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RESEARCH ARTICLE
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Prevalence of Malnutrition among Marginalised Group of Handi Jogi Community of Gubbi Taluk Tumkur District

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ABSTRACT

Nutrition is the fundamental pillar of human life, health development across the life span of human life. Many research resulted that health problems due to miserable nutritional status. The handi jogi's are the marginalised groups of Gubbi taluk who resides around the slum areas of gubbi town past since 20 years. These community members suffer socio-economic problems and livelihood existence since many years. Most of them are also identified from nearby villages of gubbi taluk. These peoples earn their livelihood as rack pickers and few of them are identified as a house construction workers. They also travel around various nearby places in search of suitable work but majority in number faces health issues, economic and nutrition problems. This paper widely focuses upon the I. Introduction II. Objectives III. Methodology IV. Review of literature V. Source of livelihood and degradation of health conditions VI. Issues pertaining to residence and lack of infrastructural facilities VII. Socially and economically stigmatised group facing harassments from local other different communities VIII. Suggestions and recommendations IX. Conclusions. Nutrition is essential for human development and the focal point of health and wellbeing. It is accepted that the lack of proper nutrition leads to irreversible effects, endangering survival and development. The reasons for malnutrition are myriad and include poverty, lack of nutritious food, inadequate food, improper infant and children feeding, among others. Malnutrition is a complex phenomenon and it is both the cause and effect of poverty and ill-health, and follows a cyclical, inter-generational pattern. This condition of under-nutrition, therefore, reduces work capacity and productivity among adults and enhances mortality and morbidity amongst children. The World health Organization cites malnutrition as the greatest single threat to the world's public health. Improving nutrition is widely regarded as the most effective form of aid. Nutrition specific interventions, which address the immediate causes of under nutrition, have been proven to deliver among the best value for money of all development interventions. Emergency measures include providing deficient micronutrients through fortified sachet powders or directly through supplements. WHO, UNECEF, and the UN World Food Programme recommend community management of severe acute malnutrition with ready-to use therapeutic foods which have been shown to cause weight gain in emergency settings.

Key Words : Nutrition, Health problems, Health development, Socio-economic problems, Rack pickers, Poverty and ill-health, WHO, UNECEF

INTRODUCTION

Indian society is known for its multiple social groups defined both by religion, caste and ethnicity. Nutrition is the fundamental pillar of human life, health development across the life span of human life. Many research resulted that health problems due to miserable nutritional status. The handi jogi's are the marginalised groups of gubbi taluk who resides around the slum areas of gubbi town past since 20 years. These community members suffer socio-economic problems and livelihood existence since many years.

Most of them are also identified from nearby villages of gubbi taluk. These peoples earn their livelihood as rack pickers and few of them are identified as a house construction workers. They also travel around various

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Objectives:

1. To know the extent of malnutrition prevail among the handi jogi community
2. To understand the surrounding and the impact of health conditions on the their livelihood sources
3. To know identify the stigma attached to their social and economic life

METHODOLOGY

The data is drawn by adopting the Primary and Secondary data, is collected through the Observation techniques and also from various different news papers, research reports, journals, and websites and research papers and also through informal Interview method.

Review of literature:

In the UNDP-1990 report of United Nations Organizations suggests that human development is process in which all the options available with human being are extended to its widest range thereby through human development economic development is attained. For them purpose education, employment, better living standard, access to consumer goods, long and healthy living conditions, life style, opportunity to deploy machines instead of human lab or etc. processes are expected.

Rathod Bhau Chhannu studied folk-literature especially referring cultural aspects of Banjara community. According to him, folk-literature is the mirror of society. He concluded that Banjara is a hardworking nomadic tribe and well-known for its distinctive racial system. It had developed a judicial system through 'Navas'. Folk-song is one of the mediums of celebrating festival.

Source of livelihood and degradation of health conditions:

Even after the span of independence, still the interior parts of Indian villages brutally suffers from bad livelihood sources and degrading health issues. It is not exceptional in the case of handi jogi community so far as concerned. These community has been facing hell lot of survival challenges since past from many years.

It is not only the question of livelihood itself. But beyond this the identity crisis and stigmatised issues is yet another challenges before them. When the whole nation is thinking about smart city and smart nation slogan. It is difficult to make it true to the reality. In Gubbi there are nearly 18 to 22 families resides in the place from many years seeking shelter and livelihood sources. And the overall population is around 200 to 250 in number etc.

They are exposed to bad climatic weather especially during winter, summer and even rainy season. And due to unhygienic conditions prevails they complain of certain health issues like allergic fever, skin diseases, diarrea, dengue, etc. In spite of these problems there is hardly any visit from the government institutions or authorities to survey their problems.

These are no proper shod maintenance for rearing of pigs and more over the flies and flgs are affected the surroundings. Which had been creating more unhygienic situations added to the health issues of the handi jogi community.

Many a times the peoples who dwell upon the surrounding places nearby also dump the solid and liquid waste into this localities of handi jogi residing places. And

that they will have to face the severe health issues like sanitation and breathing oriented health problems. One of the Handi Jogi community women Pushpa says that this has also affected the girl child and their growth especially puberty issues and delivery oriented emergency conditions.

These people basically cooks rice and sambar and some non-veg items which are also not very hygiene method. And few of them collect few food items given by others to them. Which also cause food poison etc.

Moreover few male members had severely addicted to beedi, tobacco and which have caused liver and lungs cancer related issues and some of them are also not aware of the cleanliness regarding food, dress, drinking water or pest control methods. The lack of education gainers are since very few and not even reached to the 10^{th} to further classes of education is also another short comings faced in this community.

None of them were found living in a pucca house. They were not aware of government housing schemes. They defecate in the open, which had affected their health. Deprivation of proper food, clothes, housing, health care would amount to violation of human rights and the Handi Jogi's ought not to be ignored.

Issues pertaining to residence and lack of infrastructural facilities:

They resides in many colony and surrounding of Gubbi, nittur and nearby places like railway station surrounding, bus stand surrounding, nearby degree college outlets, hospital surrounding and few of them in the interior parts of the villages in the sheds and road side, slum sheds and nearby marketing and provisional stores and other places etc.

Some of the families have also admitted their children's to government schools few of them are in anganwaadi centres, few of them are in rack picking activities and many of them are identified with begging and other related activities. According to narayanamma slum dweller of C.S. Pura, KG Temple says that they are not accessible to facilities of electricity. Good drinking water facilities, even not having access to Aadha card, Ration card. The persons like able do also resides in these places and they are not given any infrastructural facilities so far, only during elections the authorities visit to the places and interact with them but nothing has changed or happened so far, as the grievance shared by nrayanamma reside from Handi Jogi community.

Socially and economically stigmatised group facing harassments from local other different communities:

The social stigma related the community is yet another social issue faced by them. The surrounding other local communities look upon them as inferior and degraded community and do not allow them to any public functions, religious celebrations etc. They are literally beaten up in many such circumstances for example many case or issues reported nearby Mallasndra Vydanatha temple.

They are treated as waste food eaters and not identified them with some social dignity or identity. Even the children's from these communities who are studying in various local government schools also are humiliated and disgraced with unequal treatment even from the authorities which many of the times goes unnoticed.

According to Gangamma student from this community says that unless and until proper residential facilities and localities are not guaranteed to them these issues will hamper the very existence of their community. It is clear from this response that the housing facilities is very crucial for their basic survival and to their livelihood source of living.

Another opinion shared by Rupa (differently abled) from the community says that they live in sheer status of poverty, even not able to built a shelter of their own. She had lost her husband and since from 15 years she has taken up the responsibility to up bring the children's and their grand children's residing in this shelter less homes. And that she had not yet facilities from the government. She pleds the authorities of the government to at least build up a small house to maintain the lives and manage the responsibilities.

A socio-economic survey of the Handi Jogi community, a sub-group among the Scheduled Castes, who are spread out in Gubbi taluk, has highlighted the need for their uplift by bringing them to the mainstream of society. They live in abject poverty and the successive governments had not been keen to improve their lot. The community lagged behind in social, health, and education sectors.

Denial of various services, despite the willingness to pay, was another form of discrimination. Among these, the services of a barber assume significance. The nomadic men are refused service by the village barbers. Their alienation was complete with their exclusion from inter-dining practices. Nearly two-thirds of the respondents alleged that the children from mainstream

society do not wish to sit with their children or even to drink water with them. Most of the Dalits in the villages do not share food with the nomads as they are considered as strangers, wanderers, and polluters.

Suggestions and recommendations:

More than 57 per cent of the heads of the families were illiterates, There is a need to educate the present crop and the government should support them by extending help. Financial help can be given for not just piggery but also for cow, buffalo and sheep rearing. Only eight per cent of the members were involved currently with animal husbandry. The community members were also not aware of the benefits of safe drinking water and sanitation and they needed to be educated about hygiene. Only 22 per cent were aware of government programmes but had not availed the benefits of any scheme. More than 73 per cent of the respondents were found to be living in ramshackle houses unsuitable for human habitation. Forming self-help groups to inculcate savings and empowering them economically has been suggested. The suggestion to the government to develop skills among the Handi Jogi community by providing them with vocational training, technical and financial support.

On the basis of the findings of the study, the following recommendations can be made to improve the quality of life of the communities in Karnataka: 1) Specific interventions for asset-based community development programmes; 2) Provision of health insurance (for example, under schemes like the Rashtriya Swasthya Yojana) and enabling them to avail health services from nearby hospitals; 3) Providing better sanitation and access to water; 4) Legalising the place of stay by providing title to the land, either by respecting the right to own or the right to use; 5) Increased provision of government housing to the homeless households; 6) Re-valorising the traditional occupation of the and finding the function of these traditional occupations for society (the reason for the demand for such occupations) and improving skills; for example, the communities traditionally engaged with dance and drama must be imparted training in acting or theatre; 7) Schemes for mobile ration shops, mobile, ration cards, mobile Anganwadi s (ICDS centres), and mobile health clinics, specially designed for the nomadic tribes.

Conclusion:

The quality of life of the nomadic tribes is very poor because of their extreme poverty. This has resulted in the prevalence of high rates of under-nutrition, high morbidity, and high infant and maternal mortality among these tribes. Their nomadic lifestyle does not allow their children to acquire a regular education, which results in low capability development. This paper primarily tries to highlight these issues.

Hence, these Jogis came to be called Handi Jogis. During the initial stages, this group was not a caste. The Handi jogis do not ostensibly belong to a single caste but are composed of outcastes of various Hindu castes. They mostly engage in begging. They also hawk medicines and supply herbs to druggists. Their women sell needles and glass beads in the country side.

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