## **CONTENTS**

	TOP	PICS	PAGE NO.
	Ack	nowledgements	i
	Abb	reviations	ii
	List	of Tables	iii
	List	of Figures	ix
I.	Introduction		1-12
	1.1	Background	2
	1.2	Anthropometry	3
	1.3	Adiposity	5
	1.4	Body Composition	7
	1.5	Physical Activity	9
	1.6	Present Study	10
	1.7	Objectives of the Study	12
II.	Literature Review		13-26
	2.1	International Context	14
	2.2	National Context	19
	2.3	Regional Context	23
III.	Materials and Methods		27-44
	3.1	Area of the Study	28
	3.2	Sample of the Study	30
	3.3	Nature of the Sample	30
	3.4	Methods of the Study	31
	3.5	Anthropometric Measurements	32
	3.6	Procedure of Anthropometric Measurements	33
	3.7	Estimation of Adiposity and Body Fat Content	39
	3.8	Estimation of Body Composition	39
	3.9	Evaluation of Nutritional Status	42

		ex - I Record Sheet	279		
	Refe	erences	264-278		
Χ.	Conclusions		260-263		
	9.4	Physical Activity	219		
		Nutritional Status	212		
	9.2	Adiposity and Body Composition	179		
	9.1	Anthropometric Observation	137		
IX.	Discussion		136-259		
	Nutrit	tional Status			
VIII.	Results - V		131-135		
	Conte	ent and Body Composition Measures based on physical activi	ty		
	Anthropometric Characteristics, Adiposity and Subcutaneous Fat				
VII.	Results - IV				
	Body	Composition Measures			
VI.	Results - III		72-82		
	Adipo	osity and Subcutaneous Fat Content Measures			
V.	Results - II				
	Anthr	opometric Characteristics			
IV.	Results - I				
	3.14	Data Management and Statistical Analyses	44		
	3.13	Age Variations in Metric Variables	43		
	3.12	Test of Normality	43		
	3.11	Reliability of Anthropometric Measurements	42		
	3.10	Procedure of Physical Activity	42		