Dear Friend,

I am working on a research project for the ICMR. We are studying the trends in onset of menarche in school girls and its relationship to various factors such as physical growth, diet, exercise, etc. We would like you to answer some questions and allow us to take some measurements such as height, weight, mid-arm, chest, waist and hip circumferences, and gather some information about your diet and exercise practices. We will also be giving you a handout and a class to teach you about good practices of menstrual hygiene.

All the information we collect for this study will be kept confidential and will not be given to anyone outside the study.

PRINCIPAL INVESTIGATOR NAME:

TEL. NO:

GUIDE’S NAME:

TEL. NO: