

**Dual Nutrition Burden in Urban women from  
Low Middle Income Families**

*By*

**Anshi Goel  
(15PHFNP001)**

*Supervisor*

**Dr. A. Thirumani Devi**

Thesis Submitted to the  
Avinashilingam Institute for Home Science and Higher Education for Women,  
Coimbatore – 641 043.

In Partial Fulfilment of the Requirements for the Degree of  
**Doctor of Philosophy in Food Science and Nutrition**

**January, 2021**