



کراچی یونیورسٹی

University of Karachi



THE NGDS PILOT PROJECT

Participating School: Beacon Light Academy, 'O' Levels, Karachi

Dear Parent, *Quote this reference in future correspondence* **NGDS-KHI-BLA-2014-** (fill in GR Number)

A team of University of Karachi headed by Prof. Dr. Syed Arif Kamal has undertaken the NGDS Pilot Project to establish "National Growth and Developmental Standards for the Pakistani Children" [URL: <http://ngds-ku.org>; e-mail: profdrakamal@gmail.com; Paper mail: The NGDS Pilot Project, University of Karachi, Box 8406, Karachi 75270; Telephone: +92 21 9926 1300-15 ext. 2380; Best time to call: <http://www.ngds-ku.org/kamal/contact.htm#Best> under the directives of GOVERNOR SINDH/CHANCELLOR, UNIVERSITY OF KARACHI — a goodwill and a public-service endeavor conducted for the care and the development of young persons to prepare them mentally, physically and emotionally for rewarding careers in the civil and the military services. This project has been conducted successfully since 1998 — over 3000 students measured and methods developed to determine detailed growth-and-obesity profiles. In this connection, periodic measurements of height and weight of boys and girls shall be taken. A general check up shall, also, be conducted to rule out factors affecting growth. You will receive a detailed growth-and-obesity profile of each participating student http://www.ngds-ku.org/BLA/Growth_Monitoring_BLA.pdf (tall or stunted, obese or wasted, optimal weight-for-height, estimated-adult height), with specific recommendations regarding the student's health improvement, in particular, induction into the Armed Forces of Pakistan.

The data obtained may be reported in research papers in collective form. The Project Website has photographs of procedures <http://www.ngds-ku.org/photos1/photos.htm> and reading material: http://www.ngds-ku.org/ngds_URL/about.htm#Resources

All records shall remain confidential. Abnormalities detected shall be communicated to the School Health Service. As per international standards (as well as those of the Armed Forces), the students shall be checked in the Dress Code 0/0.5 — See *Manual for Anthropometric Measurements* for explanation:

http://www.ngds-ku.org/ngds_folder/M02.pdf

The Project Director, Prof. Dr. Syed Arif Kamal, PhD (Mathematical Neuroscience), Visiting Faculty, the Albert Einstein College of Medicine, New York, NY, United States, a graduate of the Johns Hopkins University, Baltimore, MD, United States, with over 34-year experience, is author of 143 research papers. His work is, mainly, on modeling growth of children, the human brain, the human spinal column and the human heart. He used moiré techniques to detect, document, follow up and quantify scoliosis (a body-disfiguring condition detectable around the age of eight years) as well as study of posture and gait of children. He implemented moiré systems at Malmö General Hospital, Malmö, Sweden, and JW Riley Hospital for Children, Indianapolis, IN, United States. He has lectured on moiré techniques at Harvard Medical School, Boston, MA, United States, and AS-ICTP, Trieste, Italy. Further, he trained master anthropometrists of TAWANA PAKISTAN through Department of Pediatrics, the Aga Khan University Medical College, as well as faculty and students of Department of Special Education, University of Karachi.

Kindly, fill in the following, cut it out and send back the filled slip on the next working day. The upper portion is for your records, which must be brought in at all appointments (fill in GR number in the blank space given in the shaded box). This form can, also, be downloaded from http://www.ngds-ku.org/BLA/Form_BLA.pdf (PDF Format); http://www.ngds-ku.org/BLA/Form_BLA.doc (Word Format)

Mrs. Azra Anwer Ahmed

Principal

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UNIVERSITY OF KARACHI

O Beacon Light Academy, 'O' Levels, Karachi

The NGDS Pilot Project

Note: All names must be written in **BLOCK LETTERS.**

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(Please do not write anything in the box above)

Kindly, don't forget **YEAR** when entering dates of birth.

STUDENT'S NAME _____ GR Number _____ Signatures _____

Class _____ Section _____ Boy/Girl _____ Date of Birth (Day-Month-**YEAR**) _____

Birth Length (cm) _____ Birth Mass (kg) _____ Blood Group _____ Last Checkup* on _____

FATHER'S NAME _____ Date of Birth _____ Signatures _____

Father's Education _____ Father's Occupation _____

MOTHER'S NAME _____ Date of Birth _____ Signatures _____

Mother's Education _____ Mother's Occupation _____

Address _____ Pakistan National (Yes/No) _____

Telephone Number _____ Best Time to Call _____ e-mail _____

Brothers/Sisters of the Student (3-10 years): Describe any aspect related to the student's health on back of this slip

NAME & Signatures	Boy or Girl	Date of Birth	Name of School	GR No	Class & Section	Birth Length (cm)	Birth Mass (kg)	Blood Group	Last Checkup*

*Head-to-toe (complete) exam by pediatrician

Please, enroll our children in the NGDS Program.

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