

## Consumption Pattern of Food Grains and Nutrients among Pahari Korwa Tribes in Bagicha Tehsil of Jashpur District (C.G.)

Dr. Rajib Jana<sup>1</sup>, Ambikesh Swarnkar<sup>2</sup>

<sup>1</sup> Guest Lecturer (Geography), Rajeev Gandhi Govt. P.G. College, Ambikapur, District - Sarguja (C.G.)

<sup>2</sup> Assistant Professor (Geography), Govt. College Duldula, District - Jashpur (C.G.)

### Abstract:

Food consumption pattern refers to the habits and choices of individuals or a population in terms of what and how much they eat. The quantity, quality and type of food items consumed by man determine his nutritional levels. Irrespective of any caste & religion, food is the basic necessity of his health for which he works tirelessly. The main objectives are that to assess the average consumption pattern of food grains and nutrients among the Pahari Korwa tribes of Bagicha Tehsil. As a concluding remark the main occupation of Pahari Korwa tribes is hunting and gathering as well as traditional agriculture. Locally available foods are consumed to a greater extent by the Pahari Korwa tribes as Stale rice (Basi bhat), Suktti (Guda), Dry fish (Suski), Tomato Chatni, Rice beer (Kosna), Mahua, Kodo kutki, and Tendu fruits. The use of such traditional local food items in the surveyed households of Pahari Korwa tribes is related to their low level of social status and quality of life. The low levels of consumption pattern of food ingredients and nutrients have been found among the Pahari Korwa tribes due to low production of agricultural crops as well as high poverty level.

### Index Terms:

Pahari Korwa Tribes, Food consumption pattern, Nutritional elements & Bagicha Tehsil.

### Corresponding Author:

Dr. Rajib Jana, Guest Lecturer, Department of Geography, Rajeev Gandhi Govt. P.G. College, Ambikapur, District - Sarguja (C.G.), Email Id. – [rajibgeo1990@gmail.com](mailto:rajibgeo1990@gmail.com)

### INTRODUCTION:

Food is the primary need of human life. Whatever food a man consumes, it is digested in his body and the elements obtained as a result of digestion are useful for the growth and protection of the body. The quantity, quality and type of food items consumed by man determine his nutritional levels (Chauhan, 2017). The amount of foods consumed is determined by the availability of foods and the dietary habits of the residents. Therefore, food is not only important for our life but it is essential (Swaminathan, 2015). Thus, every living being takes food to meet the needs of their body but in the context of humans, food has a specific meaning. The body gets the ability and energy to work through food. Energy is very essential for the proper functioning of various parts of the body, to fight against diseases and to keep the body strong (Gopalan et al., 2012). Therefore, a balanced diet is very important for a healthy and strong body. Human beings need various nutritional elements to spend / conduct their life. Each food item has a different ability to nourish the body because the amount of nutrients in each food item varies (Sharma, 2022).

**STUDY AREA:**

Bagicha is a tehsil in Jashpur district of Chhattisgarh state, India. Bagicha tehsil head quarter is Bagicha town. Jashpur Nagar, Ambikapur, Gumla and Simdega city are the nearby cities to Bagicha. Bagicha consist of 436 villages and 85 Panchayats. It is in the 619 mt. elevation. The study area geographically located in between 22°96'63" North latitudes to 83°64'28" East longitudes. It is situated in the north-western corner of Jashpur district. The total Geographical area of the study is 1486 km<sup>2</sup>. Total population of Bagicha tehsil is 171,711 persons living in 39,165 households (As per census - 2011).

**Table no. 01:** Study area Bagicha Tehsil at a Glance.

Sl. No.	Name of sample village	Distance of sample village		Total Geographical area (hectares)	Total no. of population	Total no. of households	ST Population (%)
		From Sub-district headquarter Bagicha	From District headquarter Jashpur Nagar				
01	Laranga	40 Km.	43 Km.	1140.09	635	137	515 (81.10 %)
02	Lodhena	35 Km.	45 Km.	592.33	625	138	494 (79.04 %)
03	Chalni	40 Km.	63 Km.	1230.91	1070	246	802 (74.95 %)
04	Chhichhli - A	55 Km.	49 Km.	840.07	1078	239	939 (87.10 %)
05	Mahua	22 Km.	48 Km.	2176.92	1616	340	1412 (87.38 %)

**Source:** District census handbook, 2011.

**OBJECTIVES:**

The present study has been undertaken with the specific objectives –

- To identify the various socio-economic activities of Pahari Korwa tribes in the study area.
- To analyze the sources of food items in surveyed households of Pahari Korwa tribes as well as their eating habits of daily life under the study area.
- To assess the average consumption pattern of food grains and nutrients among the Pahari Korwa tribes of Bagicha Tehsil.

**RESEARCH METHODOLOGY:**

This research paper has been based on both the primary and secondary data. Primary data has been obtained through schedule survey method from the head of every selected household of Pahari Korwa tribes in the sample villages under the study area. Whereas as a research tools the interview and observation method (direct interaction with the residents of Pahari Korwa tribes) has been also applied for primary data collection during the household's survey. On the other hand, secondary data has been collected from the different secondary sources like district statistical handbook (Census year - 2011) and Block development office. The results or findings and interpretation were derived from the statistical

methods as well as cartographic techniques. Geographical location map of the study area has been prepared with the help of Arc GIS software.

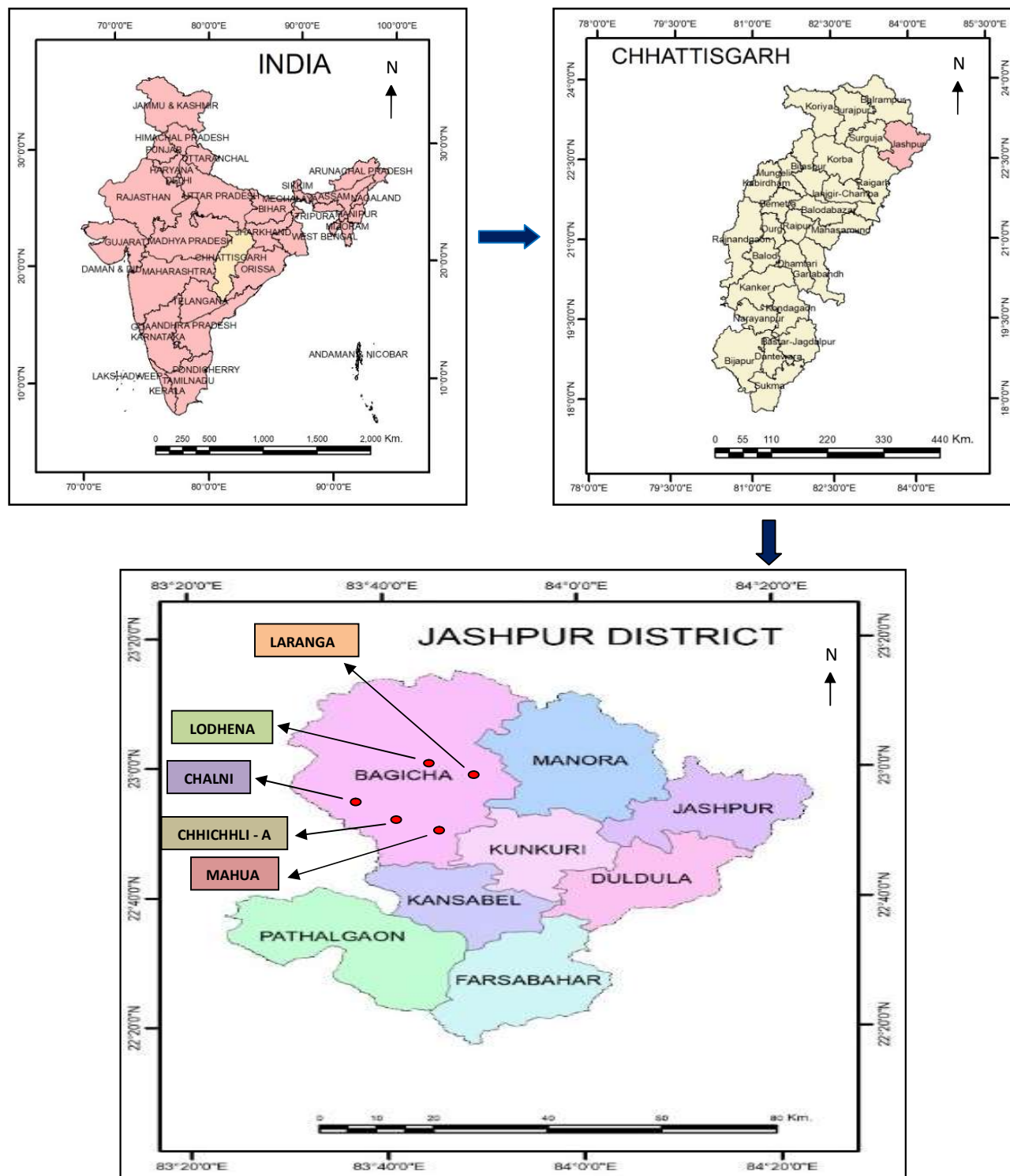


Fig. no. 01: Location map of the study area.

## RESULTS AND DISCUSSION:

### SOURCES OF FOOD ITEMS IN SURVEYED HOUSEHOLDS OF PAHARI KORWA TRIBES:

The main source of food items in the surveyed households of Pahari Korwa tribes under the study area is agricultural activities as well as Government provided societies and Government fair price shops. The surveyed households are also depends on the nearby market, Government / co-operative fair price shops and grocery stores for the collection of food stuffs. The following are the major sources for the collection of food items in the surveyed households –

#### (i) Agriculture:

Agriculture is the main occupation in the surveyed villages. Therefore, the food items required by agriculture in which rice, pulses, maize are produced from their own agriculture. Other food items Produced by this agriculture include green vegetables, vegetables, potatoes, onions, tomatoes, chilies and many types of local vegetables. It is worth mentioning that green vegetables are not produced in a large area, yet in all seasons surveyed families collect and consume it near the house, from the banks of rivers-drains and from concurrent forest areas.

#### (ii) Hunting & Gathering work:

The secondary occupation of the tribals living in the study area is hunting. They hunt animals by hunting work and take them as food items. The people of the tribes are natural lovers as well as destructive. Tendu fruit and mahua are mainly collected from the adjoining forest areas and Chorota bhaji is also collected from the surrounding areas through which Suktii (Guda) is made.

#### (iii) Weekly market:

Apart from agriculture, the weekly market is an important source of food items in the study area. At present the local peoples of the sample villages which do not have the facility of weekly market, buy other materials and food stuffs / items of their daily needs from the markets of other nearby villages.

#### (iv) Grocery Stores & Government / Co-operative fair price shop:

In sample villages where there is no facility of grocery store, the surveyed households have to travel some distance to reach the grocery store. The use of grocery items among the surveyed households have been found to differ according to the size of land holdings. At present Government / co-operative fair price ration shop is established in all the gram panchayats of the study area, from where the farmer households can purchase the basic food items of their daily needs such as rice, pulses, salt, gram, sugar and kerosene etc. at reasonable and princely rates.

**Table no. 02**

Sources of food items / food stuffs in surveyed households of Pahari Korwa Tribes.

Sl. No.	Sources of food items / Stuffs	Consumption of food items by the villagers
01.	Agriculture	Mainly rice, pulses, oilseeds, maize and different vegetables.
02.	Weekly market / own cultivation / surrounding areas of village	Green vegetables, other vegetables, potatoes, onions, tomatoes, chilies and many types of local vegetables.
03.	Grocery stores	Cooking oil, chili, turmeric, spices and essential items.
04.	Government / Co - operative fair price shop	Rice, pulses, salt, gram, sugar and kerosene etc.
05.	Collecting / Gathering works	Tendu fruits, tendu leaf, sal leaf, mahua, chorota bhaji and variety of forest produce.
06.	Hunting work	Animals hunting by the tribals villagers.

**Source:** Based on personal survey of 180 households, 2024.**EATING HABITS AMONG THE PAHARI KORWA TRIBES:**

The study area comes under the tribal dominated rural areas. Variation is found in the food habits among the surveyed households of the selected sample villages. Their food habits are very different from the food habits of other rural areas of the state because this area is tribal dominated (Das, 2018). The main occupation of the Pahari Korwa tribes is shifting cultivation as well as forest produce collection. The food habits of the surveyed households depend on shifting cultivation and their economic status.

**(i) Breakfast (morning meal):**

In the surveyed households, as a morning meal rice mixed with salt (according to taste) and water is consumed which is called stale rice in the local language. They are also consumed the chili, tomato chatni and onion etc. along with stale rice. They get carbohydrate from stale while onion and tomato supply nutrients like mineral salts and vitamins.

**(ii) Lunch (In afternoon):**

As lunch rice - dal - vegetables are mainly consumed among the Pahari Korwa tribes and in the afternoon chili, tomato chatni, onion and dry fish (Suski) are consumed with stale rice. The surveyed households consumes eggs or fish once or twice a week and chicken once in fifteen days with lunch, which is obtained from the nearest weekly market or from their own animal husbandry.

**(iii) Dinner (Night meal):**

There is considerable variation in the dinner meals consumed among the Pahari Korwa tribes according to their size of landholdings. The surveyed households consume meat / fish / egg occasionally

or once or twice a week with the night meal which is obtained by them from hunting work, nearest weekly market & their own animal husbandry.

**(iv) Habit of eating stale rice (locally known as Basi Bhat):**

Due to the study area being economically weak and tribal dominated, the habits of eating stale rice along with salt, chili and dry fish (locally known as **Suski**) are traditionally seen in surveyed households mainly in the morning or afternoon.

**(v) Consumption of Beverages:**

The Pahari Korwa tribes living in the study area consume large amounts of '**Hadiya**' as a beverage, which is their main beverage. The tribal households living in the study area also consume alcohol or liquor in large quantities as a beverage which is prepared by drying mahua flowers.

**LOCAL FOODS CONSUMPTION BY THE PAHARI KORWA TRIBES:**

In the study area the shifting cultivation is done by the Pahari Korwa tribes in primitive method and the size of landholdings is also small among the surveyed households, as a result of which the production of agricultural crops is less. The quantity of food items consumed in the surveyed households is determined by the availability of food items and their dietary habits ([Published report, 1991](#)). During the personal survey, it has been observed that rice-dal-vegetables are their main food stuffs which are less as per the requirements and this has a direct effect on the consumption pattern of nutritional elements. Locally available foods are consumed to a greater extent by the surveyed households as stale rice (Basi bhat), Sukkti (Guda), Dry fish (Suski), Tomato chatni, rice beer (Kosna), Mahua, Kodo kutki and Tendu fruits. The use of such traditional local food items in the surveyed households of the selected sample villages is related to their low level of social status and quality of life.



**Photo. no. 01:** Pahari Korwa (Special Backward Tribes) at sample village Laranga in Bagicha Tehsil.



**Photo. no. 02:** Survey Report (on Special Backward Tribes- Pahari Korwa) received from Assistant Commissioner, Tribal development office, Jashpur (C.G.).

**BALANCED DIET COMPOSITIONS ACCORDING TO ICMR NORMS:**

Surveyed households have a close relationship with their environment in the study area. Their own ancient cultural beliefs, social customs, traditions, dietary habits and activities etc. are determined by the

nature and their economic status. In this way, the great influence of ancient tradition on their dietary pattern is found while the consumed food items or substances are level less as well as the amount of essential nutrients in it is low, that is they only meet the minimum requirements for survival (Toppo, 2022). Surveyed households residing in the study area are sometimes forced to starve due to the lack of food items, the main reasons of which are poverty and low production of agricultural crops. The 'Indian Council of Medical Research (ICMR)' has published the recommended intake value of balanced diet compositions for Indians (vegetarian & non-vegetarian) in per capita per day consumptions in grams. Under a balanced diet composition, the recommended intake value (Per capita per day in grams) of different food ingredients are shown in the table no. 03 & graphically represented in the figure no. 02.

**Table no. 03**

ICMR: Balanced diet compositions,  
Recommended intake value (Per capita per day in grams)

Serial no.	Food ingredients	Vegetarian (in grams)	Non-vegetarian (in grams)
01.	Grains	400	400
02.	Pulses	70	50
03.	Green vegetables	100	100
04.	Other vegetables	75	75
05.	Tubers	75	75
06.	Fruits	30	30
07.	Milk	200	100
08.	Oil	35	40
09.	Meat-Fish-Eggs	-	30
10.	Jiggery - Sugar	30	30

Source: Nutritive Value of Indian Foods by Gopalan et al. (2012) published by National Institute of Nutrition (NIN), ICMR, Hyderabad State.

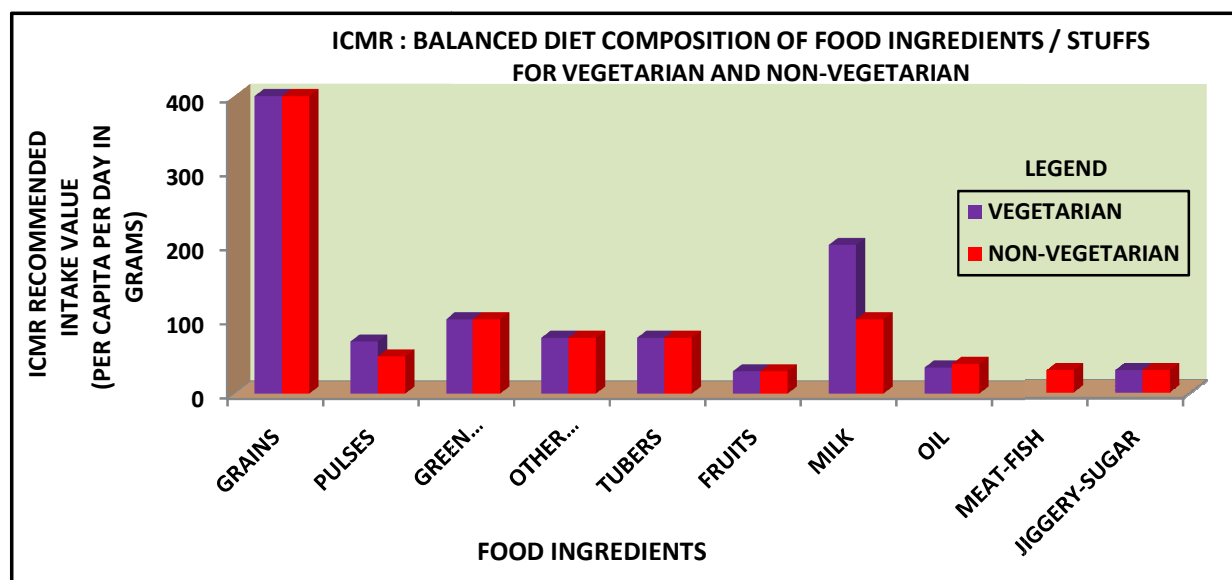


Fig. no. 02: Balanced Diet Compositions Recommended by ICMR for Vegetarian and Non-vegetarian.

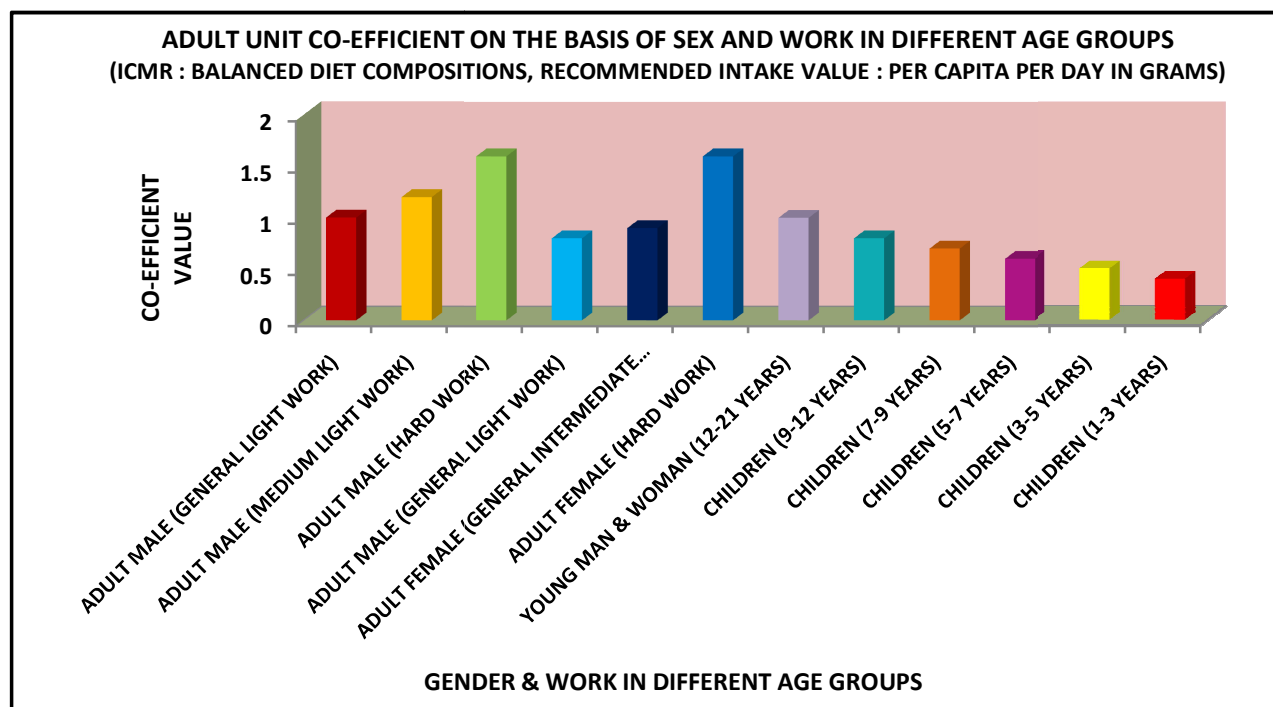
Under the dietary pattern, each person needs different amounts of daily food items according to age group, gender and occupation but a certain amount of balanced diet is essential for a normal adult person. In order to analyze the food consumption pattern among the surveyed households of the selected sample villages, the adult unit co-efficient has been calculated on the basis of sex and work in different age groups, which is shown in the table no. 04 & graphically represented in the figure no. 03.

**Table no. 04**

ICMR Recommend: Adult unit Co-efficient value on the basis of  
Sex and Work in different age groups

Serial No.	Age / Sex	Works / Functions	Coefficient Value
01.	Adult Male	General Light Work	1.0
02.	Adult Male	Medium Light Work	1.2
03.	Adult Male	Hard Work	1.6
04.	Adult Male	General Light Work	0.8
05.	Adult Female	General Intermediate Work	0.9
06.	Adult Female	Hard Work	1.6
07.	Young Man & Woman	12 - 21 Years	1.0
08.	Children	9 - 12 Years	0.8
09.	Children	7 - 9 Years	0.7
10.	Children	5 - 7 Years	0.6
11.	Children	3 - 5 Years	0.5
12.	Children	1 - 3 Years	0.4

Source: Park, J. C. Text book of Preventive and Social Madicin Banaridas Bhonot, Jabalpur - 1972.

**Fig. no.03:** Adult unit co-efficient value on the basis of sex and work in different age groups.

## CONSUMPTION PATTERN OF FOOD GRAINS AND NUTRIENTS AMONG PAHARI KORWA TRIBES:

The study area is an agricultural area where mainly cereals are cultivated. Hence, cereals are the main diet of the surveyed Pahari Korwa families. The main cereals are paddy, maize, millet and kodo-kutki. Rice is the main diet of the primitive tribal community Pahari Korwa. From agricultural labourers to large farmer households, rice is consumed in large quantities from breakfast to dinner. Rice contains high amounts of Carbohydrates, medium amounts of Protein as well as Minerals and small amounts of Vitamins (Ekka, 2015).

### Consumption pattern of Rice:

Rice is the main food crop of the study area. The Pahari Korwa primitive tribal farmers of the area mainly produce paddy, hence rice consumption is predominant in their food grains. Rice is an excellent source of Carbohydrates (Khan and Nayak, 2018). On the basis of personal survey, it has been found that the total average consumption of rice is 114 grams in per capita per day among the surveyed households of Pahari Korwa tribes, which is less than the ICMR's recommended value (400 grams). The highest average consumption of rice has been found in large farmer households of sample village Laranga (163.8 grams in per capita per day) and the lowest average consumption of rice has been found in landless households of sample village Lodhena (62.8 grams in per capita per day). During the study, it has been found that sometimes landless farmer households are forced to spend the night hungry due to lack of rice as food grain that is rice consumption is directly related to the size of land holdings.

### Consumption pattern of Pulses:

Pulses is an important nutritive food item and it is an excellent source of various nutrients like - calories, proteins, vitamin - 'A', vitamin - 'B<sub>2</sub>', vitamin - 'C', calcium and iron. On the basis of personal survey, it has been found that the total average consumption of pulses is 3.2 grams in per capita per day among the surveyed households of Pahari Korwa tribes, which is lower than the normal requirement value of 50 grams (ICMR's recommended value). The surveyed households of the Pahari Korwa tribes do not consume pulses every day. They consume it once a week or once in two weeks. The area where these tribes live is a pat area and hence there is a lack of agricultural land. The average consumption of pulses per capita per day is the highest in sample village Laranga at 4.7 grams because the number of small and marginal farmers is high here. The lowest consumption is found in sample village Lodhena where the pulses consumption is only 0.8 grams in per capita per day due to the high concentration of landless farmers.

### Consumption pattern of Green Vegetables:

Green vegetables have special importance in the dietary structure. For the consumption of green vegetables, the Pahari Korwa tribes are more dependent on its own cultivation, the surrounding forest area and the weekly market. koilar bhaji, Saru bhaji, sarla bhaji, futkal bhaji, change bhaji, charota bhaji, sarso-tivra bhaji, chana bhaji, khotni bhaji, karu bhaji, green leafy of potato, onion, bitter gourd & munga bhaji etc. are mostly consumed by the Pahari Korwa tribes. In the surveyed households of Pahari Korwa tribes, the total average per capita per day consumption of green vegetables is 12.0 grams which is lower than the normal requirement value of 100 grams. The highest average consumption of Green vegetables

has been found in large farmer households of sample village Laranga (17.5 grams in per capita per day) and the lowest average consumption of Green vegetables has been found in landless households of sample village Mahua (6.8 grams in per capita per day).

### **Consumption pattern of Oilseeds / Cooking Oil:**

Oilseeds / Cooking Oil is an important food items which is rich in some nutrients like – calories, proteins, Vitamin - ‘A’ and fat. Variations have been found in the average consumption pattern of Oilseeds / Cooking Oil in the surveyed households of Pahari Korwa tribes according to their size of landholdings. On the basis of personal survey, it has been found that the total average consumption of Oilseeds / Cooking Oil is 3.8 grams in per capita per day among the surveyed households of Pahari Korwa tribes, which is lower than the ICMR’s recommended value of 40 grams. The highest average consumption of Oilseeds / Cooking Oil has been found in large farmer households of sample village Laranga (8.9 grams in per capita per day) and the lowest average consumption of Oilseeds / Cooking Oil has been found in landless households of sample village Lodhena (1.7 grams in per capita per day). Dori oil and mustard oil are mainly used among Pahari Korwa tribes. The average consumption of oil is very less in the surveyed households due to the high poverty level.

### **Consumption pattern of Meat / Fish / Eggs:**

Surveyed households of Pahari Korwa tribes in the study area consume meat, obtained from the domesticated goats and chickens, some agricultural households also rear pigs. Meat is rich in nutrients like - calories, proteins, calcium, fat and carotene. Meat is very dear to the Pahari Korwa tribes living in the study area. They hunt and consume all kinds of animals and birds ([Khan and Nayak, 2021](#)). The sample villagers obtain fish from the local drains, ponds as well as from the surrounding field and dubri during the rainy season. Due to the availability of more fish in the rainy season, it is also consumed by the Pahari Korwa tribes in the form of Suski (dry fish). Due to the poor economic condition, the trend of eggs consumption has been found in small quantity among the Pahari Korwa tribes. In the surveyed households of Pahari Korwa tribes, the total average per capita per day consumption of Meat / Fish / Eggs is 7.6 grams which is lower than the ICMR’s recommended value that is 30 grams. The highest average consumption of Meat / Fish / Eggs has been found in sample village Chalni (10.0 grams in per capita per day) due to the small & medium size of land holdings and the lowest average consumption of Meat / Fish / Eggs has been found in landless households of sample village Mahua (4.7 grams in per capita per day).

### **Consumption pattern of Milk / Dairy foods:**

The Pahari Korwa tribes residing in the study area does not consume milk and dairy foods, they are completely dependent on forest as well as they are more interested in natural things which are available in their surrounding areas. In the surveyed households of Pahari Korwa tribes, mainly bulls are found which are used for agricultural purposes and at the same time, cows of low quality are found which are unable to provide milk.

**Consumption pattern of Jiggery / Sugar:**

Jiggery / sugar are an important food items for human beings. It is rich in nutrients like – calories and calcium. Jiggery / sugar are consumed occasionally in the surveyed households of Pahari Korwa tribes under the study area which they receive from the government society. Its consumption pattern is much influenced by the economic status of Pahari Korwa tribes. In the surveyed households of Pahari Korwa tribes, the total average per capita per day consumption of Jiggery / Sugar is 3.4 grams which is lower than the ICMR's recommended value that is 30 grams. The highest average consumption of Jiggery / Sugar has been found in sample village Chalni (4.7 grams in per capita per day) due to the small & medium size of land holdings and the lowest average consumption of Jiggery / Sugar has been found in sample village Lodhena (1.8 grams in per capita per day) because the number of landless farmers is high here.

**Consumption pattern of Onion:**

Onion is mainly consumed for cooking vegetables among the surveyed households of Pahari Korwa tribes of the study area. On the basis of personal survey, it has been found that the total average consumption of Onion is 2.7 grams in per capita per day among the surveyed households of Pahari Korwa tribes. Due to the lack of income and illiteracy, a decrease in consumption of food items has been observed among the Pahari Korwa tribes. The highest average consumption of Onion has been found in sample village Chalni (4.1 grams in per capita per day) due to the small & medium size of land holdings and the lowest average consumption of Onion has been found in sample village Lodhena (0.9 grams in per capita per day) because the number of landless farmers is high here.

**Consumption pattern of Potato:**

Consumption of potatoes has been found to be high in the surveyed families of the Pahari Korwa tribes. Compared to other vegetables, the total average consumption of potatoes is 12.9 grams per capita per day. Potato is mainly cultivated in the pat area and suitable soil is available for potato production in the surveyed villages. The highest average consumption of Potato has been found in large farmer households of sample village Laranga (17.7 grams in per capita per day) and the lowest average consumption of Potato has been found in landless households of sample village Mahua (8.1 grams in per capita per day).

**Consumption pattern of Grams:**

Gram is not produced in the surveyed villages of the study area but they get gram from the government fair price shop. It has been observed that the Pahari Korwa tribes residing in the study area are not interested in traditional agriculture and prefer to make a living from shifting cultivation. On the basis of personal survey, it has been found that the total average consumption of Grams is 6.8 grams in per capita per day among the surveyed households of Pahari Korwa tribes.

The highest average consumption of Grams has been found in large farmer households of sample village Laranga (9.4 grams in per capita per day) and the lowest average consumption of Grams has been found in landless households of sample village Lodhena (3.7 grams in per capita per day), which is shown in the table no. 05 & graphically represented in the figure no. 04, figure no. 05 & figure no. 06.

Table no. 05

Bagicha Tehsil: Average consumption of food grains and nutrients per capita per day (in grams)  
in the surveyed households of Pahari Korwa tribes

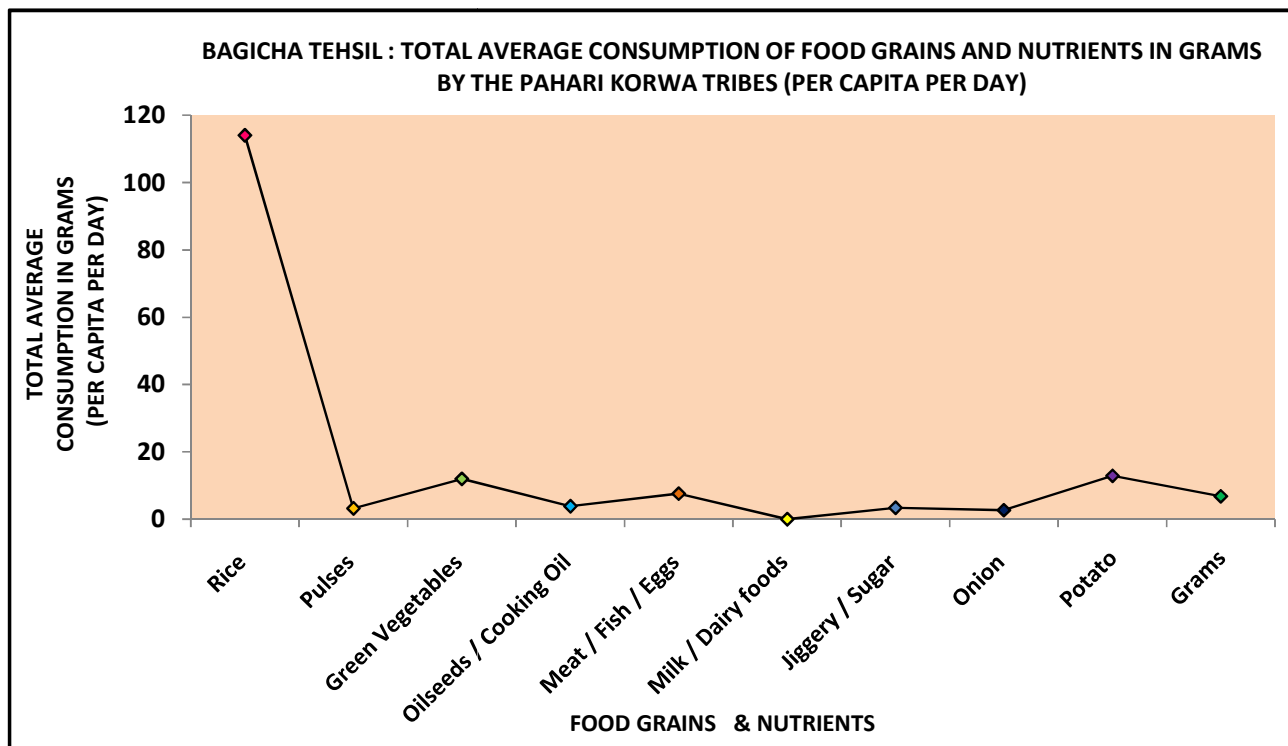
Sl. No.	Name of the Selected Sample Villages	Average consumption of food grains and nutrients in grams by the Pahari Korwa tribes (per capita per day)									
		Average Rice Consumption (in grams)	Average Pulses Consumption (in grams)	Average Green Vegetables Consumption (in grams)	Average Oilseeds / Cooking Oil Consumption (in grams)	Average Meat/Fish/Eggs Consumption (in grams)	Average Milk/Dairy Foods Consumption (in grams)	Average Jiggery/Sugar Consumption (in grams)	Average Onion Consumption (in grams)	Average Potato Consumption (in grams)	Average Grams Consumption (in grams)
01.	Laranga	163.8	4.7	17.5	8.9	7.4	00	4.6	3.9	17.7	9.4
02.	Lodhena	62.8	0.8	8.3	1.7	6.4	00	1.8	0.9	9.1	3.7
03.	Chalni	142.8	4.6	15.2	5.3	10.0	00	4.7	4.1	15.8	9.3
04.	Chhichhli -A	126.8	3.7	12.2	3.9	9.6	00	3.6	3.0	13.7	7.1
05.	Mahua	74.3	2.3	6.8	2.09	4.7	00	2.2	1.8	8.1	4.5
<b>Total Average Consumption</b>		<b>114</b>	<b>3.2</b>	<b>12.0</b>	<b>3.8</b>	<b>7.6</b>	<b>00</b>	<b>3.4</b>	<b>2.7</b>	<b>12.9</b>	<b>6.8</b>

**Source:** Calculated by the Researchers based on Personal Survey of 180 households, 2024.

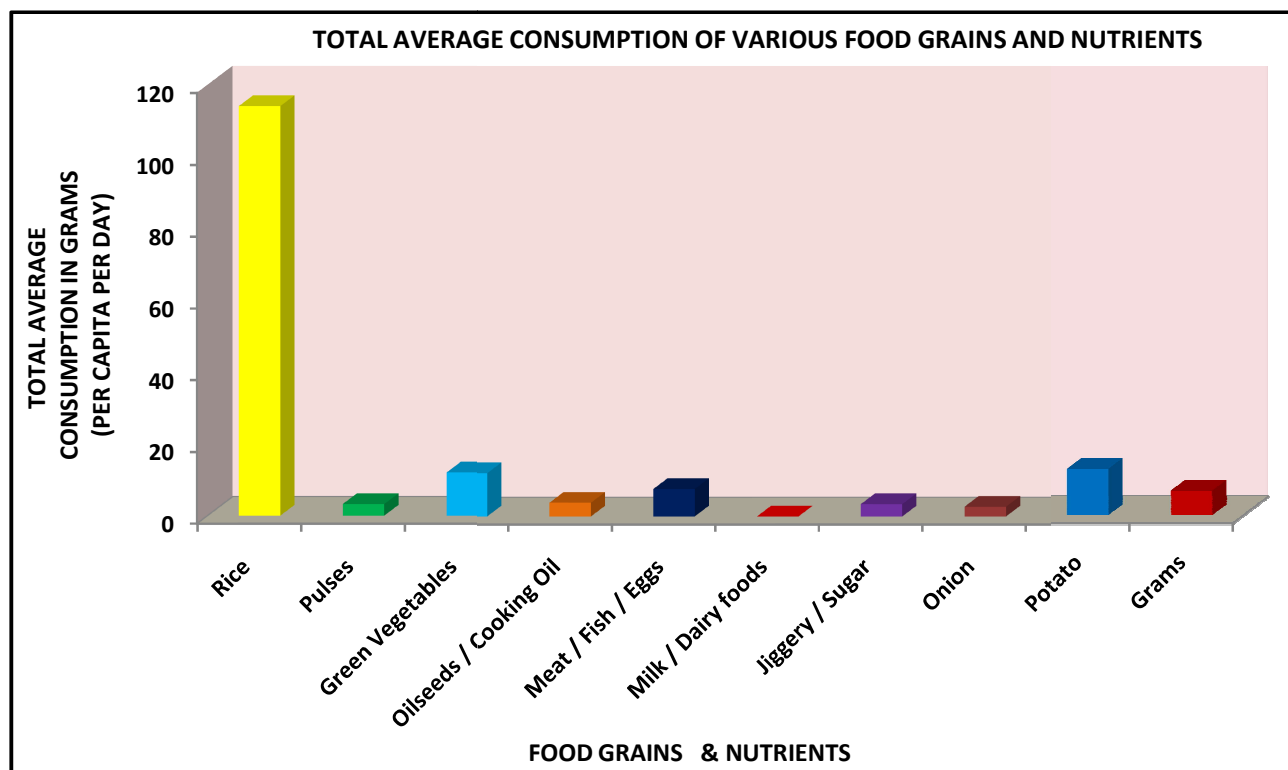
## CONCLUSION:

The Pahari Korwa primitive tribal farmers of Bagicha tehsil, located in the north-west of the tribal-dominated district Jashpur, mainly produce paddy among the grains, hence rice consumption is predominant in their food grains. The food habits of Pahari Korwa tribes depend on the shifting cultivation as well as forest produce. Locally available foods are consumed to a greater extent by the Pahari Korwa tribes. It is clear from the household's survey that, the Pahari Korwa primitive tribal community hunts and consumes all kinds of animals and birds. They have a great attachment towards the hunting, and they hunt and consume fish in large quantities which they get from the nearby rivers / drains.

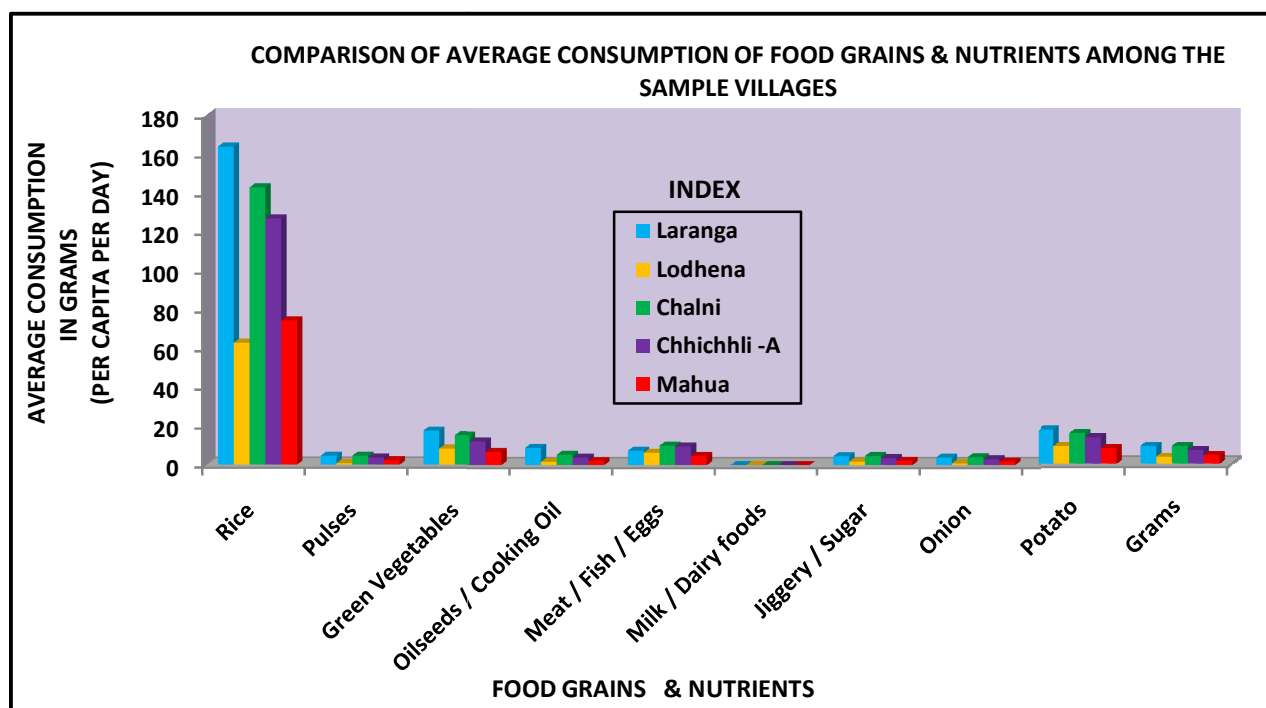
The size of landholdings is a very crucial factor as well as major determinant for the consumption pattern of food grains and nutrients among Pahari Korwa tribes. The average consumption of various food grains and nutrients in per capita per day is very less than the ICMR's recommended value due to the small size of landholdings as well as high concentration of landless farmers in the surveyed households of Pahari Korwa tribes. As a result they are not getting the sufficient food stuffs and suffering from malnutrition. Sustainable agriculture can play a significance role to ensure the availability of food grains and nutrients that accessible for every Pahari Korwa tribes in sample villages of the study area which is possible through the proper implementation of various Government plans or schemes.



**Fig. no.04:** Total average consumption of food grains and nutrients in grams (per capita per day).



**Fig. no.05:** Total Average Consumption of various Food Grains and Nutrients in grams by Pahari Korwa.



**Fig. no.06:** Comparison of average consumption of food grains & nutrients among the sample villages.

#### ACKNOWLEDGEMENTS:

On the behalf of acknowledgement, we sincerely our heartiest gratitude and thankfulness to the members of Janpad Panchayat of Bagicha Tehsil as well as Patwari of five selected sample villages for their extremely helpfulness and providing relevant information for the successful completion of this research paper. We are highly obliged to all the respondents (Pahari Korwa Tribes) of every sample villages in the study area for their co-operation during the primary survey.

#### REFERENCES:

- Chauhan, M. (2017). Pahari Korwa in Today's Contemporary World. *International Research Journal of Management Sociology & Humanity (IRJMSH)*, 8 (10), 104 - 107.
- Das, R.R. (2018). A Study of Food Habits and Dietary Intake of the Hill Korwa Tribe of Sarguja District, Chhattisgarh. *International Journal of Research in Social Science*, 8 (10), 862 - 874.
- Ekka, S. (2015). *Evaluation of health and nutritional status among the Hill Korwa tribes of Jashpur district: A Geographical study*. M.Phil. Dissertation, Pt. Ravishankar Shukla University Raipur (C.G.), School of Studies in Geography, 01-111.
- Gopalan, C., Sastri, B.V. Rama and Balasubramanian, S.C. (2012). *Nutritive Value of Indian Foods*. Hyderabad: Offset Press of National Institute of Nutrition (NIN), ICMR. 01-58.

Khan, I. and Nayak, J.K. (2018). Socio-Economic and Demographic Profile of the Hill Korwas in Sarguja District, Chhattisgarh: An Anthropological Study. *International Journal of Research in Social Science*, 8 (6), 296 - 311.

Khan, I. and Nayak, J.K. (2021). *The Hill Korwas of Chhattisgarh: A Study on Health and Nutritional Status*. New Delhi: K. K. Publications. 01 - 398.

Published report on “*An Anthropological Study of Pahari Korwa Special Backward Tribe*”, Published by Tribal Research and Training Institute, Regional Unit of Bilaspur (C.G.), Census year -1991, pp. 01- 57.

Swaminathan, M. (2015). *Essentials of Food and Nutrition (An Advanced Text Book)*. Bangalore: The Bangalore Press. 01- 630, ISBN: 988-71-8075-325-6.

Sharma, M. (2022). *Nutrition & Dietetics*. New Delhi: CBS Publishers & Distributors Pvt. Ltd. 01-346, ISBN: 978-93-90619-94-8.

Toppo, S.V. (2022): Study of Social and Economic life of Pahari Korwa tribe. *Quest Journals: Journal of Research in Humanities and Social Science*, 10 (7), 44 - 47.

\*\*\*\*\*