

Somatotype Changes during Adolescence in Gujjars and Tibetans of Jammu and Kashmir, India

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ABSTRACT In the present study, age changes in somatotypes in Gujjars (a transhumant community) and Tibetans (refugees settled in Ladakh) have been reported. Cross-sectional sample of 84 Gujjar and 123 Tibetan boys ranging from 8+ to 18+ years have been incorporated in the present study. Subjects were somatotyped after Heath and Carter (1967). There is not much change in the somatotype during adolescence. Ectomorphy remain dominant through growth phase, followed by mesomorphy and endomorphy. On somatochart, Gujjars lie in meso-ectomorphic sector and Tibetans are falling in balanced mesomorphic sector.