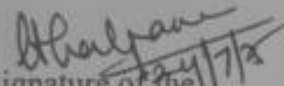


CERTIFICATE

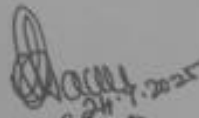
This is to certify that thesis titled 'Effect of Nutrition Intervention Programs on Nutritional Status and Nutritional Knowledge of PCOS Young Adult Women' submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in partial fulfilment of the requirements for the award of Degree of Doctor of Philosophy in Food Science and Nutrition, is a record of original research work done by Jolly T T during the period of her study in the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, under my supervision and guidance and the dissertation has not formed the basis for the award of any Degree/Diploma/Associate ship/Fellowship or similar title to any candidate of any other university and it represent an entirely independent work on the part of the candidate.


Signature of the

Head of the Department


24.7.25

Signature of the
Supervisor

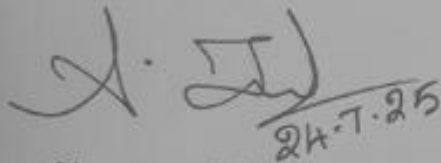

24.7.25

Signature of the Dean

Declaration

DECLARATION

I declare that the thesis entitled 'Effect of Nutrition Intervention Programs on Nutritional Status and Nutritional Knowledge of PCOS Young Adult Women' submitted by me for the award of Degree of Doctor of Philosophy is the record work carried out by me during the period from 2022 to 2025 under the guidance of Dr. A. Thirumani Devi, Professor and Former Head of the Department, Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore and has not formed the basis for the award for any Degree/Diploma/Associate ship/Fellowship/Titles in this University or any other University or other similar Institution of Higher learning.



Signature of the Supervisor

24.7.25



Signature of the Candidate

24/7/25

ACKNOWLEDGEMENT

First and Foremost, author pays honour to the God Almighty for his infinite grace, benevolence, and immense blessings showered on her throughout the study which helped her to overcome the hurdles, paving way for successful completion of the study.

The author owes her reverential gratitude and due respect to **Padma Bhushan Dr T.S. Avinashilingam**, Founder President and first Chancellor of Sri Avinashilingam Educational Trust and Institutions. The author pays her due respect to the First Vice Chancellor of the Institute, **Padma Shri Dr. Rajammal P. Devadas**, an international educationist and nutritionist worked for the development of Women and children.

The author would like to thank, Managing Trustee and Chancellor **Dr. T.S.K. Meenakshisundaram**, for providing all the facilities and support required for completion of the study. The author expresses her deep sense of gratitude and heartfelt thanks to **Prof. S. P. Thyagarajan**, Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for permitting to utilize the infrastructure of the University for carrying out her research work effectively.

She expresses her sincere thanks to **Dr. Bharathi Harishankar**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing constant guidance and support during the study period. She also expresses her deep sense of indebtedness to **Dr. S. Kowsalya**, Former Registrar, and **Dr. H. Indu**, Registrar (i/c), Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for facilitating and providing constant support for the smooth conduct of the study.

The author expresses her gratitude to **Dr. K. Manimozhi**, Former Controller of Examination and **Dr. K. Sambath Rani**, Controller of Examination (i/c), Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for extending all possible help towards the submission of this work.

She would like to gratefully acknowledge her heartfelt thanks to **Dr. N Vasugi**, Former Dean, and **Dr. S. Amsamani**, Dean, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for the constant concern and guidance rendered during the course of the study.

I would like to express my heartfelt gratitude to my Research Supervisor, **Dr. A Thirumani Devi**, Professor, Department of Food Science and Nutrition, for her invaluable support, guidance, and encouragement throughout my study. Her profound expertise and insightful feedback have been instrumental in shaping this research and ensuring its successful completion. I am deeply indebted to her for her constructive criticism, meticulous attention to detail, and unwavering commitment to my academic growth. Her mentorship has not only enriched my research journey but has also inspired me to strive for excellence in my work.

The author also thanks **Dr. P Lalitha**, Director, Research and Development cell, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her professional advice and insightful knowledge shared in the academic sessions related to Research and Publication.

The author express her immense thanks to **Dr C.A.Kalpana**, Professor and Head, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, and fruitful suggestions towards the completion of this study.

She also owes her sincere thanks to all the **Faculty Members** of the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for their supportive guidance.

The author profoundly expressed gratitude to the **Principals** of Vimala College, St Mary's College, Little Flower College, St Joseph's college and Carmel College who allowed me to conduct the study.

The investigator extends heartfelt thanks to all the **participants** who were very co-operative and has spent their valuable time for the effective completion of the study.

The researcher places her immense gratitude and heartfelt sincere thanks to **Ph.D scholars and Lab Assistants**, the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, who had also been part of the journey during the crucial hours and also rendering their constant support.

The investigator takes this opportunity to record my deepest appreciation to my **lovable friends** for their spontaneous encouragement and long –lasting moral support in all my endeavours.

I extend my heartfelt gratitude to my respected Provincial Superior, **Mother Saly Paul**, along with the councillors and all the former provincial teams of Nirmala Province, Thrissur, for their unwavering support and encouragement throughout my academic journey. My sincere indebtedness also goes to **all the sisters of Nirmala Province**, particularly **Mother Superiors and Community members of St. Xavier’s Convent and Divya Bhavan Convent Cheroor**, for their constant prayers and moral support.

I express my profound gratitude to my family members for their patience, motivation, and unwavering belief in me during this endeavour. Their collective support has been a cornerstone of my success.