

Abstract

The status of women in modern India is a sort of a paradox. If on one hand she is at the peak of ladder of success, on the other hand she is mutely suffering the violence afflicted on her by her own family members. As compared with past women in modern times have achieved a lot but in reality, they have still traveled a long way. Their path is full of roadblocks. The women have left the secured domain of their home and are now in the battlefield of life, fully armored with their talent. They had proven themselves. However, in India they are yet to get their dues. There are many problems, which women in India have to go through daily. These problems have become the part of life of Indian women and some of them have accepted them as their fate. Though there are many problems, the ones that are present in their homes in the form of facilities available have long lasting effect on their health. These problems primarily related to the design as well as facilities in the kitchen. Based on the facilities available, broadly the kitchens in India can classified as ancient or modern type kitchens.

In India, the traditional kitchen was an area of sanctity with many taboos on that could enter how they should be dressed and how pollution must avoided. Most of this has changed today, although the importance of the Indian kitchens is essentially very simple, with the stove (*angithi*) set in the center. Modern appliances like cooking ranges and electric gadgets are slowly appearing in urban Indian homes, but many of these households can afford kitchen help, traditional methods preserved for taste and authenticity. However, the basic characteristics of kitchen demand it to be simpler, manageable and attractive, today, a modern urban lifestyle, changing habits, communication technology etc has been transforming the face of present day Indian kitchen.

A kitchen is one of the most important rooms in a house and a woman of the house is known by how beautiful the kitchen she keeps. A day starts with the kitchen for drinking water in the morning to eating sweet dish before sleeping. Kitchen interiors should be organized and made soothing to our eyes. Kitchen is

not only meant for cooking and dishwashing but also for chopping vegetables while sitting. Today's kitchen is receiving more attention than in days past. The kitchen is now usually considered as the "heart" of the home, and not just some cubicle for meal preparation alone.

The kitchen is the heart of the home because food has such an important role to play in our lives. It is a challenge to prepare three meals a day for a hungry family and to do it in the most nutritious and frugal way. They can all be blessed by the many ways, food and eating is a part of their lives. However, to achieve all this, one has to spend a significant amount of time in kitchen, which may potentially affect the health of the person, most likely the women working in kitchen. The present study initiated with concerns and questions that exist for health and safety of woman working in different types of kitchen. The kitchen has given much importance because health, comfort and happiness of the family depend on cleanliness, and food prepared there. The focused comparative assessment of the various aspects of ancient and modern kitchen will help in delineating the advantages and disadvantages that are part of this kitchen. Kitchen has changed from ancient to modern era in respect to their work centre, washing centre, sanitary aspect lighting and ventilation and in anthropometrics arrangement.

Ever since from being almost the least important corner of a home, which was never shown to a visitor, the modern kitchen has become an electric, powerhouse costing more, for per square meter, than any other part of the house and a status symbol .

The scope of this thesis is the Study of Modern & Ancient Kitchen with Special References to Kitchen Utility. The study initiated with concerns and questions that exist for health and safety of woman working in different types of kitchen. The kitchen has given much importance because health, comfort and happiness of the family depend on cleanliness, and food prepared there.

The focused comparative assessment of the various aspects of ancient and modern kitchen will help in delineating the advantages and disadvantages that are part of this kitchen. Furthermore, identification of these advantages and

disadvantages will be helpful to offer valid and reliable suggestion/solutions to the existing health related problems faced by the women working in this kitchen. The study objectives were set based on literature review and the data collection was carried out based on hypothesis statements, which were delineated based on objectives of the study. Standard methods employed to generate data, which subsequently analyzed using the appropriate statistical tests using SPSS 18.0 software.

The specific findings indicated that the use of modern kitchen was associated with the educational qualification and employment status of the women. The help from other members was available for the women using modern as well as ancient type kitchens. The large variation in the type of heat source used by the women working different types of kitchens observed to affect the health of women, especially those working in ancient type kitchens. The design of the kitchen also was more ergonomic in case of modern kitchens; however, the human energy expenditure was more in modern kitchens. Overall, it may concluded from the data that the modern kitchen offers relatively more appropriate infrastructure for carrying out regular kitchen activities. However, certain design and operational aspects need to address for improving its utility.