Acknowledgment

"God help those who help themselves"

First of all, I would like to symbolize my heartful devotion to God for his graceful blessings at every step and extra spiritual force that makes us champions in our life, without which I could not be what I am today.

The precious gift of learning is a depth that is difficult to pay; only gratitude can be felt. During my journey of PhD study I met so many people belonging to various strata of life who expressed their opinions about my work for developing my study into a pragmatic one and results of which could be utilized for further amelioration in the condition of heath care workers. Although there are many whom I came across but there are few I would like to mention separately without whom my study would not have been materialized.

In particular I am indebted to my guide Dr.(Mrs.) Veena Gandotra, Ex. Head Department of Home management and Ex. Dean of Faculty of Home Science, who had faith in my ability to comprehend and express things and had a lot of influence on my work. She helped me to clarify my thoughts and guiding me in right direction in today's perspective. I have true sight and regards for her valuable guidance and suggestions for accomplishment of each phase of the study.

I have no words to express my deep gratitude to Dr. (Mrs.) Promila Sharma, Head of department of Family Resource Management, G.B.Pant University of Agriculture and Technology, Pantnagar. She is really been a source of constant motivation for me to continuously work and improve my work and achieve present standard.

I wish to express sincere thanks to Dr. (Mrs.) Maneesha Shukul, head of Department of Home Management, Faculty of Home Science, M. S. University of Baroda for her invaluable guidance and constructive suggestions.

My heartfelt thanks to Dr. D. Majmudar (Scientist), D.R.D.O, New Delhi, for his valuable suggestions and wise counseling for improving the methodology of my study without which it would have been impossible to accomplish the study.

I knew that someday I would be writing about my parents and about their significance in my life, but I never expected it to be so soon. It was just like a drop in ocean, yet I would like to thanks my parents Dr. Gopal Krishna and Mrs. Madhu for their relentless support and the faith they displayed in my ability and resolve to complete my study. They also whispered the words of encouragement and made helpful suggestions during times when I was low, which really helped me a lot in rejuvenating me and start with new vigor towards achieving my goal.

I have extremely grateful to my sister Mrs. Swati Rohilla, brother-in-law Mr. Pradeep Rohilla and brother Mr. Sumek for their sacrifices, cooperation, endless love and affection. Much more than words can never expressed.

Friendship happens in that special movement when someone reaches out to another trusts, comforts, believes in another and makes a special difference that no one can make. I ex[press my deep emotional sense of feelings towards the crucial role played by my friends Capt. S.P.Singh and Nidhi for their continuous support and innovative ideas.

I am also thankful to entire teaching and non teaching staff of Home Management Department for the help provided during the study directly or indirectly.

I would also like to thanks Dr. Shakti Baijal, Vice- Principal Mody College of Arts, Science and Commerce for her kind support in lending a helping hand whenever I am in need.

My acknowledgement would be incomplete if I fail to express me sincere gratitude to health care workers of all government hospitals selected for the present study, who kindly consented to spare their valuable time for my study and their keen of interest.

And finally my heart felt gratitude to all who made me look into every nook and cranny of my study and hence rectifying minute errors.

/muti Ms. Smriti Krishna.