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PROCEEDINGS OF THE TWO-DAY NATIONAL SEMINAR ON INDIAN ECONOMIC PROGRESS TOWARDS ACHIEVING THE SDGs

**IN COLLABORATION
WITH
INDIAN ECONOMIC ASSOCIATION**

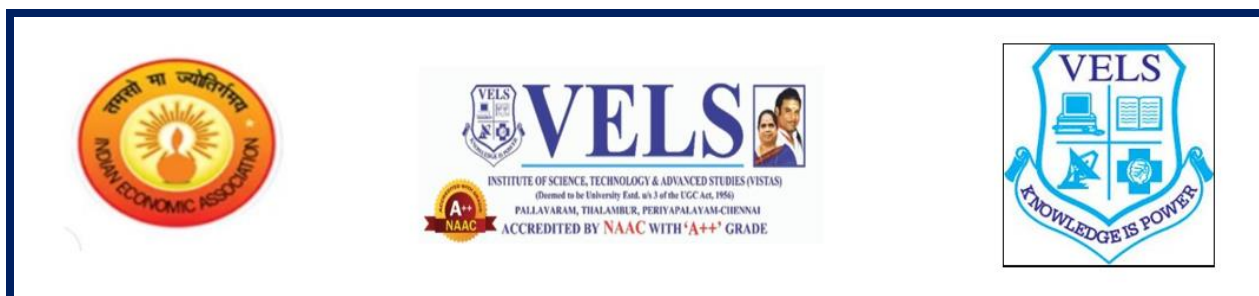
25th and 26th April 2025

**Organized by
Department of Economics**

**School of Commerce and
Economics**

VISTAS

Pallavaram, Chennai - 600117



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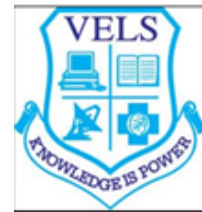
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Problems Faced While Handling and Delivering on Imports and Exports

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Abstract

International trade is crucial for economic development by granting access to global markets. However, it faces challenges such as complex customs procedures, regulatory compliance issues, port congestion, and limited infrastructure. Customs clearance delays and varying trade policies across countries disrupt the smooth flow of goods. External factors like political instability, natural disasters, and pandemics further impact supply chains. Currency exchange rate fluctuations affect pricing and profitability, while lack of transparency and poor tracking systems lead to losses and customer dissatisfaction. To overcome these issues, businesses need to invest in advanced logistics technologies, improve coordination with customs authorities, and adapt to evolving trade policies for enhanced efficiency and cost reduction.

Keywords: *International trade, Imports and exports, Logistics challenges, Customs regulations, Supply chain management, Transportation infrastructure*

Traditional Health Practices and Beliefs During Pregnancy Among The Kurichia Tribes of Wayanad: A Cultural Ethnomedicinal Perspective

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DR.N.TAIBANGNGANBI, Assistant Professor, VISTAS

Abstract

This study examines traditional health practices related to pregnancy among the Kurichia tribal community in Wayanad, Kerala. Using ethnographic and qualitative methods, it documents the use of herbal remedies, dietary customs, spiritual rituals, and social support systems in maternal health. The research also explores the impact of socio-demographic factors on adherence to these practices. Findings reveal a strong cultural adherence to traditional methods, especially among older, less-educated women, while younger generations show a gradual shift towards modern healthcare. The study emphasizes the importance of integrating indigenous knowledge into maternal healthcare policies and advocates for culturally sensitive interventions that respect traditional practices while promoting evidence-based medical care.

Keywords: Kurichia Tribe, Traditional Health Practices, Pregnancy, Maternal Health, Wayanad, Tribal Belief