

**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