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Energy Intake and Energy Expenditure of Prisoners Involved in Different Worksheds

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ABSTRACT Modern prison is not just a mechanism for inflicting punishment on the offender, it is also a centre of rehabilitation. As a means of rehabilitation the convict prisoners are employed at different workshed, which is also a source of economic contribution to the prison. An attempt has been made to assess the energy intake and energy expenditure of the prisoner, which might effect their work efficiency at prison. The mean energy intake was lowest in subjects involved in carpentry work (2428 kcal) compared to subjects performing weaving 2585 kcal and kitchen work 2580 kcal. The mean energy expenditure of subjects involved in weaving and kitchen work was 2305 kcal and 2217 kcal, respectively. The 't®' test applied showed a significant difference in the mean energy intake and energy expenditure of the subjects in all the three groups performing different activity.