INTRODUCTION

Indian tribes are abstract sections which hold in an astonishing number of tribal population in the country, meticulously assimilating each characteristic specialty. First traces of tribes in India can be traced to the species known as Ramapithecus, discovered in the Shivalik hills of the North Western Himalayan Mountain. This species held to be the first in line of hominids, lived approximately a million years ago.

Research scientists opine that the population of India, including Indian tribes, derived from six primary ethnic groups namely Negritos, Pro-Australoide or Austrics, Mongoloids, Mediterranean or Oravidian, Western brachycephals and Nordics. The Negritos or the brachycephalic (broad-headed) men from Africa were the earliest tribesmen to populate India. They presently survive in their original home-ground in the Andaman and Nicobar islands. The Jarewas, Onges, Sentinelese tribes and Andamanese tribe are the perfect examples. Studies have indicated that the Onges tribes have been living in the Andamans for the last 60,000 years. Some hill tribes like Irulas, Kodars, Panivan Tribe and Kurumba Tribe are found only in patches around the hills of south India on the mainland (aptribes.gov.in).

India is the home to large number of indigenous people, who are still untouched by the life style of the modern world. India has the largest population of the tribal people in the world. They are also known as the adivasis – who are still dependent on hunting, agriculture and fishing.

The interesting and novel mode of lifestyle that such Indian tribal people lead, accounts for a vast section of Indian travelogue. Be it in the sphere of much Indian tribal or yet to be unknown tribal, various styles of eating dining, working, singing, dancing, clothing accessorizing or religious customs, Indian tribal people lead a life of their own. This distinctness is as if encased and enveloped with in a protective that at times receives massive public coverage. The distinction in the variety of the tribal people in India enriches the Indian culture and art.
The tribes of India are mainly concentrated in the rural areas or near the forested areas in the country. The tribes were initially very illiterate and backward and are one of neglected sections in the country.

**Definition of tribe:**

A tribe is a collection of families or group of families bearing a common name, members of which occupy the same territory, speak the same language and observe certain taboos regarding marriage, profession, or occupation and have developed a well assessed system of reciprocity and mutuality of obligations (Majumdar 1986).

**Region wise concentration of Indian tribes:**

Different tribal communities are concentrated in the following regions of India (Mamatha 1995).

a. **North eastern region**: In the mountain valleys and other areas of north eastern India, covering the states such as Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland and Tripura reside tribes such as the Abor, Garo, Kuki, Mishmi, Naga and others who belong to Mongolian racial stock.

b. **Central India region**: In the older hills and Chota Nagpur plateau, along the dividing lines between peninsular India and the Indo gangetic basin, live many tribal communities such as Bhumiji, Gond, Ho, Oran, Munda, Santhal and so on, covering the states of Bihar, Orissa, Madhya Pradesh and West Bengal and Mostly belong to the Proto-Australoid racial stock.

c. **Western Indian region**: Covering the state of Rajasthan, Maharashtra, Gujarat, Goa and union territory of Dadar and Haveli, live a number of tribal communities the most important of them being the Bhil racially belonging to the proto- Austoloid group.

d. **Southern India region**: Covering the states of Karnataka, Andhra Pradesh, Tamilnadu, Kerala, in the villages of Nilgiri hills and covering
lines of the Ghats live the Chenchu, Irula, Kadar, Kota, Kukumba, Toda and others comprising Negrito and Caucasoid, proto- Australoid or mixed physical features.

e. **Island region:** Covering the Andaman and Nicobar Island, Lakshwadeep Island, live a number of small tribes such as Andamanese, Onge, Sentinilere.

**Tribal regions of Andhra Pradesh:**

On the basis of Geo ethnic characteristics the tribal areas of Andhra Pradesh can be divided into the following five geographical regions.

- **Gond: Kolam region** - It include the tribal areas of Adilabad district.

- **Koya and Konda reddy region:** Tribal areas of Karimnagar, Warangal, Khammam, West Godavari, East Godavari District along with Godavari ganges.

- **Chenchu Region:** Tribal areas of Mahaboobnagar, Kurnool and Guntur District.

- **Plain Areas:** Areas of Habitation of Yanadis, Yerukalas and Banjaras.

**Tribal Demography**

Indian tribal people amount to an 8.14 percent of the total population of the country according to 2001 census. These tribal people reside in approximately 15 percent of the country’s area. Indian tribes primarily reside in various ecological and geo-climatic conditions ranging from plains, forests, hills and in accessible areas that perhaps lie dotted in the panoramic Indian terrain. According to Article 342 of the constitution of India, at present, there exist 697 tribal groups notified by the central government. These Indian tribal groups of people have been notified to reside in more than one state.
Andhra Pradesh

The tribes of Andhra Pradesh present a fascinating diversity with its variegated socio cultural traditions, plurality of occupations and diverse Linguistic heritage, who added grandeur to the region with their rich heritage and culture, innocent lifestyle and age-old ethnicity. In other words, customs, rituals, fairs, festivals of these tribes of Andhra Pradesh have drawn the attraction of all the anthropologists of the country who have conducted surveys on them with enthusiasm and vigour. In Andhra Pradesh presently there are 32 Lakh tribals, 50 lakh nomads and other backward people. Their habitat spreads along the coastal and mountain strip from the Srikakulam district to the Khammam district and from Godavari districts right up to the north-eastwards to the Adilabad region.

Various Andhra Pradesh Tribes

The tribes of Andhra Pradesh are classified into two groups. One of the groups is present across the hilly tracts of the Deccan Plateau and by the Godavari River and Krishna River. The Chenchus of Srisailam hills are part of the second group. Ciadabas, avaras and Koyas belonging to the Bhadrachalam and Simhachalam hilly areas, bear the complex features of Mongolids and Australoids. Thirty-three types of tribes are found in eight districts of Andhra Pradesh. The most prominent among them are the Khonds, Kolarnis, Nayakpods, Koyas, Kondadoras, Valmikis, Bhagatas, Savaras, Jatayus. Gadabas. Yanadis and Chenchus.

There are certain nomadic tribes namely Piccukaguntlu, Balasanta, Saradakandru, Viramushtivaru, Bavanilu, Birannalavaru, Kommuvaru etc. are Telugu nomads whose main occupation is ballad singing. (33-Schedule tribes of Andhra Pradesh are listed in (Annexure-11) (aptribes.gov.in).

Culture of Andhra Pradesh Tribes

The tribes of Andhra Pradesh worship their own pantheon of nature gods and goddesses and continue to reveal their ancient customs and manners. The language which they use does not have a proper script and it has come down by
the word of mouth. These tribes are firmly grounded by traditions. The laws of society and tradition are followed very strictly by the tribes of Andhra Pradesh.

Maximum tribes of Andhra Pradesh are settled in the hilly and forest regions of the state. In the manner of making houses too, these tribes of Andhra Pradesh have also left their marks of exuberance and artistry. Their physical stature is short and are heavily built with long heads, well-defined thick eye brows. Protruding mouth and snub noses are also among their physical characteristics. The general colour of the skin is whitish and the hair is black and wrinkled.

**Tribal development**

The planning process for tribal development in Andhra Pradesh can be broadly divided into **Pre-Independence and Post –Independence periods**. In both the periods the approach adopted and schemes implemented are based on certain events happening in various tribal areas of the country and consequent approach enunciated for time to time on over all India basis. Again, the approaches in the two periods can be broadly be characterised as development oriented taking the basic objective and nature of measures introduced. Inspite of much emphasis on tribal development, the benefits of plan development have not fully percolated into the tribal areas. The tribal people remained backward both economically and socially.

**Pre Independence:**

During British period, they adopted a policy of isolation and maintained status-quo of the tribes. Christian missionaries had done something for the well being of the tribes, the scope of which was wide and that was an activity of spirited social service and reforms as a result of which many of the tribal areas had acquired schools, hospitals etc. The efforts of the British to educate tribes were not significant, as alien rulers they had limited objectives of education which were mostly meant to run their administration rather than imparting knowledge and skills. Health was the least concern, people truly depend on indigenous medicine
and forest for food. Lack of health and nutrition was an inception towards pandemic, mortalities and morbidities.

**Post independence:**

In India during post independence period special policy initiative were taken towards the improvement of the all round development of tribes. Economic Planning since, First Five Year Plan, recommended that a positive policy for assisting the tribals should be formulated in order to develop their natural resources and evolve a productive life, which can prevent exploitation by more organized economic forces. In the Second Plan it was emphasized that all welfare programmes should be made in the context of tribal culture reviewing their psychological and economic problems. In the Third Plan, it was accepted in principle that in facilitating the development of agriculture, communication, health and education services, and the tribal people should be able to develop their own traditional culture without pressure or imposition from outside. Under the Fourth Plan six pilot projects for tribal development known as Tribal Development Agencies were taken up in central sector. The Fifth, Sixth and Seventh Plans saw the emergence of the Tribal Development Strategy in the country in a minimum scale. The **tribal Sub-Plan** envisaged pooling of all available physical and personal resources. The Eighth and Ninth, Tenth and eleventh Plans emphasized a total integrated effort for all round tribal development.

**Tribal sub plan and ITDA:**

The contiguous area covering the scheduled villages and the adjoining tribal villages are carved out into the area of development called tribal sub plan area.

Realising that persistent backwardness and exploitation by outsiders have been the root cause of restiveness among tribal, programmes are so formulated as to bridge the gap in the levels of development between tribal areas and other areas with in a reasonable period of time and thus ensure the integration of tribes in the main stream of society for executing development programmes. ITDA have been
created as- instrumentation of development in the tribal sub plan area in the years 1974-75 in 16 states and two union territories. (Tsp Chap-3, 2006-07)

**Administrative Arrangements for TSP:** The TSP is being implemented through following administrative arrangements:

a) **Integrated Tribal Development Projects (ITDPs):** are generally contiguous large areas of the size of one or more Development blocks in which the ST population is 50% or more of the total population.

b) **Modified Area Development Approach (MADA):** These are identified pockets with a concentration of 50 per cent tribes or more ST population within a total population of a minimum of 10,000 persons and above.

c) **Clusters:** These are identified pockets of tribal concentration containing 50 percent or more ST population within a total population of about 5000 or more.

d) **Primitive Tribal Groups (PTGs):** Identified isolated communities among the STs characterised by a low rate of population, a pre-agricultural level of technology and extremely low levels of literacy. (so far 75 PTGs have been identified.).

e) **Dispersed Tribal Population:** Outside (a), (b), (c), and (d) of the above.

**Objectives of Tribal sub plan and ITDA**

a. The tribal sub plan has conceived to identify its resources base and plan for the optimum utilisation of its resources, to the maximum advantage of tribal inhabitants of the Tribal sub plan area.

b. To pool up the fund from various departments of the state government, The special assistance from the government of India and institutional finance tapped from various financial Institutions for planned development of sub plan area and tribal there in.

c. To reduce disparities in the level of development of sub plan area in the rest of the state to improve the quality of life of tribal.
d. To step up agriculture production and there by increase family income to improve the standard of life and

e. Protection of tribes against exploitation

There are 8 ITDAs functioning in the state of Andhra Pradesh in the districts of Srikakulam, Vjayanagaram, Visakapatanam, East Godavari, West Godavari, Warangal, and Adilabad and a separate ITDA for special programmes also continued to function for socio economic development of primitive tribal group like Khond, Porja, Gadaba, Konda Savaras etc and MADA.

**Administration:**

Each ITDA is headed by Project officer who is generally IAS/similar Cadre officer of Govt department supported by subject matter specialists drawn from the development department like Agriculture, Animal Husbandry and Engineering.

**Programmes:**

The important programme of ITDA included Agriculture, Irrigation, Animal Husbandry, Medical and Health Services, Land development, Soil conservation, Sericulture, Horticulture Education weaker sections housing, Drinking water programme, Rural electrification.

The Financial Institutions that are functioning at both at Centre and State levels for the economic development of Tribes include - i) National SCs and STs Finance and Development Corporation (NSFDC); (ii) National Scheduled Tribes Finance and Development Corporation (NSTFDC); (iii) National Cooperatives Development Corporation (NCDC); (iv) State Tribal Development Corporations (STDCs); and (v) Tribal Cooperative Marketing Development Federation of India Ltd. (TRIFED).

**Tribal problems**

The problems of the tribes are manifold some of which that call for immediate attention are.

a. Tribal economy that is not only unorganised but also un-monitored.
b. Their dependency on money lenders to meet their requirements during lean periods which further entangle them in the web of poverty and misery.

c. Indifference to education leading to low enrolment and dropout in tribal school.

d. Displacement due to projects like irrigation power, mining and industry.

e. Poor nutrition and health practices which drive them towards dreadful diseases.

**Nutritional status of tribes**

Nutritional status of any community is influenced by interplay of various factors including beliefs, customs and availability of food products in the region. This will in turn influence the physical growth and nutritional status of the community. This is all more relevant in the context of tribal as they have more bondage with their traditional food practices and values. Traditional food practices, poor sanitation, non utilization of available food resources, poverty illiteracy and poor hygienic conditions have a detrimental effect on their nutritional status. Food taboos such as consumption of milk and milk products are taboo among some of the tribes of Andhra Pradesh. Most of the nutritional studies among the tribal groups were limited to gathering of quantitative information on food intake for consecutive days, taking the household as the unit. Magico-religious beliefs and food taboos tend to aggravate the nutritional disorders (Prema and Thomas, 1992). A deficit of calcium in the diets of pregnant and lactating tribal women was reported by Gopal Das (1987). Many studies (Goplan 1971; Ali 1980; Basu et al. 1990) on nutritional status of tribal show high incidence of malnutrition. Ali in 1980 found that ecological imbalances caused by rapid deforestation resulted not only hunger and starvation but also prolonged droughts. Their lifestyles and food habits are different from that of their rural neighbours. They depend on minor forest produce and manual labour for livelihood. They may not have adequate income. Their food consumption pattern is dependent on the vagaries of nature and varies from extreme deprivation (in the lean seasons) to high intakes (in the post-harvest period), (Chatterjee 2012).
Higher prevalence of under nutrition in tribal population is due to

- Poverty and consequent under nutrition.
- Lack of awareness with how to access and the utilisation of the available nutrition supplementation programmes.
- Social barriers preventing the (right to use) utilisation of available nutrition supplementation programme and services.
- Poor environmental sanitation and lack of safe drinking water, leading to increased morbidity from water-borne infections.
- Environmental conditions that favour vector-borne diseases.
- Lack of access to health care facilities resulting in increased severity or duration of illnesses.

Undernourishment among tribes is caused not only by economic poverty but also by lack of knowledge. Mass illiteracy and lack of nutrition education may be traced as twin problems which stand at the grass root of all development especially that of the rural populations in our country (Usha Chandrasekhar, 1980). In terms of resource for the economic development of a country, nothing is more vital than the health of people. Ignorance is one of the root causes of diseases, which calls for education in the rural areas (Zakir Hussain) as well as Tamilnadu and Kerala in the south and Goa in the west; have a higher age marriage, ranging from ages 18-22. The majority of the states in the western, central, and eastern parts of India reported an average age at marriage similar to the national average. According to NFHS-3, about one third of women were married by age 17 (NFHS 2006-07).

Promoting better nutrition can go a long way in promoting health. Nutritional status of a population is a crucial indicator in determining the quality of life and it is linked with the health status, poor nutritional status leads to generalized functional impairments, disability, diminishing productivity and ability to cope up with environmental hazards and decreasing resistance to
infection. Infections taken can lead to deterioration in nutritional status. Incase of women, usually they do not get nutritious food during their pregnancy and lactation. It is noted from the report of Gopalan (1974) that in index over 30 percent of the women in the last stage of their pregnancy were found suffering from severe anemia. Malnutrition during pregnancy is responsible for low birth weight babies, and it is a major factor contributing to high infant mortality. However in India the conditions have improved considerably in recent times with the development of health and medical services. Even the present situation for women is still far from satisfactory due to mistaken beliefs, lack of proper nourishment and inadequate medical care for pregnant women. Absence of these facilities has lead to mortality and morbidity among the mothers and infants and is also learnt from the studies on nutrition, that the quality and quantity of the intake of nutritious food and clinical signs of malnutrition are some of the indicators of the nutritional status of mothers (Nagaraju 1992).

Importance of women in family health has been undermined in health education for reasons which cannot be specified. In this context a major contributory factor responsible for the lack of recognition of pivotal role played by women in the family for maintaining the health of all members might be the lack of proper understanding about it. Perhaps the male dominated world may assume that it is the men who manage the family affairs and that of women role need not to be taken seriously in the family. But when we analytically examine this silent and serious roles on several aspects of life at the family environment, that effects human health in general, their importance in determining health of family may become more evident and assume significance therefore, their role particularly on the following aspects deserves in depth investigation. Infact women can damage or develop the following aspects of the family life depending up on their level of scientific development status in society they include: completion of physical, mental and social development, suitable timing of marriage, proper planning of pregnancy, proper socialization of children, appropriate food choices and processing, primary health care, maintenance of sanitation and hygiene, economic supplementation, Future prosperity and free from indebtedness( Mahadevan 1992).
Health and nutrition therefore go hand in hand in promoting quality of life from prenatal to postnatal stages, in infancy, childhood, adolescence, adulthood and for the aged. Nutrition and standard of living have been in focus since independence. As early as in 1950 Indian constitution makers had recognized the importance of adequate nutrition and provided in Article 47, as one of the directive principles of state policy, that the state shall regard raising the level of nutrition, standard of living and improvement of public health among its primary duties. Subsequently health and nutrition are one of the components from first five years plans till today, but the goals are still unreached.

However, the Government of India has made concerted efforts to enhance the standard of living and the overall condition of these tribes. The government is legging to educate these tribes with out destroying their culture or traditions though, the tribal culture seems very backward and strange. Some of the tribal traditions are based on scientific rules and modern principles. The Indian tribes continue to be an interesting facet that attracts art lovers and researchers from far off nations.

**Need for the study:**

Tribes have a heterogeneous cultural and economic pattern of life largely conditioned by the ecological settings and ethnic environment. There is a significant effect to the fact that the numerous programmes of socio economic development undertaken in the tribal areas in India are not taking much headway mainly because of the ignorance and illiteracy of the tribes. The tribal communities which remained ignorant for a long time require not only general literacy but also other skills which equip them to face boldly and experience the exogenous forces of modernisation. As women constitute almost 50 percent of human resources of the country, it was realized that the world over the development of tribal community equally dependent on the development of women health and education. Awareness and education can help to remove or mitigate ignorance, illiteracy and poverty among tribal women and it can better their status or position and level of awareness. There are larger number of studies on tribal communities, but only a few have focused on tribal women nutrition and
health. In reviewing studies on tribal women, there is a need for generating studies which can fill the information gap about variations that exist, and about the role and status of tribal women from one region to another and one community to another. In this context it was felt appropriate to carry out an experimental study to improve the Nutrition and Health status of tribal women in Warangal district. The study will be of great use to the extension administrators, research worker, ITDA and Health personnel directly and indirectly related which can provide an insight on the status of the tribal women.

**Objectives:**

1. To study the socio-economic and demographic profiles of the tribal women in Warangal district.

2. To assess the nutritional status of tribal women through direct assessment methods.

3. To assess the reproductive health status of the tribal women.

4. To know the indigenous practices adopted for health by the tribal women.

5. To study the awareness (KAP) on nutrition and health and to impart nutrition education intervention.

6. To study the impact of nutrition education intervention.
Presentation of the study: (A brief account)

The thesis is organized into five chapters

Chapter – 1 Introduction

This chapter deals with the following aspects; Definition of tribe, region wise concentration of Indian tribes. Tribal demography of India and Andhra Pradesh, various Andhra Pradesh tribes and their culture, tribal development pre and post Independence, Tribal sub plan and its objectives, Financial Assistance for tribes, Nutritional status of a tribes, Need for the study and Objectives.

Chapter – 2 Review of Literature

This chapter reviews the studies dealing with nutritional and health aspects of young tribal women and classified in order to identify areas which are to be explored further such as in most the review cited the studies were limited to situational analysis and reckoned as methodological limitation but the present study could able to fill some of the gaps and caring the limitations noticed.

Chapter – 3 Methodology

In this chapter the procedures adopted in sampling, empirical measures, protocols for data collection and statistical methods used to analyse the data are described. This chapter is divided into IX sections.


Chapter – 4 Results and discussion

The fourth chapter deals with the results and discussion of the study. This chapter has been divided into the following sub sections.

i. Socio economic and demographic profile of the respondents
ii. Quantitative data analysis with percent distribution, Mean and Standard deviation.

iii. Qualitative data analysis with transcription and tabulations.

iv. Comparison of the independent and dependent variables, Experimental and control group with chi-square, paired comparison tests, ANOVA and Correlations.

Chapter – 5 Summary and Conclusions

This chapter sums up the findings and observations and shows the fulfillment of the objectives on nutrition and health status of young tribal women in Warangal district of Andhra Pradesh, presented in various chapters and also recommends few practical suggestions for their improvement regarding social, economical, Nutritional and health. The study will be of great use to the nutrition and Health functionaries.