

## **Physical Growth and Anthropometric Somatotype of Rajput and Brahmin Boys of Chamba District, Himachal Pradesh**

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**ABSTRACT** In the present study an attempt has been made to get information on adolescent physical growth and anthropometric somatypes of Rajput and Brahmin boys of Chamba town of Himachal Pradesh, inhabiting an altitude of 1000 metres above mean sea-level. Cross-sectional data on 130 Rajput and 119 Brahmin boys aged 11 to 18 years were collected during 1987, for various anthropometric measurements which included height, weight, diameters, circumference and skinfolds. Standard techniques were followed (Weiner and Lourie 1969) and somatotype were obtained from body measurements employing the Health-Carter method (1967). The Rajput and Brahmin Boys of Chamba town exhibit great similarities during growth in skeletal diameters, limb girths and skinfolds. The Brahmin boys are heavier especially after 16+ years. Chamba boys perform better than the Rajputs of Bharmour but lower than the British, American and Punjabi Populations in height, weight and fatfolds. Very small changes occur in somatypes of Chamba boys during 11 to 18 years. Through-out this period these populations remain dominant in ectomorphic component.