

# **HEALTH AND NUTRITIONAL STATUS OF DALIT WOMEN IN PUDUCHERRY: AN ANTHROPOLOGICAL STUDY**

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fulfillment for the award for the Degree of*

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## 6.2 CONCLUSION

The result of the present study revealed inadequate dietary intake, that might be inspired by poor economic conditions. Still now, Dalit women health and nutritional status are not an exceptional one. It has been observed that poor nutritional status is one of the most serious health problems of Dalit women. Dalit women were most vulnerable to undernutrition compared to other women. The problem of poor nutritional status is cruelly influenced by poverty, illiteracy, and unawareness concerning basic health and nutrients. To eradicate the problem of poor health and nutritional status, a source of income generation should be improved, the educational standard must be uplifted along with awareness regarding nutrients, daily allowances of low budget and local resources based balanced diet. The study highlights the need for necessary steps for more community participation in various developmental programmes for the removal of poverty and improving the literacy rate among women. Health and nutrition education has to be strengthened through the department of health and other government and non government organization like ICDS, NGO etc. to bring awareness and behavioral change for better health and nutrition practices to improve the nutritional status of women.

The most likely cause of poor health and under nutrition may be poverty, illiteracy, malnutrition, lack of awareness of personal hygiene, feeding practices; improved nutrition, and timely medical intervention, absence of safe drinking water and sanitary conditions, poor usage of safety devices during work, have been found to be possible contributing factors of health condition prevailing amongst the Dalit women of the present study and if we try to find out the solution of the above problem that we may improve the Dalit women's status to a great extent

## 6.3 SUGGESTION

Major findings of the study reveal that overall health, nutritional status and health care situation of the Dalit women are a vicious condition. They are deprived of basic capabilities and always are unable to enjoy the good life. To improve the health, nutritional status and health care situation of the Dalit women following recommendations may be taken by the government or other organizations. These are

- ❖ Proper awareness must be given to all the Dalit women related Health, Nutrition and Hygiene.

- ❖ Governmental and non-governmental organizations should take necessary initiatives to increase the knowledge of health and hygiene of the Dalit women. In favor of this intention, various campaigns can be arranged in the Dalit people area.
- ❖ The health worker should visit the area progressively more to make the Dalit women aware of their health care need especially reproductive health and generally healthy life.
- ❖ The government should ensure the health services of poor people especially women's in the government hospital and should remove all obstacles to getting the services.
- ❖ Relevant authorities should employ income generating activities for the people living in Dalit area.
- ❖ Commune corporation authority should improve the sanitation facility, water supply, dumping garbage facility in the Dalit people area to ensure a clean and healthy environment.
- ❖ The rural Dalit women health status of the women is discussed and found that the women health remains to be a challenging issue. There is a need for strong interrelationships between women health and development underscores the need to address the women reproductive health and its status.
- ❖ Some of the strategies should be developed for improving health and nutritional status. Perspective to health status is highly influenced by socio-cultural beliefs and practices. A woman is deliberately denied of education and the future opportunity of the total development is vulnerable by early marriage, male domination, and violence. Therefore, Socio-economic status and income saving opportunities of the Dalit women need to be developed by education and employment programmes of the government.
- ❖ There is a need a wide scope for research to bring a holistic view of rural women health status. Since women face various unique health issues as compared to male, there is a need for more specific and combined research on women health status. Thus, the present study suggests the researchers in the field of women health bring various researches for safeguarding the women health status as a whole.
- ❖ The health, nutrition and medical care problems of diverse Dalit groups have been found to be exclusive and present a horrible challenge for which suitable solutions have to be found out by planning and evolving relevant research.

- ❖ Dalit women are weaker sections of the society who have lagged behind in all fields. Hence it was suggested that more significance should be given to improving the accessibility of getting available nutrition health education and environment sanitation, health care facilities by governmental and nongovernmental programmes with their close monitoring, early detection of problems in implementation and midcourse correction for the upliftment of the Dalit women's' health status.