

Growth Pattern of the War Khasi Children of Meghalaya

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ABSTRACT The present study deals with the growth pattern of the War Khasi children in the East Khasi Hills district of Meghalaya. The study was based on a cross-sectional sample of 514 apparently healthy boys and girls, who are aged 3 to 15 years. The findings reveal that there is a continuous increment in almost all the measurements with the advancing age of both boys and girls. It is observed that, with the exception of skinfold thicknesses, the mean values of measurements are higher in boys than in girls at all ages, except at 11 and 12 years of age when the boys are surpassed by the girls. It is also found that adolescent growth spurt occurs at the age of 14 years in boys and 12 years in girls in respect of many measurements. With regard to skinfold thickness, it is found that a considerable amount of fat deposit at biceps and triceps was lost at the age between 4 and 5 years in boys and at 4 and 6 years in girls. However, a large amount of fat accumulation takes place at the age of 14 years in boys and 13 years in girls.