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MAL NUTRITION IN SAHARIYA TRIBES OF BARAN DISTRICT & THEIR REMINDEES

Sitaram Bairawa

Lecturer, Govt. College, Baran (India)

In the district of Baran, State Rajasthan, Want of the tribal tridents one sahariya. There tribals are economically & physically backward for the development of these sahariya tribal government has shouted many developing programs. Still not much development can be seen with these sahariya tribal people. Most of the sahariya tribal one found in kishanganj & Shahabad tehsil of Baran District.

Livelihood of these tribal people depends on forest vegetation, wages & animal husbandry. These people are backward & still believed is superstitious values, hence many people are surrounded with different diseases.

Sahariya Tribal living in kishanganj & Sahariya Tehsil do not have any source of economic development. Thence due to such conditions in the present scenario these tribal are facing problems of malnutrition & Health problems. There people have the habit (hobby) of tobacco, smoking bidi, liqueur, etc.

Due to such addiction & unhealthy livelihood these tribal people one facing many health issues, diseases, Malnutrition problems etc, & hence there quality of life is decreasing at a very fast late.

They are facing determination in health, which causes diseases such as, cough, cold Jaundice, skin diseases, cancer, night blindness, & Rickets scurvy etc. According to the Research on the basis of Primary & Secondary date it show that the base of primary treatment and Refutation for Sahariya Tribes need to be healthy.

SUGGESTIONS & SOLUTIONS

- 1.) Sahariya Tribal people should intake healthy & Nutritious food.
- 2.) To heal the deficiency of vitamins in the body, good with good vitamins should be used.
- 3.) Vitamin 'D' can be taken from the sun-rays in the every morning, which strengthens the Bones.
- 4.) Education program should be run in these areas, special focus should be made on child education.
Free medical services & Health Camps should be provided to these people.

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- 5.) Govt. Has started many programs for their development, but still there is not much changes in their economical & physical condition. This is because govt. is not taking timely steps/inspections on these programs.
- 6.) Govt. has started “Annapurna” program, which provided nutritional food to these tribal people.
- 7.) Timely vaccination should be provided to the children of Sahariya Tribal.
- 8.) Free Food services should be provided to these tribal, which would help in raising their economic conditions.
- 9.) Tribal people suffering from Mal nutrition problems should be given people medical treatments.
- 10.) As these people are very superstitious, They should be provided proper education & help them to lead a superstitious tree life.
- 11.) Govt. should distribute healthy & nutritious food to these tribal.
- 12.) These tribal used fish as one of them major food products, which give their body Vitamin A & aude oil, which helps in curing diseases like, Night blindness weakness, skin diseases, etc.