Acknowledgement
ACKNOWLEDGEMENT

Successful work will have in its backdrop the blessings of God, hence the investigator place her humble salutations and prayers to God almighty for His all pervading grace that sustained throughout the study.

The investigator records here reverential gratitude to Late Dr. T.S. Avinashilingam, Founder and First Chancellor, Avinashilingam University for Women, Coimbatore - 641 043, for providing the temple of learning and also for his heavenly blessings. The investigator owes her reverential gratitude to the Doyen of Nutrition, Late Padmashree Colonel Dr. (Tmt) Rajammal P.Devadas, M.A., M.Sc., Ph.D. ,(Ohio State), D.Sc.,(Madras), Hon. D.H.L. (Oregon State), Hon. D.H.L.(Ohio State), D.Sc., (Kanpur), Hon. D.Sc., (Northern Ireland), Former Chancellor, Avinashilingam University for Women, Coimbatore, for giving her this opportunity, inspiring motivation, encouragement, best wishes and blessings.

The with deep respect and reverential gratitude the investigator owes her special thanks to Dr.K.Kulandaivel, M.A.,M.A., (Ohio State), Ph.D., (Chennai), Former Chancellor, Avinashilingam University for Women. Coimbatore, for the timely help in permitting her to carry out this research work in this esteemed University, without which the study would never have seen the light of the day.

The investigator records her sincere gratitude to Mr. T.K. Shanmuganandam, B.A., B.L., Chancellor, Avinashilingam University for Women, Coimbatore, for providing the infrastructure facilities and amenities for the conduct of the study.
She is extremely grateful to **Dr. (Mrs.) Saroja Prabhakaran, M.A., Dip.Ed., Ph.D. (Mother Teresa)**, Vice Chancellor, Avinashilingam University for Women for the good wish, continuous encouragement, constructive criticism, suggestions and evincing keen interest in bringing out this project to its zenith.

The investigator’s deepest thanks is extended to **Dr. (Tmt.) Gowri Ramakrishnan, M.Sc., M.Phil., Ph.D. (Avinashilingam)**, Registrar, Avinashilingam University for Women, Coimbatore, for all the help rendered to carry out the work.

The investigator extends her sincere thanks to **Dr. (Tmt.) Sathyavathy Muthu, M.Sc., Dip. Ed., M.Phil., Ph.D.**, Dean of Home Science, Avinashilingam University for Women, Coimbatore, for her constant encouragement during the research work.

The investigator is deeply indebted to her guide **Dr. G. Vasanthamani, M.Sc., Dip. Ed., M.Phil., (Madras), Ph.D.(Avinashilingam)**, Reader, Dept. of Food Service Management and Dietetics, Avinashilingam University for Women, Coimbatore, for her motivation, effective guidance, untiring enthusiasm, meticulous efforts, deep insight, concern, valuable and constructive suggestions, for the successful execution of the study.

The investigator extends her sincere and deep sense of gratitude to **Dr. (Tmt) S. Premakumari, M.Sc., Dip. Ed., M.Phil., Ph.D., (Madras)**, Professor and Head, Department of Food Science and Nutrition, and **Dr. (Tmt). V. Anuradha, M.Sc., Dip. Ed., M.Phil., (Madras), Ph.D. (Bharathiar University)**, Professor and Head, Department of Food Service Management and Dietetics, Avinashilingam University for Women, Coimbatore, for the support, valuable suggestions rendered throughout the course of the study.
The researcher records her heartfelt thanks to the authorities of the Tamil Nadu State Transport Corporation, Coimbatore division for their support and cooperation for the conduct of the study. The author sincerely thanks each and every subject for their whole hearted cooperation in the conduct of the study.

She also acknowledges her thanks to all her teachers and colleagues in the Department of Food Science and Nutrition and Food Service Management and dietetics for their good wishes, valuable suggestions and help rendered throughout the study.

The investigator owes her heartfelt thanks to Dr. S. Uma Mageswari, M.Sc., M.Phil., Ph.D., Reader, Department of Food Service Management and Dietetics, Avinashilingam University for Women, Coimbatore, for her help, useful suggestions and innovative ideas for the successful execution of the study.

The investigator expresses her deepest sense of gratitude to her husband, son, parents and other family members and friends for their prayers, encouragement and support rendered for the successful accomplishment of the study.