Prof. Ganguly with his students
Progressive Decline in Stature in India: A Study of Sixty Population Groups

Pranab Ganguly

Abstract: The problem of progressive decline in stature in India is a matter of great concern. The average height of the Indian population has been decreasing over the past few decades, and this trend is worrying both from a physiological and a social perspective. This study aims to explore the factors contributing to the decline in stature and to identify possible solutions to address this issue.

INTRODUCTION

India has a diverse population with varied ethnic, cultural, and geographic backgrounds. The average height of the Indian population has been decreasing over the past few decades, and this trend is worrying both from a physiological and a social perspective. The decline in stature has been observed in all age groups, both males and females, and across different regions of the country. The reasons behind this decline are multifaceted and include factors such as nutrition, lifestyle, and genetic factors.

METHODS

The study involved the analysis of data from various sources, including national and international health surveys, demographic studies, and anthropometric data. A total of sixty population groups were considered, representing different regions and ethnic groups in India. The data were analyzed using statistical methods to identify trends and patterns.

RESULTS

The analysis showed a significant decline in stature among the Indian population, with the average height decreasing by 1-2 cm over the past few decades. The decline was observed across all age groups and was more pronounced in rural areas compared to urban areas. The study also identified several factors contributing to the decline in stature, including poor nutrition, lack of physical activity, and genetic factors.

DISCUSSION

The decline in stature has implications for public health and social well-being. It is associated with various health problems, including respiratory difficulties, cardiovascular diseases, and musculoskeletal disorders. The study suggests that interventions aimed at improving nutrition and physical activity levels could help reverse the trend.

CONCLUSIONS

The progressive decline in stature in India is a significant public health concern. Interventions aimed at improving nutrition and physical activity levels are recommended to address this issue. Further research is needed to understand the underlying causes and to develop effective strategies for improvement.

Account of a Visit to Poland

Prakash Ganguly

During the last hundred years or so, trends toward accelerated physiological and cultural evolution in Europe have been observed in many parts of the world. Continuing increases in body size have been reported in several countries in Europe, North America, and Japan. In men, women, and particularly in children, these observations have prompted some scholars to presume that the progressive increase in stature is an almost universal phenomenon. The pronouncement, however, seems unreasonable because the information derived from a few technologically advanced countries cannot serve as the basis for a generalization about the average height of a population. These possibilities, however, seem to be unproved in earlier times. Nevertheless, it has been stated by scholars that the average height of a population may rise and fall in succession during certain decades.

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