



WAIST HIP RATIO OF PUNJABI GIRLS RANGING IN AGE FROM 10-12 YEARS

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ABSTRACT :

The point of the present examination was to research the midriff hip proportion of Punjabi young ladies extending in age from 10-12 years from govt. senior auxiliary school Nadampur, District - Sangrur (Punjab). Diverse anthropometric estimations like tallness, weight, abdomen and hip boundary were gone up against each subject with institutionalized systems to gauge midsection and hip proportion. Results demonstrated that young ladies of present investigation have 136.3 cm tallness and they had 37.47 kg body weight. In any case, Waist hip proportion was additionally watched higher side (0.93) in young ladies of present investigation when contrasted with the esteem given by WHO.



KEYWORDS: *created and creating nations , Waist-Hip proportion.*

INTRODUCTION:

The predominance of stoutness is ascending in created and creating nations, and it is referred to as an imperative hazard factor for early mortality (WHO, 2000). Corpulence has a solid association with cardiovascular infections like hypertension (Singh 2011, de Koning et al. 2007), coronary illness and diabetes. Various clinical estimations for heftiness were utilized to decide vulnerability to cardiovascular ailments (Gelber et al., 2008). These incorporate anthropometric lists, for example, weight record (BMI), midsection hip proportion (WHR) and midriff perimeter (WC) (Ross et al., 2008).

The Waist-Hip proportion gives a sign of how much fat is put away in the stomach area. This can be utilized as a decent proportion of one's relative wellbeing (Qiao and Nyamdorj 2010). People, obviously, have distinctive focuses for Waist-Hip proportion. For ladies a perfect figure is 0.72 or less. Ladies have extraordinarily expanded possibility of getting coronary infection and related medical issues if their Waist-Hip proportion surpasses 0.72. For men a perfect figure is 0.89 or less. Men have incredibly expanded shot of getting coronary ailment and related medical issues if their Waist-Hip proportion surpasses 0.89. Srikanthan et al., (2009) affirm, and refer to a few different examinations that demonstrate midsection to-hip proportion being the unrivaled clinical estimation for foreseeing all reason and cardiovascular illness mortality.

ATERIAL & METHODS

The investigation was directed on sixty young ladies. Subjects were taken from town Nadampur, District Sangrur. The anthropometric estimations were gone up against right half of body by utilizing standard methods. Different anthropometric estimations like stature, weight and outlines from midriff and hip area were gone up against each subject with institutionalized procedures. Tallness and weight were taken to ascertain Body mass record (BMI), midriff and hip boundaries for focal corpulence midsection hip proportion (WHR). The information got from the anthropometric estimations, information was arranged and factually broke down with the assistance of SPSS programming of PCs. The factual test viz., mean, standard deviation was connected on the information.

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Table 2 delineates that the subjects of the investigation were having pear molded body as these subjects were demonstrating a higher mean an incentive for hip circuit (28.88) than the mean an incentive for midriff peripheries (26.59). The abdomen hip proportion determined by the recipe (Waist Hip Ratio = Waist Circumferences/Hip Circumferences) showed that these young ladies had a high mean estimation of midsection hip proportion (0.93), which may prompt higher malady chance elements. The high incentive for different anthropometric lists like BMI and Waist to Hip Ratio amid this phase of life can result in poor outcomes that can additionally be constrained by physical pressure, enthusiastic issues and indulging propensities. As different examinations (Camern et al 2003 and Vidula, 2015) clarify the connection between overabundance weight and illnesses.

Labstein et al 2004 and revealed that youth overweight and weight is an unpredictable medical issue related with unending conditions like hypertension type 2 diabetes and cardio vascular ailments. Fredman et al (2005) clarify that being overweight or large likewise expands the danger of both intense medical issues and endless illnesses. Present subjects were physically dormant that might be one reason of higher midriff hip proportion.

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