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Growth Pattern and Age at Menarche in Bania Girls of Mandi Gobindgarh

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ABSTRACT The present study is an attempt to investigate the growth pattern and age at menarche of Bania girls from Mandi Gobindgarh (Punjab). Cross-sectional data based on ten anthropometric measurements and two indices were collected from 284 Bania girls aged 9 to 16 years attending secondary school and belonging to middle socio-economic status. Additional information on age at menarche was obtained using status quo method. Bania girls are found to be shorter and lighter at all ages than well to do Indian and Punjabi girls. When compared to ICMR sample and Indian children belonging to low socio-economic group, Bania girls stand latter and heavier at all age levels. The probit analysis of the status quo data yielded median age at menarche of 12.88 ± 0.72 years.