IN THE DEDICATION TO MY BELOVED GURU

“PARAMPUJYA SWAMI VIDYANANDA”
ACKNOWLEDGEMENT

It is with great privilege, I express my most humble and profound gratitude to my respected teachers and guides Dr. S.A.K.Durga, and Dr. Neera. Grover for their able guidance, supervision, invaluable suggestions, kind help and constant encouragement throughout the course of my study and in preparation of this dissertation.

No amount of words can measure up to the deep sense of gratitude and thankfulness that I feel towards Mr. Madhusudan. Kamat and Mrs Nayan Kamat (my parents), Mr. Girish. Nadkarni (my husband), Mr Subhash. Nadkarni and Mrs. Usha. Nadkarni (my in-laws) and Mr. Shantanu. Nadkarni (my brother in-law) whose cherished blessings and countless sacrifices are behind whatever success I have achieved in my life.

I offer my sincere thanks to my family members- Mr. Jayant. Potdar and Mrs. Shalini. Potdar and family, Mr. Sitakant Kamat and Mrs. Meera. Kamat and family, Mr. Subray. Prabhudessai and Mrs. Lalita. Prabhudessai and family, Mr. Venkatesh. Nayak and Mrs Asha. Nayak and family, Mr Ram Prabhudessai and Mrs. Sonali. Prabhudessai and Miss. Shambhavi. Prabhudessai for their companionship, enduring encouragement sacrifice and kind support.

This acknowledgement will remain incomplete if I do not mention the cooperation of my lovely daughter Miss. Tanaya. Girish. Nadkarni.
I express my sincere gratitude to Dr. Sangeeta. Bapat (Associate Professor, SNDT Women’s University) for timely help and enduring encouragement that I received during the course of study.

I express my sincere gratitude to Dr. P.F.Kotur (Registrar, KLE University Belgaum), Dr. V.D. Patil (Principal, J.N.Medical College Belgaum) for their support and permission to undertake this study.

I express my deep sense of gratitude to Dr. Vijaya. Naik (Professor and Head, Department of the Community Medicine J.N.Medical College Belgaum), Dr. Rekha. Patil (Professor, General Medicine J.N.Medical College Belgaum) for guiding me in the medical field and for their valuable timely suggestions, enduring encouragement, willingness to help at all time and their support.

I immensely thank Mr. M.D.Mallapur (M.Sc Lecturer in Statistics, Department of Community Medicine, J.N.Medical College Belgaum) for his valuable help in the statistical analysis of this study.

I would to thank Mr. Suresh. Hundre (Director, Polyhydron Pvt. Ltd, Belgaum for sponsoring the test results for the study of the Diabetes)

I also thank the Dr. Avinash. Kavi (Medical Officer of the Urban health Centre, Ashok Nagar, Belgaum), Dr. Namrata, Mrs.Bharti and Mrs. Mallamma (ANM’s urban
health Centre, Ashok Nagar, Belgaum), Mr. Raju (peon, urban health centre, Ashok Nagar, Belgaum) for their kind co-operation from time to time at the study centre.

I also thank the members of the Ramtatva Yog Mandir, Khanapur road, Belgaum for their co-operation in conducting my study at their centre.

I would like to acknowledge the tireless work of GET-IN internet centre for the excellent data processing, printing and help in the completion of this thesis and also I would like to thank all the others who have directly or indirectly helped me for accomplishing this task.

Last but not the least it’s my duty to thank all the subjects who have whole heartedly participated in this study and have made this study complete.

I bow my head in respect before God the almighty.

Mrs. Durga. Kamat-Nadkarni.