

Time Allocation (hrs/day) Average Over 2 months

Activities	Benigaon (upper)						Benigaon (lower)						Ranagaon						June/July + November/December			
	Female			Child			Male			Elders			Child			Elders			Average			
																		Male	Elders	Child		
Household/Maintenance																						
Child Care	2.10	0.00	1.60	1.46	2.00	0.00	3.50	3.00	2.50	0.00	5.00	3.00	2.20	0.00	3.37	2.49						
Water	0.80	0.10	0.00	0.20	1.00	0.50	0.00	0.00	0.75	0.00	0.00	0.00	0.85	0.20	0.00	0.07						
Cleaning House	0.80	0.00	0.00	0.10	1.00	1.00	0.00	0.00	1.00	0.00	0.00	0.00	0.93	0.00	0.00	0.03						
Cooking/Feeding/Washing	4.32	0.00	1.24	0.52	3.00	0.00	2.00	1.00	2.00	0.00	2.00	1.00	3.11	0.00	1.75	0.84						
Food Processing	1.30	0.20	0.00	0.06	1.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	1.10	0.07	0.00	0.02						
Animal Husbandry																						
Cleaning Shed	0.45	0.05	0.00	0.10	0.25	0.25	0.00	0.00	0.15	0.15	0.00	0.00	0.28	0.15	0.00	0.03						
Feed Preparation	0.45	0.00	0.00	0.05	0.25	0.25	0.00	0.00	0.25	0.00	0.00	0.00	0.32	0.08	0.00	0.02						
Milking	0.14	0.08	0.06	0.60	0.15	0.15	0.00	0.00	0.15	0.15	0.00	0.00	0.15	0.13	0.02	0.20						
Fodder/Fuel	2.16	0.52	1.00	1.36	4.00	2.00	2.00	2.20	3.00	3.00	3.00	2.00	3.05	1.84	2.00	1.85						
Grazing/Herding	0.00	0.00	0.00	0.60	0.00	0.00	0.00	0.00	0.00	4.00	0.00	0.00	0.00	1.33	0.00	0.20						
Crop Production																						
Land Preparation	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	3.00	0.00	0.00	0.33	1.00	0.00	0.00						
Planting	2.46	1.28	0.00	0.80	3.00	2.00	0.00	0.00	3.00	3.00	0.00	0.00	2.82	2.09	0.00	0.27						
Weeding/Digging	1.72	0.78	0.00	0.40	2.00	0.50	0.00	1.50	2.00	5.00	0.00	0.00	1.91	2.09	0.00	0.63						
Harvesting	1.66	0.98	0.00	0.70	0.00	3.00	0.00	0.00	3.00	4.00	0.00	1.00	1.55	2.66	0.00	0.57						
Storing	1.18	0.00	0.80	0.00	1.50	0.00	1.50	0.00	0.00	0.00	2.00	0.00	0.89	0.00	1.43	0.00						
Other																						
Weaving	0.00	0.00	0.00	0.00	0.00	0.00	4.00	0.00	0.00	0.15	0.00	0.00	0.00	0.05	1.33	0.00						
Brewing Country Liquor	0.84	0.14	0.00	0.00	1.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.78	0.05	0.00	0.00						
Community Works	0.80	1.46	0.00	0.00	0.00	1.50	0.00	0.00	1.00	3.00	4.00	0.00	0.60	1.99	1.33	0.00						
Marketing	0.77	1.38	0.00	0.00	0.00	5.00	0.00	0.00	0.00	2.40	0.00	0.00	0.26	2.93	0.00	0.00						

Pre-Selected Topics

1. Kitchen garden for better living (Circle garden)
2. Vegetables for human nutrition
3. Off-season vegetable production
4. Vegetable seed production
5. Optimum use of marginal land with agroforestry system
6. Multipurpose tree species and their uses
7. Feed shortages and seasonality issues of livestock in the hills
8. Propagation of fodder grasses
9. NB-21 grass on terrace risers and bunds
10. Preparation of organic manures
11. Effective methods of compost application in hill farms
12. Efficient method of organic matter application for maize
13. Indigenous species for green manuring
14. *Sesbania cannabina* and *S. rostrata* as green manures
15. The pesticide problem
16. An introduction to integrated pest management
17. Ayurvedic pest management in Nepal
18. Chinaberry tree (*Bakaina*) for pest control
19. Smokeless *chulo*
20. Liquid manure
21. Improved shed
22. Off-season onion cultivation
23. Citrus nursery (oranges)
24. Manakamana-I-maize variety
25. Annapurna 1,2,3, & 4- wheat variety
26. Introduction of buckwheat
27. Improved *Dhikki* (rice husker)
28. Solar Cooker
29. Improved *Jaanto* (rotary quern)
30. Pressure cooker (observed during tour)