

Biology of the People of Jammu and Kashmir: Growth Patterns of the People of Jammu and Kashmir, India with Special Reference to Ladakh region

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ABSTRACT The present paper deals with the growth patterns among various population groups of Jammu and Kashmir state, India. The study includes population groups from all the three main divisions of the state. Various population groups for the purpose of this paper have been grouped into two. The first group deals with the three population groups (pooled) of the high altitude Ladakh region, while the second one deals with all the population groups of the state pooled for compiling the state reference values. The total number of subjects studied in the state was 2,043 ranging from 8+ to adulthood. In most of the anthropometric values, the males of Jammu and Kashmir state fair better compared to the Indian reference standards. However when comparisons are made with the US reference data, the 50th percentile values of Jammu and Kashmir males are comparable to and even lower than the 5th centiles values of Jammu and Kashmir in case of height and weight.