



کراچی یونیورسٹی

University of Karachi



**THE NGDS PILOT PROJECT**  
The Sibling Growth Pilot Project

Dear Parent, *Quote this reference in future correspondence* \* SGPP-KHI-2011

The Sibling Growth Pilot Project (SGPP) is a subproject of the NGDS Pilot Project. A team of University of Karachi headed by Professor 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: info(at the rate of)ngds-ku.org; Paper Mail: The NGDS Pilot Project, University of Karachi, Box 8406, Karachi 75270; Telephone: 9926 1300-6 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, 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 2500 students measured and methods developed to determine detailed growth-and-obesity profiles of children. In this connection, periodic measurements of height and weight of your children shall be taken. A general check up shall also be conducted to rule out factors affecting growth. During the first checkup heights and weights of biological father and biological mother shall be taken. Your children shall be re-measured after 5 months. You will receive a detailed growth-and-obesity profile (sample available at: [http://www.ngds-ku.org/ngds\\_folder/Growth Monitoring.pdf](http://www.ngds-ku.org/ngds_folder/Growth Monitoring.pdf)) of each participating child (tall OR stunted, obese OR wasted, optimum weight-for-height, final height), with specific recommendations regarding your child’s health improvement, in particular, induction into the armed forces. Your children shall, also, be screened for poor posture and gait, using photographic, moiré, raster and video recording techniques (essential to establish a proper diagnosis) as well as presence of spinal curvatures, especially scoliosis — a deformity, which can disfigure the whole body and affect vital organs.

The data, the photographs, the moiré, the raster and the videos may be reported in research papers and used for training purposes. The Project Website <http://ngds-ku.org> has photographs of procedures and reading material. All records shall remain confidential. Abnormalities detected shall be communicated to the parents. As per international standards (as well as those of the Armed Forces), your children shall be checked in the Dress Code 0/0.5 (See Prof. Kamal’s *Manual for Anthropometric Measurements* [http://www.ngds-ku.org/ngds\\_folder/M02.pdf](http://www.ngds-ku.org/ngds_folder/M02.pdf) for explanation).

Professor Dr. Syed Arif Kamal, a graduate of the Johns Hopkins University (USA) with over 29-year experience, is author of more than 110 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 as well as study posture and gait of children. He implemented moiré systems at Malmö General Hospital (Sweden) and JW Riley Hospital for Children (Indianapolis, USA). Further, he lectured on moiré techniques at Harvard Medical School (USA) and AS-ICTP (Italy). In addition, he trained master anthropometrists of TAWANA PAKISTAN (at the Aga Khan University Medical College) and students of Department of Special Education, University of Karachi.

Kindly, fill in the following and *send back the entire form positively* on the next working day. Alternately, send the scanned version as e-mail attachment (must bring original slip at the time of check up); e-mail subject must start with SGPP: You’ll receive appointment letter/e-mail with date, time and venue of the check up as well as instructions to prepare the children. This form can, also, be downloaded from:

<[http://www.ngds-ku.org/ngds\\_folder/Protocols/SGPP\\_form.pdf](http://www.ngds-ku.org/ngds_folder/Protocols/SGPP_form.pdf)>

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Project Director

UNIVERSITY OF KARACHI

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

\* SGPP-KHI-2011

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(Please do not write anything in the box above)

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

FATHER’S NAME \_\_\_\_\_ Date of Birth \_\_\_\_\_ Signatures \_\_\_\_\_

Father’s Education \_\_\_\_\_ Father’s Occupation \_\_\_\_\_ Pakistan National (Yes/No) \_\_\_\_\_

MOTHER’S NAME \_\_\_\_\_ Date of Birth \_\_\_\_\_ Signatures \_\_\_\_\_

Mother’s Education \_\_\_\_\_ Mother’s Occupation \_\_\_\_\_ Pakistan National (Yes/No) \_\_\_\_\_

Telephone Number \_\_\_\_\_ Best Time to Call \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_

Children: Please, enter your vehicle number, year of registration, make and color on the back of this slip

NAME and Signatures	Boy or Girl	Date of Birth	Name of School	GR Number	Class and Section	Birth Length (cm)	Birth Mass (kg)	* D	* B

\* To be filled in by the project staff

Please, enroll our family in SGPP.

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URL: <http://ngds-ku.org> • e-mail: SGPP(at the rate of)ngds-ku.org