

## ACKNOWLEDGEMENT

First and foremost the investigator offer her praise to **God Almighty** for His grace and blessing throughout her research work.

The investigator wishes to place on record her respectful gratitude to **Dr. (Thiru) T.S.Avinashilingam**, Founder and First Chancellor, **Padmashree, Hony. Colonel Dr. (Tmt). Rajammal P.Devadas**, Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for providing the infrastructure in this premier institute of learning.

The investigator expresses her sincere thanks and gratitude to **Dr.T.S.K. Meenakshisundaram, Former Chancellor**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for giving official permission and academic support for the conduct of the study.

The investigator expresses her profound sense of gratitude and sincere thanks to **Dr. Padmashri. P. R. Krishnakumar, Chancellor, and Dr.(Tmt) Premavathy Vijayan, Vice Chancellor**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for giving me an opportunity to undertake Ph.D programme in this esteemed Institution.

The investigator enunciates her respectful appreciation to **Dr. S.Kowsalya, Registrar**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her encouragement throughout the course of the study.

The investigator expresses her profound thanks to **Dr. A. Venmathi, Former Registrar in-charge**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for facilitating and providing amenities in the smooth conduct of the study.

The investigator desires to affirm her gratitude to **Dr. (Tmt). N. Vasugi, Dean**, Dean, Faculty of Home Science for her motivation to execute this research.

The investigator expresses her gratitude to **Dr. K. Manimozhi, Controller of Examinations**, for her support and encouragement for the submission of this research work.

She offers her profuse thanks to **Dr. G.P. Jeyanthi, Former Controller of Examinations and Director, Research and Consultancy**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her most needed valuable suggestions and guidance at each and every step for the submission of this research work.

The investigator would like to express her humble note of thanks to **Dr. (Mrs). G.Vasanthamani**, Professor and Former Head, Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore.

The investigator gratefully acknowledge **Dr.(Mrs).V.SaradhaRamadas**, Professor and Head, Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore, for her support and encouragement throughout the period of the study.

At this moment of accomplishment the investigator expresses her deep sense of gratitude and whole hearted thanks to her research supervisor **Dr. (Mrs). S. Uma Mageshwari, Associate Professor, Department of Food Service Management and Dietetics**, Avinashilingam Deemed University for Women, Coimbatore for providing her with the most needed unflinching encouragement and support, whose insights have inspired and enriched her growth as a researcher. The researcher is grateful for her patience, guidance and extensive discussions throughout her research work.

The investigator acknowledges her gratitude to **all the staff members** of the **Department of Food Service Management and Dietetics**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for their constant words of encouragement and support that has helped in her research.

The investigator records her heartfelt thanks to **Mr. Ravi Kumar, Assistant General Manager, Bharat Sanchar Nigam Limited, Saibaba Colony and Principal general Manager, Central Telephone Exchange, Coimbatore** for their timely help and assistance in conducting the study.

The investigator wishes to place on record her gratefulness to **Mr. Karthick, Eat a Lot Bakery** for extending their support in facilitating the research work.

The investigator greatly appreciates and acknowledges the help rendered by **Hi-Tech laboratory** for the study.

The investigator expresses her heartfelt thanks to her parents **Mr. Esau Raihing and Mrs. Teily Raihing** whose constant prayers, love, support and lifting me uphill this phase of life. I owe everything to them.

The investigator acknowledges her heartfelt gratitude to **Ms. Arul Mozhi**, for her patience and help rendered for the study.

I take this opportunity to sincerely acknowledge the UGC for granting me financial assistance for my research work. This research fellowship which buttressed me to perform my work comfortably.

Lastly, the investigator offers her regards and profound thanks to all her friends and all those who supported her in any respect during the course and completion of the study.