Acknowledgement

This thesis arose out of years of research that has been done. By that time, I have worked with a great number of people whose contribution deserved special mention. It is a pleasure to convey my gratitude to them all in my humble acknowledgment.

In the first place I would like to record my gratitude to my guide Dr. Daxaben N. Mehta, Principal, Smt. S.C.U. Shah Home Science, and C.U. Shah Arts & Commerce, Mahila College. Wadhwancity for her valuable guidance, critical evaluation and timely suggestions in each and every step of this research work. I express my gratitude for her trust, patience and much needed timely encouragement during the course of this work.

I am extremely grateful to Principal Dr. C.B. Kagathara for his advice and kind cooperation. Many thanks go to my institution Shri. U.K.V. Mahila Arts and Home Science College, Keshod to provide me needed facilities and leave during research and data collection.

I would also like to thank Dr. Varshaben Chhichhiya, Dean, Faculty of home science, Saurashtra University, Rajkot who provided her guidance and supported me morally during my work.

I would like thank to the Principals and lecturers of the colleges for their assistance, allowing me to carry out the study and experiment in their colleges.

I would also like to thank all the college students who provided their time with passion and participated in experiment and evaluation.

I also benefited by outstanding help of my son Karan Rajpura and daughter Riddhi Rajpura with their particular skills. Many thanks go to them for working together with me.

Words fail me to express my appreciation to my husband Dr. Raviraj Rajpura whose dedication, love and persistent confidence in me, has taken the load off my shoulder. I owe him for being unselfishly let him intelligence, passions, and ambitions collide with mine.

Finally, I would like to thank everybody who was important to the successful realization of thesis, as well as expressing my apology that I could not mention personally one by one.

Date: / /2014

Mita R. Rajpura