Improper functioning of hormonal glands can bring about a wide variety of physical, psychological and emotional changes in the individuals. Socio cultural factors also play an important role in the molding of an individual’s personality. Education, mannerisms, values, attitude, beliefs, morals, ethics, prejudices and certain specific behaviors are to a greater extent determined by our family and culture environment. Teachers and peer group also have a significant impact on our personality. Peer group refers to other children of the same age who study with or play with the child.

Diet plays a vital role in the maintenance of good health and in the prevention and cure of disease. The human body builds up and maintains healthy cells, tissues, glands and organs with the help of various nutrients. The body cannot perform any of its functions be they metabolic, hormonal, mental, physical or chemical without specific nutrients.