

PREFACE

Every problem has solution, but science, sometimes fails to do so, this is not a drawback but it is it's plus point in the sense that the problem remains widely open for future investigation giving a full scope for a research worker. Recently the Zoology Department of Shivaji University, Kolhapur introduced a new and most promising branch of Physiology i.e. industrial physiology. Under this branch the studies are carried out on various aspects of Physiology, it's application in the field of industry. The present studies are associated with both work and workers. The Modern laboratory facilities provided us to know physiological cost during work. The working conditions in modern industries are generally characterised by a gradual elimination of physical fitness. This is the basic reason to think that this tendency causing a deterioration in health among middle aged workers in some European countries.

Apart from the work done in foreign countries in India such studies are yet not carried out or rarely reported, for this present investigation entitle "A study on Physical fitness of factory workers belonging to various age groups" is undertaken. The Department of Zoology, Shivaji University, Kolhapur is going to submit a big project entitled "studies on occupational workload and physical fitness status of textile workers in South-Western Maharashtra" to the University Grant Commission (U.G.C.), New-Delhi. The present investigation is being the preliminary part of the above project.

The available literature clearly point out that nothing is known about the physical fitness of Indian workers. Foundation must be built for the studies, our department aimed that and stepping towards it. This study mainly deals with the physical fitness of factory workers belonging to various age groups. For the same, we selected a factory in rural area like Karad in Satara district of Maharashtra. The present study is also dealing with other physiological parameters of the workers, such as, peak-expiratory flow rate, blood pressure, heart rate etc.

The body of the dissertation is divided into four chapters. The first chapter explains about review of literature, reasons that led to undertake present investigation, research plan, choice of the subjects etc. The second chapter covers usual aspects like materials used and methods applied. The third chapter deals with observations made of the workers at factory environment. The fourth chapter is devoted to the discussion on results obtained in the present investigation. Discussion is finally followed by complete bibliography of the references cited time to time in the text.