

TABLE OF CONTENTS

| | Page |
|---|------|
| ACKNOWLEDGEMENTS | |
| Chapter I Introduction | 1 |
| Chapter II Review of Literature | 35 |
| Chapter III Problem and Procedure | 71 |
| Chapter IV Discussion of Results | |
| Part I Cross-sectional study (Weight and Height) | 122 |
| Part II Cross-sectional study - contd.. (other physical measurements)..... | 172 |
| Chapter V Discussion of Results (Contd.)..... A Longitudinal study of Physical Growth. | 287 |
| Chapter VI Summary and Suggestions | 304 |
| APPENDICES | |
| Appendix 1. Instruction Booklet for taking anthropometric measurements | 317 |
| Appendix 2. Photographs showing the method of taking following anthropometric measurements..... p. | 320 |
| Plate 1. Measuring Platform and rod with scale. | |
| Plate 2. Close-ups of the Measuring Platform and rod to show details. (see pp.82, 83, and 84 of Chapter III). | |

| | |
|--|---------------|
| Plate 3. Measuring (standing) height. | |
| Plate 4. Measuring sitting height. | |
| Plate 5. Measuring head circumference. | |
| Plate 6. Measuring chest circumference. | |
| Plate 7. Measuring shoulder width. | |
| Plate 8. Measuring arm length. | |
| Plate 9. Measuring upper arm circumference. | |
| Plate 10. Measuring fore-arm circumference. | |
| Plate 11. Measuring thigh circumference. | |
| Plate 12. Measuring calf circumference. | |
| Plate 13. Measuring foot length. | |
| Appendix 3. Data-sheet to record information and observations | 321 |
| Appendix 4. Norms of anthropometric measurements of pre-school age children of U.S.A... | 323 |
| Appendix 5. Method of computing the socio- economic (SE) level | 326 |
| Appendix 6. Trend Analysis - data sheet and method (Longitudinal Study)..... | 328 |
| Bibliography | 333 - 344. |

NOTE :- Tables (not included in the text) and graphs pertaining to the various chapters are given at the end of the respective chapters.