

ACKNOWLEDGEMENT

First and foremost, I would like to thank **God Almighty** for His grace and uncountable blessings showered throughout the study.

I sincerely acknowledge my gratitude to **Dr. T. S. Avinashilingam**, the Founder and First Chancellor and **Dr. Rajammal. P. Devadas**, Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing this temple of learning and for their heavenly blessings.

I would like to express my deep sense of gratitude to Chancellor **Padmashri. Dr. P. R. Krishnakumar**, Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for all the amenities provided for the conduct of this research work.

I record my gratitude and heartfelt thanks to **Dr. (Mrs.) Premavathy Vijayan**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing all the facilities needed for the completion of this research work.

I remain extremely obliged to **Dr. (Mrs.) S. Kowsalya**, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for extending all possible administrative support and encouragement towards the completion of the study.

I owe my special thanks to **Dr. (Mrs.) K.Manimozhi**, Controller of Examinations and **Dr. (Mrs) G.P. Jeyanthi**, Director (Research and Consultancy), Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for extending all possible help towards the submission of this work.

I extend my profound gratitude to **Dr.N.Vasuki**, Dean, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her encouragement and constant support extended throughout the study.

I am indebted to **Dr. (Mrs.) V. Saradha Ramadas**, Professor and Head, Department of Food Service Management and Dietetics, Avinashilingam Institute Home Science and Higher Education for Women, Coimbatore, for providing all the help in the smooth accomplishment of the study.

With high gratification, I convey my sincere gratitude to my supervisor, **Dr. (Mrs.) V. Premala Priyadharsini**, Professor (SG), Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her guidance, constant encouragement, valuable suggestions and help for the successful completion of this study.

I express my heartfelt thanks to all the **faculty members** and **Lab Assistants** in the Department of Food Service Management and Dietetics for their help rendered to carry out the study successfully.

I am immensely grateful to **Dr.R.M.Vijayakumar**, Professor and Head, Department of Medicinal and Aromatic Crops, Horticulture College and Research Institute, Tamil Nadu Agriculture University, Coimbatore, the doctoral committee member, for giving his constructive criticism and valuable suggestions for this study.

I express my sincere acknowledgement to **Indian Council for Social Science and Research** (ICSSR) for providing financial assistance.

I sincerely thank **K.Rajagopal**, and **M.Thirupandi**, for their technical support rendered.

The author is indebted to her Family and **friends**.