

Impact of solar lighting gadgets on the task performance and quality of life of the hill families of Uttarakhand

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■ **ABSTRACT** : In Uttarakhand, there are dirt paths, stone steps and goat trails wind through the hills for several kilometers before reaching some villages from the road but no proper lighting system and safety system are available and if available with little number to manage activities related to household farm, livestock and income generating productive tasks. In such situation women have to work for cutting and carrying firewood from the forest and fetching of fodder and water during the night time also. In such harsh situation, they are really sufferer. This poor lighting and insufficient/ non-availability of light would lead to many accidents and injuries and reduce the working potential of people and consume more time and efforts. The present paper focus on the impact of introduced solar light lighting gadgets on the task performance and quality of life of the hill families of Uttarakhand. Solar lighting gadgets were introduced among fill families for 30 days and impact of solar lighting gadgets on performance of task and livelihood of the families was recorded. Paired t-test revealed that solar lighting gadgets had positive impact on the task performance and livelihood and health of the families.

■ **KEY WORDS**: Solar lighting gadgets, Hill families, Fetching of fodder, Fuel

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