ACKNOWLEDGMENT

I wish to express my deepest and sincere gratitude to Prof. Uhyar V. Mani, Department of Foods and Nutrition, for his invaluable guidance, suggestions and constant encouragement throughout the study. This study would not have been possible without his support.

I am extremely thankful to Dr. (Mrs.) Uma Iyer, Lecturer, Department of Foods and Nutrition, for her invaluable advice and constant support.

Acknowledgement is gratefully extended to Prof. Subadra Seshadri, Head, Department of Foods and Nutrition, for providing all the necessary facilities to carry out this dissertation work and Prof. Anupama Shah, Dean, Faculty of Home Science, for her encouragement throughout this study.

I am highly obliged to Dr. (Mrs.) Indram Mam, Manager, Research and Development, Alembic Works, for her valuable suggestions and help extended during the course of this study.

This study has been possible due to the financial assistance from Science Foundation of G.S.F.C., U.G.C. D.R.S. Phase I and Phase II and M.S.University fellowship. I am grateful to all the sponsors. Further, I am thankful to the officials of G.S.F.C., viz., Mr.S.K.Duggal, Ex-M.D., Dr. M.H. Mehta (Executive Director, R&D), Dr.A.M.Dave (Former Co-Ordinator), Dr.D.J.Patel (Sr.Co-Ordinator) and Dr K.J. Mehta.

I am thankful to Prof. K.G. Hemavathy, Head, Department of Pharmacology, Medical College, Baroda; Prof. Sagun Desai, Head, Department of Pharmacology,
Karamsad College, Anand; Prof. R.S.R. Murthy, Ex-Head, Department of Pharmacy; Faculty of Technology, M.S. University of Baroda, for their help extended in this study.

I am also very thankful to all the subjects of my study without whose co-operation, this study would not have been possible.

I express my sincere appreciation to my friends, Swati, Rhuta, Rohini, Shilpa, Panam, Sonal, Rutu and Nandini, who have extended their help in this study at one time or the other.

I am also thankful to Dr. Kavita Sharma, Lecturer, Department of Foods and Nutrition for her help extended to me in the analysis of the data.

My thanks to Mr. R.S. Buch for meticulous typing of this thesis.

I would like to express my deep gratitude to Rajiv, my husband, for his support and active cooperation, my parents, and the rest of my family without whose constant encouragement, patience and unfailing support this study would not have been possible.

Lastly, but not the least my love and affection to my daughter, Shagun.

CHHAVI GAUTAM