ACKNOWLEDGEMENT

Allah, the Lord of the worlds, the Compassionate, the Merciful, the Provider. It’s He who bestows success and guides us to the right path. All praises and thanks to the Lord for His favours to me in completing this work.

I express my deep sense of gratitude to my reverend teacher and guide Prof. (Mrs.) Farzana Alim, Chairperson and Dean, Department of Home Science, Faculty of Agricultural Sciences, AMU, Aligarh, for her personal supervision, scrupulous attention, careful scrutiny, valuable suggestions, magical motivation and cooperation which helped me in the successful completion of this thesis.

I am grateful to my teachers Dr. Anisa Durrani, Dr. Saba Khan, Ms. Noorus Sabah Alam, Dr. Heena K. Bijli and other staff members of the Department of Home Science for their moral support.

I am also grateful to Mr. Ashwaq Ahmad, Systems Programmer, Computer Centre, A.M.U., Aligarh, Dr. Abu Sufiyan Zilli, Chairman, Department of Psychology, A.M.U., Aligarh, Dr. D.N. Pandey, Ex-Professor, S.N. Medical College, Agra for providing all sorts of help and Mr. Kafeel A. Khan for typing the manuscript neatly.

Keen hearty special thanks to my friends and colleagues, Irmeen, Manju, Sameena, Kusum Didi, Anjali, Tanuja, Gauri, Farhat for their help and support.

I find no words to give vent to my feeling towards my parents Mrs. Rana Rais and Mr. S.N. Rais, my sister Namra, brothers Imran, Burhan, Usman and my in-laws. I am immensely obliged to my husband Mr. Adnan Hafiz, for advising me right from the beginning of the study till drawing of conclusions.

I wish to express sincere thanks to Allah Almighty again for blessing me with such lovely children Anas and Amna who cooperated and cheered me up at every milestone with their lovely smiles.

Many more people helped me, if I have not listed their names it is not for the lack of gratitude but for the lack of space, to all of them, I give my sincere thanks.

But then again, “The pen is the tongue of mind; gratitude is the heart’s memory”. Although thanks are a poor expression of the deep sense of gratitude, one feels in the heart, yet there is no better way to express it.

AMU Aligarh
(Subhana Rais)
Dated: