Acknowledgement

First and foremost the investigator places her heart felt salutations to the “God Almighty” for endowing her with his immense blessings, grace, and mercy, showered on her throughout the study and also providing adequate, strength and courage which helped her to overcome the hurdles, paving way for successful completion of the study.

The investigator places her reverential gratitude to Dr. T.S. Avinashilingam, Founder and First Chancellor, and the Doyen of Nutrition, Dr. (Tmt.) Rajammal P. Devadas M.A., M.Sc., Ph.D., (Ohio State), D.S.c (Madras) Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for providing the temple of learning in the most revered Institute for the conduct of the study.

The investigator expresses her heartfelt gratitude to Padma Shri. Dr. P.R.Krishnakumar, Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for providing all the facilities to carry out the research successfully.

The investigator expresses her heartfelt gratitude to Thiru T.S.K. Meenakshi Sundaram, M.A., M.Phil., Ph.D. (Honoris Caussa), the then Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for providing all the facilities to carry out the research successfully.

The investigator expresses her deep sense of gratitude to Dr. (Mrs). Premavathy Vijayan, M.Sc., M.Ed., Dip.Spl. Edn., M.Phil., Ph.D., Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing all the infrastructural facilities and extraordinary support in conducting the research work.

The investigator extends her profound thanks to Dr. (Tmt.) Gowri Ramakrishnan, M.Sc. (Madras), M.Phil., Ph.D., (Avinashilingam), the then Registrar, Avinashilingam Institute for Home Science
and Higher Education for Women, Coimbatore, for providing the amenities for carrying out the study successfully.

The investigator extends her profound 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 providing the amenities for carrying out the study successfully.

The investigator records her profound and deepest gratitude to Dr. G.P. Jeyanthi, M.Sc., M.Phil. (Bharathiar), Ph.D., (Avinashilingam), Former Controller of Examinations for her valuable suggestions and guidance in carrying out the research work.

The investigator records her profound and deepest gratitude to Dr. K. Manimozhi M.Sc., B.Ed., M.Phil., Ph.D., Controller of Examinations for her valuable suggestions and guidance in carrying out the research work.

The investigator expresses their profound gratitude to Dr. (Tmt.) N. Vasugi Raja M.Sc., M.Phil., Ph.D., (Madras), Dean, Faculty of Home Science, Professor and Head Department of Textiles and Clothing, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her spontaneous and timely help and amenities provided for the successful completion of this research work.

The investigator owes her heartfelt thanks and deep sense of gratitude to Dr. (Tmt.) S. Premakumari, M.Sc., Dip.Ed., M.Phil., Ph.D., (Madras), Former Dean, Faculty of Home Science and Community Education and Entrepreneurship Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her concern, encouragement, valuable suggestions and motivation given throughout the completion of the research work.

The investigator owes her heartfelt thanks and deep sense of gratitude to Dr. (Tmt.) Amirthaveni, M.Sc., Dip.Ed., M.Phil., Ph.D., Professor and Head, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her encouragement, valuable suggestions and motivation throughout the completion of the research work.
With glowing sense of gratitude and pride the researcher places her sincere thanks, feels extremely privileged, grateful and fortunate to have worked under the supervision and dynamic guidance of her mentor and Guide Dr. (Mrs.) S. Kowsalya, M.Sc., M.Phil., Ph.D., Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her constant encouragement, motivation, valuable advice and support to explore and gain deep knowledge in the field of research and great concern that made this research work a successful and memorable one. The investigator is ever indebted to her for taking the time and effort and constructive criticisms had set an example of a world class renowned researcher and for her rigor and passion on research. The associated experience has broadened the investigator's perspective in the field of research.

The investigator expresses her heartfelt thanks and deep sense of gratitude to Tmt. S. Radha Devi, M.Sc., M.Phil., (Madras), Associate Professor of Statistics, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for rendering her constant encouragement, valuable suggestions and guidance for the statistical analysis and enduring support academically and personally throughout the completion of the study.

The investigator records her thanks to all the Faculty members, Department of Food Science and Nutrition and Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore, for their concern, constant encouragement and timely support, valuable suggestions and motivation given throughout the conduct of the study and the investigator is deeply obliged and grateful to all the staff members of FSN department for their co-operation extended throughout the completion of the research work.

The investigator records her profound and deepest sense of gratitude to Dr. S. Ramalingam, Dean and Principal, PSGIMS&R, for his keen interest, dynamic guidance and expertise in the field of research has immensely helped in the fulfillment of the study.
The investigator gratefully acknowledges the valuable suggestions and constant encouragement of Dr. Sudha Ramalingam, PSGIMS&R for her enlightening inspiration and support rendered at each and every step of the study.

The investigator expresses her profound thanks to Dr. Thiagarajan Sriram, CMMT Lab for his immense help and support given in carrying out the analysis work is gratefully acknowledged.

The investigator owes a special word of gratitude to Sri. R. Panchapakesan, Secretary and Tmt. Vasantha Panchapakesan, Co-Ordinator, Seethalakshmi Ramaswami College, Tiruchirappalli for their support and good wishes and for the completion of research work.

The investigator owes a special word of gratitude to Dr. (Tmt.) M. Jayanthi, Principal, Seethalakshmi Ramaswami College, Tiruchirappalli for her unconditional support, good wishes and blessings for the completion of this research work.

The investigator owes her heartfelt thanks and deep sense of gratitude to Dr. (Tmt.) R. Selvameena, Vice Principal and Head, Department of Chemistry, Seethalakshmi Ramaswami College, Tiruchirappalli for her encouragement, constant support and motivation given towards the completion of the research work.

The investigator expresses her sincere thanks and deep sense of gratitude to Mrs. P. Pushpa, Former HOD, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Tiruchirappalli for her support, valuable suggestions, constant encouragement and moral support rendered for the completion of the study.

The investigator thankfully acknowledge Tmt. L. Jayapradha, Associate Professor and Head, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Tiruchirappalli for her encouragement valuable suggestions, and support towards the completion of the research work.
The investigator expresses her heartfelt sincere thanks to Tmt.R.Sakthi, Associate Professor, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Tiruchirappalli for her motivation, valuable suggestions and moral support throughout the study.

The investigator expresses her deep sense of gratitude and sincere thanks to Mrs. N. Chellam, Associate Professor, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Tiruchirappalli for rendering encouragement, suggestions, moral support and for the help extended during the crucial period and for the completion of the research work.

The investigator records her sincere profound and deepest sense of gratitude to Dr. (Tmt.) M.V. Alli, Associate Professor, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Tiruchirappalli for her excellent, inspiring and ceaseless guidance, constant encouragement, considerate knowledge, valuable suggestions, advice, meticulous care and unflinching motivation, untiring help and enduring support, rendered, personally uplifting my confidence level and also been the part of my journey in difficult times towards successful completion of this research work is gratefully and sincerely, acknowledged.

The investigator expresses her gratitude and sincere thanks to the Physical Education Teachers Mr.Balasubramanian, Ramakrishna College, Coimbatore and Mr. Rajasekaran of Sowdambiga College, Coimbatore for their constant help and support rendered for the successful completion of the study.

The investigator is deeply obliged and grateful to the students and their parents for their co-operation extended throughout the conduct of the study.

The investigator expresses her thanks to the University Grants Commission, New Delhi for providing Junior Research Fellowship to carry out the research work.
With glowing sense of gratitude and honesty the researcher places her immense gratitude and heartfelt sincere thanks to her family, a special heartfelt gratitude to her husband Dr. R.Karthikeyan, and her beloved son K.Sangamithran for their unconditional support, love and care in the trying times and great help during the crucial hours towards the successful completion of the research work.

The investigator is deeply indebted and expresses her gratitude to her Dear Mother, Father, Sisters, and Brothers, Mother in-law, Father in law and other Family Members and Friends for their constant encouragement, steady support and who had also been the part of her journey in difficult times throughout the completion of the study.

With deep sense of gratitude and honesty, the researcher places her immense gratitude and heartfelt sincere thanks to Durga, Sridevi, Selvamani, Ambica, Sujatha, Gomathi, Ramya, Usharani, Kavitha, Sathyaa, Nandhini, Banu Priya, Shunmukhapriya, Rajeswari, who had also been part of the journey during the crucial hours of submission and also rendering their constant and timely support, great help rendered mentally and morally, love and care in the most difficult trying times towards the successful completion of the research work.

Above all, the investigator dedicates her entire Doctoral Research work to GOD ALMIGHTY and she seeks his blessings and owes her pranams to God for the successful completion of the research study.