CONTENTS

<table>
<thead>
<tr>
<th>CHAPTERS</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 INTRODUCTION</td>
<td>1-13</td>
</tr>
<tr>
<td>2 REVIEW OF LITERATURE</td>
<td>14-37</td>
</tr>
<tr>
<td>3 LAND AND PEOPLE</td>
<td>38-43</td>
</tr>
<tr>
<td>4 MATERIAL &amp; METHODS</td>
<td>44-48</td>
</tr>
<tr>
<td>5 STATISTICAL COMPUTATIONS</td>
<td>49-51</td>
</tr>
<tr>
<td>6 OBSERVATIONS</td>
<td>52-87</td>
</tr>
</tbody>
</table>

I. Anthropometric measurements
   a) Weight
   b) Linear measurements
   c) Circumferences
   d) Skinfolds
   e) Body mass index
   f) Waist to hip ratio
   g) Body composition

II. Pulmonary Function Measurements
   a) Forced Vital Capacity (FVC)
   b) Forced Expiratory Volume in One Second (FEV1)
   c) FEV1/FVC
   d) Forced Expiratory Flow (FEF) 25%- 75%
   e) Peak Expiratory Flow Rate (PEFR)
   f) Forced Expiratory Volume in Three Seconds (FEV3)
   g) FEV3/FVC
   h) Lung age

III. Pulmonary functions according to body mass index

IV. Pulmonary functions according to waist circumference

V. Pulmonary functions according to waist to hip ratio
VI. Pulmonary functions according to smoking status.
VII. Pulmonary functions according to duration of disease
VIII. Pulmonary functions according to severity of disease

7 DISCUSSION

I. I. Anthropometric Profile
i. Anthropometric measurements
   a) Body weight
   b) Linear measurements
   c) Chest width
   d) Circumferences
   e) Skinfolds

ii. Body composition

II. Pulmonary functions
III. BMI and Pulmonary functions
IV. Waist circumference and pulmonary functions
V. Waist to hip ratio and pulmonary functions
VI. Pulmonary functions according to smoking status
VII. Pulmonary functions according to duration of disease
VIII. Pulmonary functions according to severity of disease
IX. Sex differences
X. Correlation coefficients

8 SUMMARY

REFERENCES
TABLES
FIGURES
APPENDICES

APPENDIX-I
   a) Anthropometric Measurements and Techniques
   b) Methodology to find Body Composition

APPENDIX-II
Technique for pulmonary functions tests (Spirometry)

APPENDIX-III
Data collection tool