ACKNOWLEDGEMENTS

I express my deep sense of gratitude to my guide, Dr. G. Subbulakshmi, Professor and Head, Department of Food Science and Nutrition, for having converted the thought of research into reality. But for her encouragement and persuasion, keen interest in this study and immense cooperation, it would not have been possible to complete this piece of research. Dr. Subbulakshmi was not only my guide but a friend and philosopher as well. Her guidance during the field work, analysis and the drafting of thesis and her philosophical approach encouraged me in continuing my efforts to proceed further.

I am grateful to Dr. Mala, Medical Officer of Health, Bangalore City Corporation for permitting to select the subjects for the study from various corporation maternity homes. In this connection, I must thank Dr. Gowreshwari, Deputy Health Officer, Bangalore and Dr. Sannrangegowda, Medical Officer, Bangalore City Corporation, who assisted me in the process of seeking permission from Bangalore City Corporation.

I express my sincere thanks to all the doctors incharge of maternity homes for rendering their helping hand and also for their cooperation during my visits to their maternity homes.

I wish to thank Dr. M. A. Varghese, Director, Department of Post-Graduate Studies and Research in Home Science, S.N.D.T. Women's University Bombay for giving me permission to carry out my research work.
I would like to extend my sincere thanks to Dr. C. Shivram, Professor and Head, Department of Community Medicine, M.S. Ramiah Medical College, Bangalore for his valuable and practical suggestions while conducting this research.

I wish to thank all my subjects for the study for extending their full cooperation during the investigation.

I extend my sincere thanks to Dr. J.C. Sharma, Head (EDP), Tata Institute of Social Sciences, Bombay for giving me valuable guidance in the statistical interpretation of the data. I am also grateful to Dr. V. Gowri and Dr. D.P. Singh, Lecturers, Department of Research Methodology, Tata Institute of Social Sciences, Bombay, who have spared their precious time for me for statistical consultation.

My special thanks to the staff, Department of Food Science and Nutrition, S.N.D.T. University, who have helped me in various ways in completing this thesis.

I express my sincere thanks to Mr. Biren Merchant for doing a good job of typing thesis and preparing the graphics.

I would like to extend my thanks to Dr. M.P. Vaidehi, Professor and Head, Department of Home Economics, UAS, Hebbal, Bangalore, for permitting me to be on leave, which helped me in writing the thesis peacefully.

My thanks are also due to my colleagues in the department and all my well-wishers who were a continuous source of moral support throughout the research period.