During the past few years students of Anthropometry have taken keen interest in studying the trends of growth in man. As a result, sufficient work is available in this field. This work has proved, in ample measure, the fact that the trends of growth is directly related with the advancement of age. The rate of growth, however, may differ in different ethnic strains because of the fact that great variations in the morphological and metrical features are observed in the people of these strains. The present study is a cross-sectional growth study carried on the Jain boys and girls of Sagar District (Madhya Pradesh). It has been mainly aimed at studying the patterns of body growth and emphasis has been laid on the identification of adolescent spurt and on the trends in disparity and similarities among the Jain boys and girls.

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