APPENDIX I

CENSUS COMMISSION'S DEFINITION

1. Rural: An area where the people are predominantly agriculturists and has a population of less than 2,500.

2. Semi-Urban: An area having the prospects of becoming a town, with a population below 10,000.

3. Urban: An area into which people have migrated from smaller communities which are concerned mainly with agriculture. The occupations of the people are primarily concerned with Government trade, manufacture and allied interests. Population is more than 10,000 and the income through taxes for the Municipality is over one lakh. Such an area has decent buildings, good roads, electricity, sanitary facilities and fairly good standards of living.

APPENDIX II

CLASSIFICATION OF DIFFERENT INCOME GROUPS

The Central Statistical Organisation, Government of India (1962) suggested the following classification:

Class I: Principal, professors, doctors, lawyers, engineers, military officers, such as captains and majors, senior executives and business proprietors (monthly income above ₹.800/).

Class II: Junior executives, higher secondary school teachers and small businessmen (monthly income ₹.401 - 800).

Class III: Clerks, primary school teachers and skilled labourers such as mechanics, electricians and railway guards (monthly income ₹.151 - 400).

Class IV: Unskilled labourers such as peons, sweepers, porters, shoe-makers, washermen and domestic servants (monthly income ₹.50 - 150).

## APPENDIX III

### DEFINITIONS OF DIFFERENT MEASUREMENTS STUDIED

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Growth characteristic</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Weight</td>
<td>Gross body weight of the subject recorded in kg on a portable weighing machine, allowing only minimum pre-weighed clothing on the subject.</td>
</tr>
<tr>
<td>2.</td>
<td>Standing vertex height</td>
<td>The distance from the highest point of the top of the head in the mid-sagittal plane to the floor.</td>
</tr>
<tr>
<td>3.</td>
<td>Standing suprasternal height</td>
<td>Distance from the middle of the anterior superior border of the manubrium sterni to the floor.</td>
</tr>
<tr>
<td>4.</td>
<td>Sitting vertex height</td>
<td>Distance from the highest point in the sagittal plane of the head to the surface upon which the subject is seated.</td>
</tr>
<tr>
<td>5.</td>
<td>Sitting suprasternal height</td>
<td>Distance from the middle of the anterior superior border of the manubrium sterni to the floor when the subject is in sitting position.</td>
</tr>
<tr>
<td>6.</td>
<td>Neck circumference</td>
<td>At the level of the most prominent portion of the thyroid cartilage around the neck.</td>
</tr>
<tr>
<td>7.</td>
<td>Head circumference</td>
<td>Distance around the maximum projection of the occiput to the glabella.</td>
</tr>
<tr>
<td>S.No.</td>
<td>Growth characteristic</td>
<td>Definition</td>
</tr>
<tr>
<td>-------</td>
<td>-------------------------------</td>
<td>------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>8.</td>
<td>Head length</td>
<td>The distance between the glabella and the farthest projecting point in the mid-sagittal plane on the back of the head at occiput.</td>
</tr>
<tr>
<td></td>
<td>Head breadth</td>
<td>The greatest transverse diameter of the head, at a point over each parietal bone.</td>
</tr>
<tr>
<td>10.</td>
<td>Bi-acromial breadth</td>
<td>The distance between the most lateral margins of the acromial processes of the scapula.</td>
</tr>
<tr>
<td>11.</td>
<td>Chest depth</td>
<td>Antero-posterior diameter of the thorax, at the level of the inferior angles of the scapulae.</td>
</tr>
<tr>
<td>12.</td>
<td>Chest breadth</td>
<td>The transverse distance between the most lateral points on the chest while the subject is breathing normally.</td>
</tr>
<tr>
<td>13.</td>
<td>Axillary chest girth</td>
<td>Measurement around the axillary fossae using the graduated tape. Mean reading of measurement during normal inspiration and expiration.</td>
</tr>
<tr>
<td>14.</td>
<td>Mesosternal chest girth</td>
<td>Mean reading of measurements during inspiration and expiration when the tape is applied at the mesosternal level.</td>
</tr>
<tr>
<td>15.</td>
<td>Trunk-waist girth</td>
<td>The minimum waist girth around the waist just below the ribs.</td>
</tr>
<tr>
<td>16.</td>
<td>Pelvic breadth</td>
<td>The distance between the left and right ilio-cristals, at the most lateral points on the crests of the ilium on both sides.</td>
</tr>
<tr>
<td>S.No.</td>
<td>Growth characteristic</td>
<td>Definition</td>
</tr>
<tr>
<td>------</td>
<td>--------------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>17.</td>
<td>Hip breadth</td>
<td>The distance between the trochanteric bone of either side, at the most lateral point on the greater trochanter.</td>
</tr>
<tr>
<td>18.</td>
<td>Hip girth</td>
<td>The tape is placed over the most prominent portion of the buttocks, and is brought around the level of the greater trochanters to terminate anteriorly at the level determined by the buttocks and trochanters at the pubic region.</td>
</tr>
<tr>
<td>19.</td>
<td>Arm span</td>
<td>The distance between the tips of the middle fingers of each hand when the subject's arms are outstretched sideways horizontally from the body against a wall is marked and measured.</td>
</tr>
<tr>
<td>20.</td>
<td>Total upper extremity length</td>
<td>Distance from acromial to the tip of the middle finger.</td>
</tr>
<tr>
<td>21.</td>
<td>Total arm length</td>
<td>Distance from acromial to styliion when the arm is hanging down and the palm is facing inward.</td>
</tr>
<tr>
<td>22.</td>
<td>Lower arm length</td>
<td>Distance from radial to styliion when the arm is hanging down and the palm facing inward.</td>
</tr>
<tr>
<td>23.</td>
<td>Hand length</td>
<td>The distance from the radial side of the second metacarpo-phalangeal junction, when the hand is laid flat on a table.</td>
</tr>
<tr>
<td>S.No.</td>
<td>Growth characteristic</td>
<td>Definition</td>
</tr>
<tr>
<td>-------</td>
<td>----------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>24.</td>
<td>Hand breadth</td>
<td>The distance from the radial side of the second metacarpo-phalangeal junction to the ulnar side of the fifth metacarpo-phalangeal junction when the hand is laid on a flat surface.</td>
</tr>
<tr>
<td>25.</td>
<td>Ilio-cristal height</td>
<td>Distance from the most laterally projected point on the crest of the right ilium to the floor.</td>
</tr>
<tr>
<td>26.</td>
<td>Ilio-spinal height</td>
<td>Distance from the right anterior superior iliac spine to the floor.</td>
</tr>
<tr>
<td>27.</td>
<td>Trochantoric height</td>
<td>Distance from the superior surface of the greater trochanter of the femur to the floor.</td>
</tr>
<tr>
<td>28.</td>
<td>Tibial height</td>
<td>Distance from the superior surface of the medial condyl of the tibia to the floor.</td>
</tr>
<tr>
<td>29.</td>
<td>Sphyrion height</td>
<td>Distance from the inferior surface of the medial malleolus to the floor.</td>
</tr>
<tr>
<td>30.</td>
<td>Foot length</td>
<td>Distance from the most posteriorly projecting point on the heel to the tip of the most anteriorly projecting toe, when subject is standing erect.</td>
</tr>
<tr>
<td>31.</td>
<td>Foot breadth</td>
<td>Measured from the medial margin of the head of the first metatarsal to the lateral margin of the head of the fifth metatarsal.</td>
</tr>
</tbody>
</table>

APPENDIX IV

PROFORMA FOR DATA COLLECTION

INDIVIDUAL RESEARCH PROJECT,

DEPARTMENT OF HOME SCIENCE,

SRI VENKATESWARA UNIVERSITY COLLEGE, TIRUPATI.

Serial No. ______________ Date ____________

Section A

ESSENTIAL BIO-DATA OF THE SUBJECT

Name

Date of birth

Sex

Class and Section

Name of the School

Location

Family income per year

Age of first menstruation (to be answered by female subjects only)

Permanent address

General Remarks

contd.
Section B
Data on anthropometric measurements

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Measurement</th>
<th>Units at different observations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>First</td>
</tr>
<tr>
<td>1.</td>
<td>Weight (kg)</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Standing vertex height</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Standing suprasternal height</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Sitting vertex height</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Sitting suprasternal height</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Neck circumference</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Head circumference</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Head length</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Head breadth</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Bi-acromial breadth</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Chest depth</td>
<td></td>
</tr>
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<td>12.</td>
<td>Chest breadth</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Axillary chest girth</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Sterno-sternal chest girth</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>Trunk-waist girth</td>
<td></td>
</tr>
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<td>16.</td>
<td>Pelvic breadth</td>
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</tr>
<tr>
<td>17.</td>
<td>Hip breadth</td>
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<td>Hip girth</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>Arm span</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>Total upper extremity length</td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>Total arm length</td>
<td></td>
</tr>
<tr>
<td>22.</td>
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<td>26.</td>
<td>Ilio-spinal height</td>
<td></td>
</tr>
<tr>
<td>27.</td>
<td>Trochanteric height</td>
<td></td>
</tr>
<tr>
<td>28.</td>
<td>Tibial height</td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>Sphyrion height</td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td>Foot length</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Foot breadth</td>
<td></td>
</tr>
</tbody>
</table>

Note: All the measurements from 2-31 are expressed in cm.