surajkund. The perennial rivers like Pindar, Gori, Dhauli and Kali fed by the glaciers dissects the continuous range of Great Himalaya through deep gorges. The settlements are very few and scattered and usually surrounded by thick temperate forests. There are hardly 50 settlements clusters in the Great Himalayan valleys of Kumaon (Jalal, 1988). Crops like potato, corn, amaranths, buck wheat, wheat, barley and variety of pulses are common on hill slope while in the irrigated narrow valleys paddy, millets (*madua*) and wheat are grown. Mixed type agriculture and mixed cropping system is prevalent. Animal rearing and transhumance is also common among the villages close to the alpine meadows.

**1.ii. Working Pattern and General Characteristics of Indoor, Outdoor and Recreational Activities:** Due to the extremely tough terrain and bitter cold during winter the women of rural Great Himalaya have to lead a hard-hitting life. Traditionally the gusto to joining army among young males are quite high which leads for the male dominated outmigration and left behind young women bearing all the workload of family life. They are the backbone of the village society and *de-facto* head of the families. Their activities range from kitchen to fields and from rituals to social activities. All the activities performed by the women could be divided into three groups, depending upon their *modus-operandi*. They are Indoor, Outdoor and Recreational activities.

**Outdoor Activities** are those activities which are performed outside the house-courtyard, are related to agriculture and livestock operations and collection of fuel, fodder and water fetching.

**Indoor Activities** are confined to daily household work of routine nature. It includes kitchen work, washing of clothes, grinding and husking of corn and attending to work of children and aged persons. Compared to outdoor work, this work is less burdensome in terms of physical stress yet it absorbs a substantial portion of daily time.

**Recreational Type Activities:** The residue of the daily routine work is reserved for performing activities of leisurely and recreational type. These activities include, attending to religious and social work (*puja*) at household or village level, marriage and other rituals. Fairs and festivals and in certain occasions the traditional group dances locally known as "*Johora*". Listening radio and watching TV is also present day popular recreational activity. In this zone there is a strong tradition of fairs at the temples of the deities. More or less these activities are a good change from their tough routine work. However, round the year women do not get the required time for such activities as they are busy elsewhere in household or non-house hold work.

The most interesting dimension of the women work profile is the annual oscillation; obviously this oscillation is tuned-up with their seasonal activities, largely the agriculture. This oscillation of time is not only confined up to the working hours but also to the share of outdoor, in door and the recreational activities in daily waken up hours. In case of GH the winter month with severe cold and snowfall does have their stand in determining the work profile.

The objective of present study was to study the daily work profile of rural women, the breakup of the daily work profile and to know their round the year seasonal (monthly) variation in the environment of the Great Himalaya.

## 2. Research Methods

Present study follows the descriptive research design banking upon the empirical data numerated through the extensive field survey. Both qualitative and quantitative data acquired through the primary and secondary sources. Primary data were collected from 5 purposively selected villages, following the random sampling technique, a total of 125 households were surveyed, using structured schedules. Total five focus group discussions (one in each village) were conducted and 14 resource persons were interviewed with semi structured interview. Data was analyzed using descriptive statistical techniques and representative through the different diagrams and graphs.

To know the seasonal variation in their work profile an inventory of their activities were prepared and the crop cycle with reference to major activities was prepared. It was observed that that work profile varies with the variation in major agricultural activities, and in absence of such change in agricultural activities, it significantly remains steady. Keeping in view this observation the year was divided into six sets of months where activities are almost same. Therefore each set of the month represent a set of same work profile. The household survey was conducted ones at each set of months. Daily activities were asked with the respondents and required corrections were done based on the observations. Finally by clubbing of the monthly data together an annual work profile of rural women of GH villages was prepared.

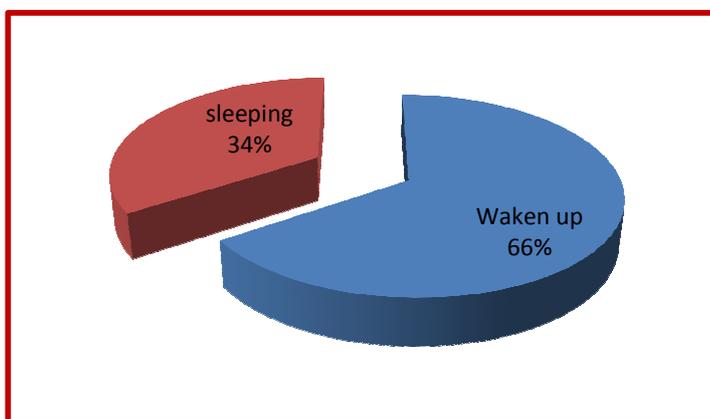
**2.i. Using Hindi Calendar for research and it's Justification:** In the earlier studies it was observed that the data was collected as per the Gregorian calendar and it creates some serious discrepancies in the result. During pilot survey it was clearly observed that respondents face problem with the Gregorian calendar. Actually the farmers follow the Hindi calendar for all its agricultural operations and socio-cultural activities; and it deviates distinctly from Gregorian, not just by a fixed days but variation varies annually. Keeping in view it was decided to follow the Hindi calendar for present study. An approximate conservation table is given in appendix.

## 3. Result and Discussions

GH villages are located on the highest altitude of Kumaon Himalaya, some of them are too close to the Alpine and glacier zone. They are the cold and wet, receiving heavy snowfall during winters and heavy rains during monsoons. They are mostly surrounded with dense mixed temperate forests, primarily of Oak and *Khurshu* with thick under growth of *ringal* bushes. They are among the remotest villages of Kumaon and very few villages are connected with roads. Most of the villages were approached by trekking.

This field survey conducted in one of the most difficult part of Kumaon Himalaya generated enormous information with its multi dimension characteristics. During survey it was observed that unlike other zones of Kumaon Himalayas here climate is giving shorter time for any activity and so the activity changes in comparatively shorter period. To take care of these fast changes the activities have been plotted in fortnight, rather than in months.

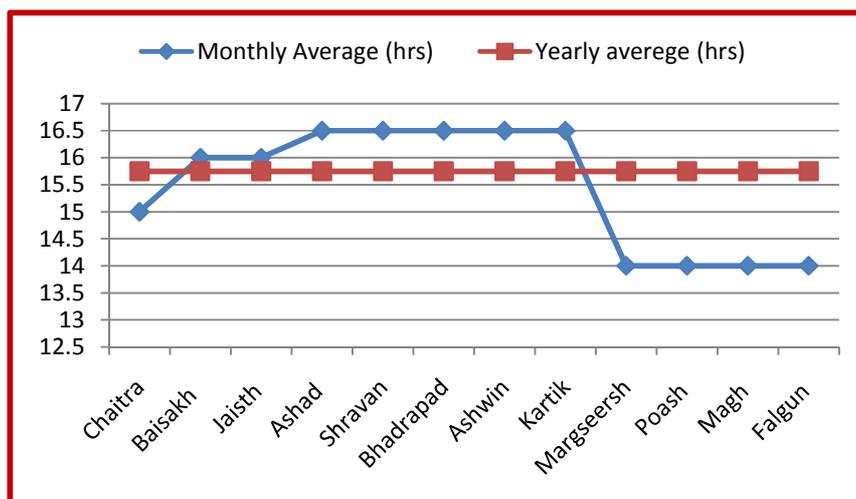
**3.i.Waken up period (overall):** The waken-up period is that time of a day when a woman in awaken (other than the sleeping hours) and perform all her activities. It is the time which stretches from morning wake up time to till the time of sleeping in the night.The annual average of GH rural women comes to 15 hours and 45minutes; however it ranges from 14hours to 16 hours and 30 minutes. As the figure 01 show that women waken up period is almost 65.62% of the day while 34.38% of their daily time goes for sleeping. Though in comparisonto the other



**Fig-01 Daily waken up period of rural women in Great Himalaya**

Zonesof Himalaya it seems to be somewhat better but still it is quite high. Here it is important to note that in these high mountain areas due to the lofty peaks the sunrise on horizon takes place late and goes down early. Extremely sloppy terrain and problems of wild animals also force women to reach back home well before dark.

**3.ii). Month wise distribution of Daily wakeup period:** Though the annual average of waken up period as shown in fig-01 (65.62%) of the daily time disposed for various activities as waken up period yet it is not sufficient enough to clear the scenario. A month wise sleeping and waken up hours were calculated and depicted in Fig-02 which shows sufficient deviation from the annual average. Actually not a single month follows the exact annual average. The monthly average ranges from 14 hrs/day to 16 hrs 30 minutes/day.



**Fig-02: Month wise distribution of daily waken up period of rural women of Great Himalayan Villages**

that we are on the high altitude zone of Himalaya where only one major cropping season is possible. Actually the Fig 02 nicely shows two prominent waken up period slots, first, the longest one is from *Ashad* second half to *Kartik* first half, and second the shortest one is from *Kartik* second half to *Falgun* first half. Rest months show the transition between these two.

The longest waken up hours are from first half of *Ashad* to first half of *Kartik*. As winters are too cold for the winter (*Ravi*) crops so the only season is of summer (*Kharif*) crop. Due to this the working hours have increased. Here one more point is quite important that unlike the other zones, the waken up hours are equally high for entire span, usually between showing and harvesting of summer crop there is a dip in the waken up period. It was found that the reason behind this unusual pattern is the collection of fodder (for winter) during the lean period of agriculture. In other zones it is done during the lean period of winters, but here winters are too severe and due to heavy snowfall or frosting it is not possible. So during the entire summer women are busy in showing and harvesting of summer crop and collection of fodder. And because of it we are getting a regular plateau of longest waken up period in the graph.

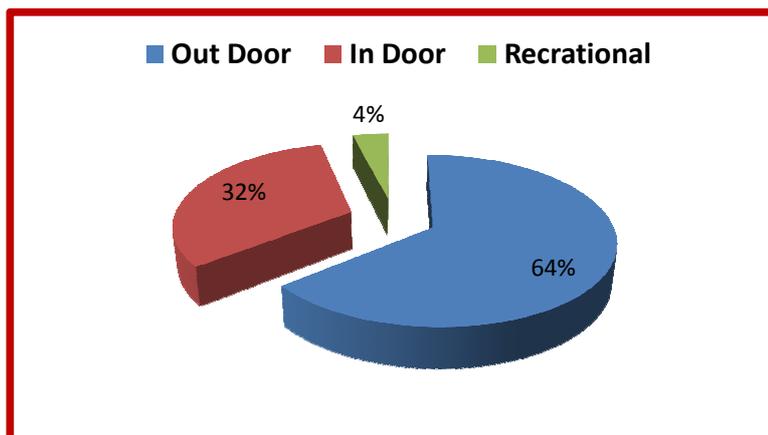
Winters are harsh and restrict the human activities, particularly the agriculture. Collection of fuel wood from forest, often broken by the snowfall is the prime outdoor activity. Women are confined mainly to their house and courtyards. It's basically a lethargic lean period leading for the longer sleeping hours.

Though waken up hours give a general idea of women activity but not sufficient to explain the type of activity done. For this the breakup of waken up hours into In door, Outdoor and Recreational activities is needed.

**3.iii. The Annual and Month wise breakup of daily waken up hours into indoor, outdoor and recreational activities.** The waken up period is not sufficient enough in determining the drudgery of rural women, as in present context the waken up period of the women living in cities may be even higher than the rural women. The workload of rural women is largely determined by the composition of the work done in outdoor, in

door and recreational activities. Among these three the outdoor activities are of prime importance in determining the drudgery of rural hill women (Pandey, 1996).

The annual average of the breakup of daily waken up period (Fig-03) shows that largest chunk of the waken up hours are going for the outdoor activities (64%), while indoor activities consumes 32% of the waken up time and only a meager share of just 4% goes to recreational activities. More than three-fifth of the total waken up time is consumed by the outdoor activities in extremely tough terrain, and it is the main source of drudgery of rural women in GH.

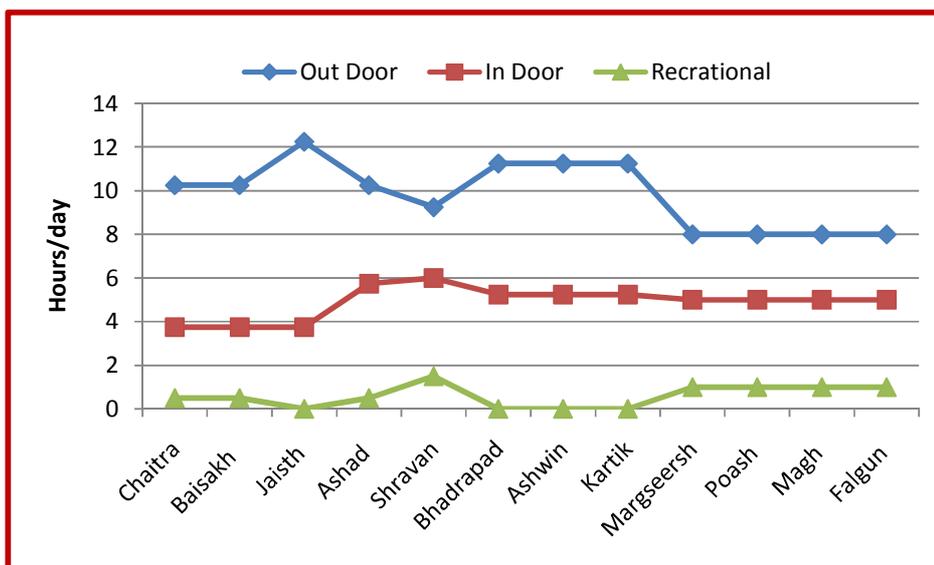


**Fig-03: The breakups of daily waken up hours into Outdoor, Indoor and Recreational activities.**

Another dimension of the breakup of waken up hours is its temporal variations. The breakup of the 'indoor-outdoor-recreational' activities are not constant, rather all three variables shows sharp variation in the different sets of the months. These sets are primarily controlled by the agricultural activities. Fig-04 depicts an interesting account of these variations, which could be described under following points-

- Outdoor activities consumed highest time during one spell (from *Bhadrapad* to *Kartik*) and a top of month *Jesthaw* which are the main harvesting period and the preparation of fields for the next season.
- After the long lethargic winter months the *Baisakh* shows the shoot-up of the agriculture activity as it is the time for preparation of fields and showing of wheat in high area and paddy in the valleys. The *Jestha* shows the zenith of waken up hour which further goes down. This is the time upcoming of agriculture activities.
- After the hectic agriculture activities of *Jestha*, there is a lean period of monsoon and agriculture activities dips down to its lowest in *sawan*.
- After *Sawan* upto *Kartik* comes the main spell of longest waken up period. Besides the harvesting of summer crops it is also the time fodder collection for winter months.
- *Margseersh* is the indication of the onset of winters and so the agriculture activities goes down. And till *Baishkh* except fuel wood collection not much significant outdoor activity takes place, leads for the decline of waken up period.

- In door activities are almost similar throughout the year and so they do not show much fluctuation. The decline during the *ChaittoJaisth* is due to the sudden upsurge of the agricultural activities after the long lethargic period of winters.
- Recreational activities are low and oscillates with the agriculture activities, however the religious function spare extra time for such activities.



**Fig-04. The disposal of net waken up hours into Indoor, Outdoor and Recreational Activities**

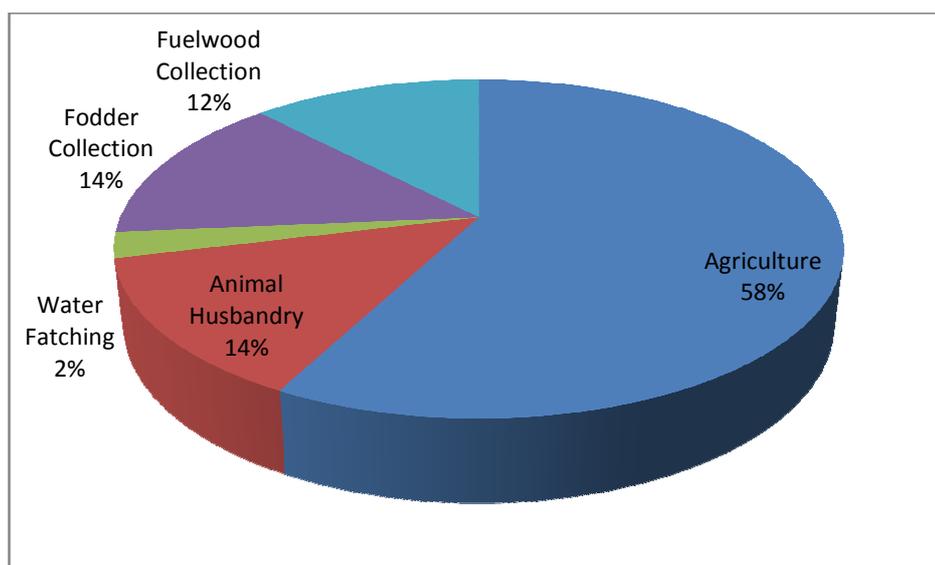
Though Fig 03 & 04 gives nice depiction of the three activities but each of it comprises a group of activities which also needs explanation. Outdoor activities are the major activity which consumes the largest chunk of waken up period and also determine the drudgery of women.

**3.iv). Outdoor activities and their overall and month wise breakup:**

The outdoor activities are the major component of women’s work schedule and it shows an interesting variation as per the seasons. They are also the labor intensive work and consume the largest chunk of their daily calories consumption (Pandey P.N. 1996).The outdoor activities are categorized under five categories- agriculture, animal husbandry, water fetching, fodder collection and fuel wood collection. Here agriculture is concerned with the crop production and field activities; though fodder collection is part of animal husbandry, yet keeping in view its importance it is kept in a separate category. Besides daily green fodder collection from fields and nearby area I also incorporate the time devoted for the fodder collection form forest and their pilling in for of dry grass towers (*luta*).

The overall annual average of rural women shows that in GH village, out of the average waken up period of 15hours and 45 minutes, the outdoor activities account for 9 hours and 49 minutes, ranging from 8 hrs/day to 12.25 hrs and 25 minutes/day. This outdoor activity contributes for 70.31% of daily working hours and 64 % of daily waken up period (Fig-04). Going down to it componential breakup Fig-05 shows that largest components are agriculture actives (58%), followed by of fodder collection (14%), animal husbandry (14%) and fuel wood collection. If we put agriculture activities, fodder

collection and animal husbandry together as a broad integrated factor of Agriculture, it consumes 86% of the total outdoor activities. This is not only enough to show that agriculture is the prime activity of rural work schedule but also that the contribution of women in agriculture is decisive. Several scholars earlier also put forth the same thought (Joshi N.C. 1995, Pandey P.N. 1996; Pandey G.C 1998). Fuel wood collection is an important activity

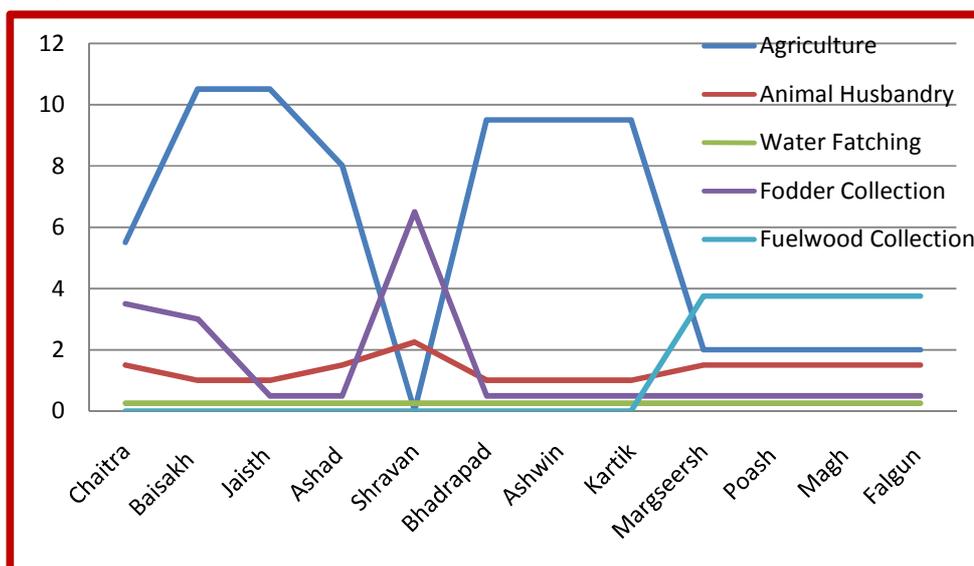


**Fig-05: The overall annual breakup of the working hours under outdoor activities.**

here and consumes a good time (12%) which is because of the extremely cold winter and fuel wood is needed for keeping the home warm. Being a constant daily activity round the year water fetching consumes almost similar time.

To know the clearer picture of the outdoor activities-their breakup with special reference to the monthly average variation the data was plot in graph. Fig-06 gives a month wise annual scenario of the components of outdoor activities, which raise some salient points which are as follows-

- Falgun to Chait, Great Himalaya is under the winter influence and wheat maintenance is the only major agriculture activity. Among the outdoor activities only the fuel wood collection is the prominent activity from village forests; snow fall also brings a good supply of broken branches.
- The GH awakes up from its long winter dormant agriculture activities in the second half of Chaitra and reach to its climax by Baisakh and continues till Jaisth and continuously goes down in Ashad and further till it dips to the lowest (zero) in Sawan. For Great Himalayan villages, it is the high time for agriculture activities. However, total wakeup hours are not very high yet the allocation of time for agriculture with a very high of 10.30 h/day or 85.71 per cent of total outdoor activities seems to be the hectic period for agriculture. Harvesting of wheat, sowing of Madira and trance plantation of paddy is among the major activities. Women here are much busier in fields during this period than any other zone of Kumaon hills.



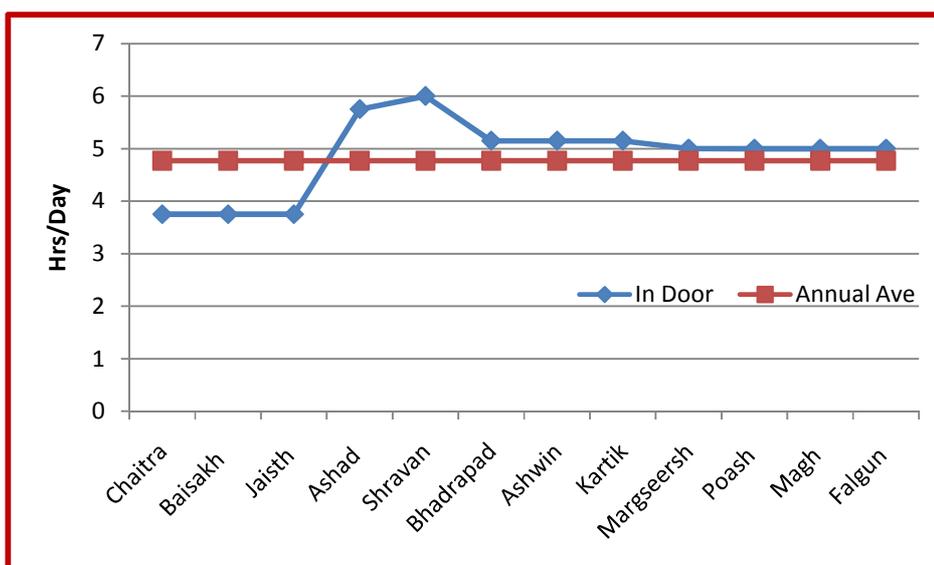
**Fig-06: Month wise disposal of daily outdoor activities under different component**

- *Sawan* is the high time of monsoon, almost nil activity in fields, paddy is growing under heavy rains. The growth of grass is also very high and time to collect them for the winter season, keeps the women busy.
- Bhadrapad to Kartik is the second high plateau in the graph of outdoor activity dominated by the agriculture activity. With the highest wakeup hours of 16.30 hours/day, agriculture consumes 9.30 hours/day which is equal to the 84.44% of the total outdoor activities. Harvesting of Paddy & *Mandua* is the major activity of this period followed by the preparation and sowing of wheat.
- ‘*Margseersh*’ month is the declaration of onset of winter in full swing in all zones. It is the major transitional period as after extremely busy routine women get relaxed and after sowing of wheat they prepare them for the winter season. Collection of fuel wood is the major outdoor activity.

The scenario of outdoor activities and their month wise variation shows that the working hours are largely controlled by the agricultural activities. Even when there is a lean period they are engaged in the seasonal activity like collection and storing of fuel wood and fodder for the use in off seasons. It is clear they are always under heavy workload and suffer with drudgery. It also shows that the long lean winter period is not used properly for some productive purpose.

**3.v. Month wise distribution of indoor activities:** Though the responsibilities concerned with the indoor activities are almost same round the year yet it shows some variation. Fig-07 shows that from *Bhadrapad* to *Falgun* it is almost stable as 5 hours per day but from *Chaitra* to *Sawan* it shows sharp deviation. The decreased period during the first three months are due to the agriculture activities, it is the time when they are coming out from the long

winter dormancy and involve directly for agriculture with a great intensity. The time devoted for agriculture is very high (10 hrs and 30minutes/day) which push back the domestic activities. But as the agriculture activities goes down in it gives more space to the indoor activities. This is the time when all members of the family are busy with intensive activity of agriculture and no sharing with the domestic activities, women bound to devote more time for indoor activities.



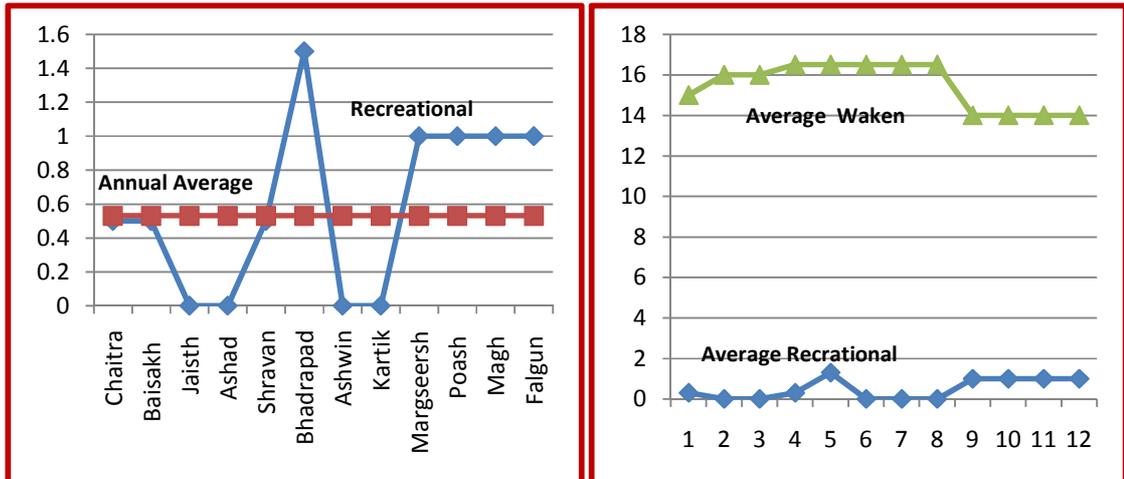
**Fig-07: Month wise distribution of the time engaged in indoor activities.**

Rest month are winter month and family stay longer hour at home so family care is shared by other members of the family.

### 3.v. Month wise distribution of Recreational Activity:

Recreational activities are the smallest portion of the daily time budget yet are the most crucial for the drudgery of women. During these activities they get physical rest, amusement and get emotional recharge. This is the part of their daily activity which is best for their personal health and emotional strength (Pandey P.N 1996). Unfortunately it covers a very short time. Fig-08 and 09 shows that-

- Recreational activities range from 0 to 1hr 30 minutes/day with an annual average of 53minutes/ day. It is quite less.
- They are nicely reversed-synchronized with the agriculture activities. During the time of high agriculture activities (*Jesth-Asad* and *Ashwin-Kartik*) they sink town to zero while during winters they are better and steady.
- Only during *sawan-Bhadrapad* they shoot up due to the number of local festivals and a strong tradition of group song and dance at night during this period, and much time is devoted to religious activities.



**Fig-8: Daily recreational activity, ann. Average (hrs/day) Fig-9 Waken up hours and recreational (hrs/day)**

**4. Impact of Environment on work profile of rural women:** Great Himalaya is a such area of Himalaya where nature plays a deterministic role in deciding the human activities. Climate and topography are the two prominent factors here. The problem does not stops there that their working hours are quite high and much of it is devoted to the outdoor activities; but changing natural and human environment puts forth even a bigger challenge for the future of the survival of rural villages. Great Himalaya is the most sensitive and fragile zone of Himalaya and nature quickly and firmly react to the human interference.

Due to the widely accepted factors of climate change, population growth, increasing pressure on natural resources and their reducing productivity have put continuously increasing workload on women. The delay of monsoon, erratic rainfall, increase in the frequency of natural disasters, increasing frequency of forest fire and drying up of the water sources are some of the major environmental problems in the area. All these factors compound the problem of rural women in The Great Himalaya and contribute in increasing the drudgery of rural women in GH.

**5. Conclusion:** In the villages of Great Himalaya of Kumaon, women are having a longer waken up hours and much of it is devoted for the tough outdoor activities like agriculture, animal husbandry and collection of fodder and fuel. The wake up hours shows a seasonal fluctuation which is very much follows the cycle of agriculture activities. During lean period of fields the time is devoted for other outdoor activities like collection and pilling up of the fuel wood from forests, for the rest period of the year. Unlike other zones fodder is collected during monsoon and aftermath and fuel wood consumes more time than normal. The recreational activity, which is the best time for women and must for their better health, gets least share in their time budget. The high pressure of outdoor activities is being compensated from the recreational activities, which leads for the drudgery of rural women and their poor health. It was also observed that the long lean period of cold winter months women are somewhat underused and spent time sitting at home and courtyard. This time could be used nicely for some handy craft work. Experts strongly believe that there is a need of change in the ongoing rural economic system. Rural setup,

particularly agriculture has to be more profitable and less work intensive for the survival of rural system in the Great Himalaya; and so there should be a strategy to fight out the situations created by the changing environment.

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### Appendix:

**Appendix -01:** The Months in Hindu (VikramSamvatsar) Calendar and their corresponding Dates in Gregorian calendar in the Year 2009-10 and 2017-2018.

Months in Hindu calendar (VikramSamvat)	Largely Matching Months in Gregorian calendar	Matching dates of month in Gregorian Calendar	
		Year 2009-2010	2017-2018
<b>CHAITRA</b>	March-April	12 March - 9 April	13 March-11April
<b>BAISAKH</b>	April-May	10 April - 9 May	12April- 10 May
<b>JAISTH</b>	May-June	10 May - 7 June	11May-9June
<b>ASHAD</b>	June July	8 June - 6 July	10June-9July
<b>SHRAVAN</b>	July-August	7 July - 5 August	10July-7August
<b>BHADRAPAD</b>	August-September	6 August - 4 September	8august-6Sept
<b>ASHWIN</b>	September-October	5 September - 4 October	7 Sept-5October
<b>KARTIK</b>	October-November	5 October - 2 November	6Oct-4Novemb
<b>MARGSHEERSH</b>	Nov-December	3 November - 2 December	5Nov-3December
<b>POSH</b>	December-January	3December - 31 December	4 Decemb- 2 January
<b>MAGH</b>	January-February	1 January - 30 January	3 January- 31January
<b>FALGUN</b>	February-March	31 January - 28 February	1 February- 1 March

Source: *RupeshPanchang* (2009-10 & 2017-18)*Rupesh Thakur PrashadPrakashan, KachuriGali, Varanasi (U.P.) India*

