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ABBREVIATIONS

The following abbreviations are used in this thesis

AFA	Arm fat area	MUAC	Mid-upper arm circumference
AMA	Arm muscle area		
AMC	Arm muscle circumference		
ANOVA	Analysis of Variance	NPE	Not regular physical exercise
BMI	Body mass index	PBF	Percent body fat
BSF	Biceps skinfold	PE	Regular physical exercise
CC	Chest circumference	S5S	Sum of 5 skinfolds
CFC	Calf circumference	SD	Standard deviation
CI	Conicity index	SES	Sum of extremity skinfolds
CPFR	Centripetal fat ratio	STR	Subscapular-triceps ratio
CSF	(Medial) calf skinfold	STS	Sum of truncal skinfolds
		SUBSF	Subscapular skinfold
		SUPSF	Suprailiac skinfold
FFM	Fat free mass		
FFMI	Fat free mass index	TEFR	Truncal-extremity fat ratio
FM	Fat mass	TSF	Triceps skinfold
FMI	Fat mass index		
GPAQ	Global Physical Activity Questionnaire		
		WC	(Minimum) waist circumference
HC	(Maximum) hip circumference		
HT	Height	WHO	World Health Organization
		WHR	Waist-hip ratio
		WHTR	Waist-height ratio
ICMR	Indian Council of Medical Research	WT	Weight