



کراچی یونیورسٹی

University of Karachi
THE NGDS PILOT PROJECT



Army Public School • Bahria College • Beacon Light Academy • Fazaia Degree College

Dear Parent, Quote this reference in future correspondence **NGDS-KHI-SCH-2016-** (fill in GR No. here)

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, PO Box 8423, University of Karachi, Karachi 75270 • telephone: +92 21 9926 1300-15 ext. 2293] 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 roadmaps. 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 <http://www.ngds-ku.org/Articles/A28.pdf> of each participating student, tall or stunted, obese or wasted, optimal weight-for-height, estimated-adult height, with month-wise recommendations to pickup height and reduce/gain weight — <http://www.ngds-ku.org/Presentations/Vector.pdf>

The data obtained may be reported in research papers in collective form. The Project Website has photographs of procedures and reading material. 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 of Pakistan), the students shall be checked the Dress Code 0/0.5 — see *Manual for Anthropometric Measurements* http://www.ngds-ku.org/ngds_folder/M02.pdf for explanation.

The Project Director, Prof. Dr. Syed Arif Kamal, PhD (Mathematical Neuroscience), Director, SF-Growth-and-Imaging Laboratory, Chairman, Department of Health, Physical Education and Sports Sciences, Dean, Faculty of Science, Acting Vice Chancellor, University of Karachi, 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 35-year experience, is author of more than 170 research papers. He modeled growth of children, the human brain, the human spinal column and the human heart. In addition, he used moiré techniques to detect, document 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. 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 and send back filled and signed slip on the next working day. Date(s) of check up and instructions shall be communicated to the student, once the school receives this information. This form may be downloaded from http://www.ngds-ku.org/ngds_folder/Protocols/NGDS_Form.pdf

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The Principal

UNIVERSITY OF KARACHI Beacon Light Academy, 'O' Levels, Karachi (civilian school) **The NGDS Pilot Project**
 Army Public School, 'O' Levels, Karachi Bahria College, MT Khan Road, Karachi Fazaia Degree College, 'Faisal', Karachi
Note: All names must be written in **BLOCK LETTERS.** **NGDS-KHI-SCH-2016-** Version 9.11 (2016-04-07)
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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 _____ Blood Group _____ Father's Occupation _____ Pakistan National (Yes/No) _____
MOTHER'S NAME _____ Date of Birth _____ Signatures _____
Mother's Education _____ Blood Group _____ Mother's Occupation _____ Pakistan National (Yes/No) _____
Address _____
Telephone Number _____ Best Time to Call _____ e-mail _____

Brothers/Sisters of the Student (3-10 years): _____ Describe any aspect related to 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*
Continue on Back									

*Head-to-toe (complete) exam by pediatrician **Please enroll our children in the NGDS Program.**