

Body Composition of Five Population Groups of Jammu and Kashmir, India

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ABSTRACT In the present paper, lower extremity length, trunk index, chest index, height index, height weight ratio, body mass index, ponderal index, surface area and body fat are being reported for Gujjars, Dogra Brahmins, Dogra Rajputs, Scheduled Castes and Tibetans of Jammu and Kashmir state. Trunk index, chest index, height index do not change much during adolescence. As per norms for undernourishment, all the population groups are undernourished in most of the age group. Surface area and body fat also show continuous increments at all yearly levels.