

ACKNOWLEDGEMENT

First and foremost, praises and thanks to the **God Almighty** for giving me strength, wisdom, health, courage and for showering his blessings throughout my research work to complete the thesis successfully and dedicates this humble work to my beloved grandparents.

I take this opportunity to sincerely acknowledge and pay reverential homage to Late **Dr. T. S. Avinashilingam**, The Founder and respectful homage to the Doyen of Nutrition Late Hon, Colonal **Dr. (Tmt.) Padmashri, Dr. Rajammal. P. Devadas**, Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing education in this temple of learning.

I express my gratitude to **SRI. T.S.K. Meenakshi Sundaram, M.A., M.Phil., Ph.D. (Honoris Caussa)**, Managing Trustee, Avinashilingam Institute for Home science and Higher Education for Women University, Coimbatore, for being a perennial source of inspiration.

I express my sincere thanks to **Prof. S. P. Thyagarajan, Ph.D., M.D., Chancellor**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for having provided the infrastructure and all amenities to conduct the study.

I record my gratitude and heartfelt thanks to **Dr. (Mrs.) Premavathy Vijayan, M.Sc., M.Ed., Dip. Spl. Edu. Ph.D.**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for facilitating to complete the study.

My sincere thanks to **Dr. (Mrs.) S. Kowsalya, M.Sc., M.Phil., Ph.D.**, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her motivation and help in the conduct of the study.

I remain extremely gratitude to **Dr. (Mrs.) K. Manimozhi, M.S., B.Ed., M.Phil., Ph.D.**, Controller of Examination, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for extending all possible help towards the submission of this work.

I express my deepest sense of gratitude to **Dr. G.P. Jeyanthi, M.Sc., M.Phil., Ph.D.**, Research and Consultancy, Avinashilingam Institute for Home science and Higher Education for Women University, for Women, Coimbatore for her help and valuable suggestions during the tenure of my research work.

I am greatly indebted and thankful to **Dr. (Mrs.) N. Vasuki M.Sc., Phil., Ph.D.**, Dean, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her continued interest and constant support in the conduct of thesis work.

I feel highly fortunate to manifest my glowing sense of gratitude with deepest respect to my Supervisor and Head of the Department **Dr. S. Uma Mageshwari, M.Sc., M.Phil., Ph.D.**, Dean Student Affairs, Professor, Department of Food Service Management and Dietetics, Avinashilingam Institute for Home science and Higher Education for Women University, Coimbatore, for her eminent guidance, untiring effort, patience, dynamic guidance, valuable and timely suggestions. Her constant encouragement and support have made this research work a successful and memorable one. I am ever indebted to her for taking the time and effort and motivating me to constructive criticisms provided at every stage of the research. I thank her for being my inspiration and the driving force to do the research ethically. The work ethics and research I learnt from her will be my greatest wealth.

I express my deep sense of gratitude to **Dr. (Mrs.) Sarada Ramadas, M.Sc. (HM), M.Phil., MBA, Ph.D.**, Former Professor and Head, Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for the constant support during the period.

I express my sincere gratitude and greatly indebted to **Dr. Mohana Vi.Ramesh, Obstetrician and Gynecologist**, Karuna Women's Clinic, Saravanampatti, Coimbatore for granting permission to conduct the study at her clinic and providing a great source of inspiration, support and constant guidance throughout the period of the study.

Profound sense of gratitude is expressed to **Dr. A. Saraswathy, M.B.B.S.**, Medical Officer, Medical Health Centre, Avinashilingam Institute for Home science and Higher Education for Women University, for Women, Coimbatore for her great source of spontaneous help, continuing support and guidance throughout for data collection.

I express my thanks and gratitude to **all the Staff** members of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for their incessant guidance, constant support, valuable help, patience and encouragement shown throughout the period of the study.

I express my thank to Mr. Selvakumar, Euro Informatics and Mrs. R. Kalpana, High-Tech Solutions, Coimbatore for their support and help rendered in documentation and statistical interpretation during the tenure of the study.

The author offers her special thanks to all the participants who participated in the study, for their kind co-operation, help and support to complete the study.

I sincerely thank my **fellow Research Scholars** of Department of Food Service Management and Dietetics in Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for their constant help and support during my research work.

I express my profound and deep sense of gratitude to **UGC Swami Vivekanandha Single Girl Child Scholarship for Research in Social Sciences (SVSGC 2018-2019)** for granting and for financial assistance and **Mrs. Thenmozhi** and **Mrs. Anitha** from Avinashilingam Institute for Home science and Higher Education for Women University, Coimbatore for the smooth conduct of the fellowship.

I take this opportunity to record my deepest appreciation to **my lovable friends** for their spontaneous encouragement and long-lasting moral support in all my endeavors.

Words cannot be expressed for the amount of hardships and sacrifice of **my parents** and **all my family members** who encouraged me to follow my dreams and helped me at every stage of my personal and academic life with their unselfish love, prayers, courtesy, wishes and sacrifice.