Acknowledgement

If words are considered as symbols of approval and token of acknowledgement, then they play the role of thanks to exhibit the deeply embedded feelings of gratitude. The author heartily acknowledges the benevolence of God.

The author expresses her sincere and reverential gratitude to Dr. T.S. Avinashilingam, the founder and first Chancellor of Avinashilingam Deemed University for Women and Padmashri Dr. (Mrs.) Rajammal P. Devadas, Former Chancellor, Avinashilingam Deemed University for Women, Coimbatore, for their heavenly blessings.

The author owes her gratitude and sincere thanks to Thiru. T.K. Shanmuganandam, Chancellor, Avinashilingam Deemed University for Women, Coimbatore, for all the amenities provided for the conduct of the study.

The author is highly indebted to Dr. (Mrs.) Sheela Ramachandran, Vice-Chancellor, Avinashilingam Deemed University for Women, Coimbatore, for extending all possible help towards the completion of the study.

The author expresses her deep sense of gratitude to Dr. (Mrs.) Gowri Ramakrishnan, Registrar, Avinashilingam Deemed University for Women, Coimbatore, for her immense help for the smooth conduct of the study.

The author expresses her deep sense of gratitude to Dr. (Mrs.) R. Parvatham, Dean, Faculty of Science, Professor and Head, Department of Biochemistry, Biotechnology and Bioinformatics, Avinashilingam Deemed University for Women, Coimbatore, for her valuable support rendered throughout the study.
The author whole heartedly expresses her heartfelt thanks and sincere gratitude to Dr. (Mrs.) G.P. Jeyanthi, Professor, Department of Biochemistry, Biotechnology and Bioinformatics, Avinashilingam Deemed University for Women, Coimbatore, for her inspiring guidance, meticulous care, explicit instructions, sustained encouragement, remarkable motivation and untiring patience rendered during each and every step in the course of the work.

The author records her deep sense of gratitude to Thiru. C. Soundarraj, Managing Trustee and Thiru. R. Vijayakumar, Joint Managing Trustee, SNR Sons Charitable Trust, Coimbatore, for granting permission to complete her research studies.

The author extends her heartfelt thanks to Thiru. C.V. Ramkumar, Secretary and Dr. (Mrs.) Saviithiri, Principal, Sri Ramakrishna College of Arts and Science for Women, Coimbatore, for their magnificent help and facilities provided to carry out the research.

The author places on record her heartfelt thanks to Dr. Thilagam Rajesh, M.B.,B.S., Medical Director, KR Hospital and Dr. G. Viswanathan, M.B.,B.S., MS., DLO., Medical Director, Snekaram Hospital, Coimbatore, for their help rendered and facilities provided for the study.

The author wishes to express her deep sense of gratitude to Dr. Manasi. K. Chavan, M.B.B.S., MD., Professor, Department of Community Medicine, BYL Nair Medical College, Mumbai, for her valuable guidance and suggestions provided.

The author expresses her special gratitude to her parents, husband Dr. K. Suresh, M.B.,B.S., DHA, PG. Dip.Diabetology, PGCDFM., Diabetologist and Podiatric Physician, SPC Diabetes Care Centre, Coimbatore,
son, S.Pranesh and brothers for their unconditional sacrifices, encouragement and moral support that helped her to fulfill this goal in her life.

Finally, the author acknowledges the help of all the well wishers who have extended their valuable support during the course of the study.