

Growth Pattern of Affluent School Children of Amritsar

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ABSTRACT The present study is an attempt to investigate the growth pattern of affluent school children of Amritsar (Punjab). Cross-sectional data based on six anthropometric measurements (weight, height, upper arm circumference, triceps skin fold, subscapular skinfold, supra iliac skinfold) was collected from 500 girls and 582 boys aged 6 to 15 years attending convent and public schools. It has been observed from the present study that there is increase in all dimensions of the body with advancement of age except skinfolds only among boys. The study reveals that the highest peak velocity among girls (11+ and 12+ age) is attained earlier by one year than among boys (12+ and 13+ age). Amritsar girls and boys are equal or heavier than Well to do Indian children and NCHS standards. Therefore the findings of this study can be used as reference material for Punjabi children.