

Table 7.9: Weekly Average Time spent (in Hours) on Personal activities by Sex in Gujarat

| Activity | Gujarat | | Combined 6 States* | |
|--------------------------------------|---------|------|--------------------|-------|
| | Female | Male | Female | Male |
| Participation in Community functions | 0 | 0 | 0.01 | 0.01 |
| Reading | 0.49 | 0.63 | 0.5 | 0.61 |
| Watching T.V. | 5.06 | 5.67 | 5.41 | 5.37 |
| Listening to music | 0.25 | 0.38 | 0.36 | 0.66 |
| Reading newspaper | 0.32 | 0.68 | 0.2 | 0.57 |
| Sleep | 59.5 | 61.1 | 61.3 | 62.14 |
| Eating and drinking | 8.5 | 8.87 | 9.2 | 9.67 |
| Smoking and drinking intoxicants | 0.03 | 0.33 | 0.03 | 0.29 |
| Personal Hygiene | 5.92 | 7.09 | 6.91 | 7.62 |
| Physical Exercise | 0.13 | 0.45 | 0.14 | 0.64 |
| Talking and gossiping | 8.33 | 8.79 | 7.02 | 7.62 |
| Meditation | 1.51 | 1.35 | 0.86 | 0.72 |

Source: Women and Men in India 2004 (Time Use Survey Conducted by Central Statistical Organization in 1998-99)

Note:

* Survey conducted in Six states of India viz, Haryana, Madhya Pradesh, Gujarat, Orissa, Tamil Nadu and Meghalaya