

Appendix v

Energy Costs of Various Household Activities

Sr.No.	Activity	Multiple of BMR*	Multiple
1.	Personal Care	1.5	Brushing, bathing getting ready, cleaning hands
2.	Child Care	2.2	Bathing child, playing with child getting him ready
3.	Household Tasks	3.0	Washing clothes, moping, sweeping
4.	Light Household Activities	1.7	Dish washing
5.	Cooking	1.8	Making tea, cutting and washing vegetables, cleaning grains, making chappaties
6.	Grain Grinding	3.8	
7.	Fetching of water	3.5	
8.	Sewing of clothes	1.4	
9.	Livestock related Activities	3	Making cowdung cakes, care of animals, chaffing fodder, milking the cattle, processing the milk
10.	Fetching of fuel wood	4.3	
11.	Farm work	4.5	Agricultural work
12.	Community and Social Activities	2.4	Visiting friends and neighbours, attending meetings of Mahila Mandal

1	2	3	4
13.	Religious Activities	1.2	Going to place of worship, performing puja
14.	Rest	1.2	Relaxing at home
15.	Leisure time activities	1.5	Talking, watching T.V., embroidery
16.	Sleep	1	.

* Metabolic constant expressed as multiple of Basal Metabolic Rate.