

Dr. Uma Iyer
guidance and

Dr. Uma lyer,

I am extremely thankful to Prof. Uliyar V. Mani, Head, Department of Foods and Nutrition, whose blessings and encouragement has helped me to complete the study confidently.

I am thankful to Prof. Veena Gandotra, Dean, Faculty of Home Science for making available necessary facilities to carry out the study.

I am grateful to Prof. Tara Gopaldas, Former Dean, Faculty of Home Science who has been and shall always remain my constant source of inspiration in whatever assignments I may undertake throughout my life.

I am thankful to Prof. Subadra Seshadari, Former Head, Department of Foods and Nutrition for her wholehearted help and encouragement in pursuing the research.

I owe my thanks to the principals, teachers and staff members of the schools for their kind cooperation. I am thankful to the children for their active involvement and positive response in my data collection.

I am thankful to all the staff members of the department for their encouragement and moral support throughout the study.

I wish to express my sincere love and appreciation for my friend Dr. Kavita Sharma, Lecturer, Department of Foods and Nutrition for always being there during the entire course of study. I also appreciate moral support extended by Vandana, Jai, and Anupa. My thanks are also due to Ami, Sunita and Shonima for their help during the study.

I sincerely express my gratitude to Indian Council of Medical Research for their help in carrying out this study through a sponsored project.

I owe a deep sense of gratitude to my father Late Dr. I. C. Gandhi for being my pillar of strength and my mother Smita for the understanding and constant support throughout the study.

Last but not the least I shall forever remain indebted to the ALMIGHTY for giving me support when it seemed impossible to proceed any further and literally carrying me through all the thick and thin of the study and my life.

H. J. Gandhi

[Hemangini I. Gandhi]