

# Nutrition, health and hygienic practice of women tea plantation workers of Assam

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■ **ABSTRACT** : The present research study was taken up with the objectives to study the socio-personal characteristics of women tea plantation workers of Assam, to identify the existing practices of women tea plantation workers on selected areas of nutrition, health and hygiene, to find out the relationship of women tea plantation workers' practice on nutrition, health and hygiene with the selected independent variables. The study was carried out in four Tea Estate *i.e.* Kakojan T.E., Duflating T.E., Kothalgoorie T.E. and Gotonga T.E. of Jorhat district of Assam. Twenty five married permanent women tea plantation workers with atleast one child were selected from each garden totalling one hundred women tea plantation workers from all the selected tea gardens as the respondents of the present study.

■ **KEY WORDS** : Practice, Nutrition, Health, Hygiene

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