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 favors to me in completing this work.

I express my deep sense of gratitude to my reverend teacher and guide Prof. (Mrs.) Farzana Alam, 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 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. Salman Khalid, Lecturer, Department of Community Medicine, JNMC, A.M.U., Aligarh, Dr. Manazir, Chairman, Department of Pediatrics, JNMC, A.M.U., Aligarh, Dr. Ali Jafar Abidi, Medical Officer, Urban Health Training Centre, Aligarh Muslim University, Aligarh 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 Miss. Sher, Guest Faculty, Department of Home Science, A.M.U., Aligarh,
Mrs. Subhana Rais, Manju, Sameena, Kusum, Anjali, Tanuja, Gauri and Farhat for their help and support.

I find no words to give vent to my feeling towards my parents Mr. Mirza Ahmad Hasan and Mrs. Naushabah Mirza, my sister Mrs. Razia Ahmad and brother-in-law Mr. Nawab Ibrar Ahmad and my all brothers.

I wish to express sincere thanks to Allah Almighty again for blessing me with such lovely nieces Miss. Tahira Mishkat and Saman Mirza and nephews Areeb Ahmad and Salim Mirza 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 hearts memory". Although thanks is 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
Dated:

Irmeen Mirza

(Irmeen Mirza)