Acknowledgements

I desire to record my thanks to:

- God Almighty, for his grace that guided me throughout this endeavour.
- My guide, Dr. K. V. Indulekha, Reader, Department of Home Science, St. Teresa's College, Ernakulam, for her expert and patient guidance.
- Principal, St. Teresa's College, Ernakulam, in whose Research Centre I was permitted to carry on my research.
- The office staff, St. Teresa's College, Ernakulam, for their kind co-operation and friendliness in making my work easy.
- The Principal and Staff of CMS College, Kottayam, for their help and encouragement.
- The District Social Welfare Officers of ICDS, the Teachers and Ayahs of Anganwadies and Balwadies for patient answering of all my queries.
- The staff of Mahatma Gandhi University, Kottayam, for their kindness in furnishing me with information regarding research procedure.
- Mrs. Elizabeth Alexander, Panampunnayil, who helped in proof reading.
- The three hundred children of the Anganwadies and Balwadies who made my research possible.
- The staff of Jawaharlal Nehru University Library; British Consulate Library; NIPCCID Library, New Delhi; Avinashilingam Deemed University Library, Coimbatore; Mahatma Gandhi University Library, Kottayam; Public Library, Kottayam; St. Teresa's College Library, Ernakulam; and CMS College Library, Kottayam, for providing access to the available literature.
- My husband and children who supported me from the very beginning of my work by their patient endurance.
- And finally, my special thanks to M/s Copy Write, Ettumaanoor, for their prompt and neat execution of the word processing and photocopying of this manuscript.

Miriam Mani