Acknowledgement

At the commencement, First I would like to pay my genuflection to “Almighty” who bestowed me with strength and courage to carry out this endeavor.

With profound reverence, I express my deep sense of gratitude and indebtedness to my supervisor Prof. R.C. Sharma (Dean PG Studies and research, Delhi College of Engineering, Delhi, India), for his wholehearted help, judicious guidance, constructive and reasoned criticism during investigation. It was indeed an unforgettable experience of working under his able supervision and guidance.

I am beholden to my venerable and exalted co-supervisor Dr Navneet Agrawal (Asso. Prof. Medicine, M.L.B. Medical college, Jhansi, India). His invaluable guidance and continuous assistance enabled me to execute this study.

I feel highly privileged in expressing my extrasensory perception to all the respondents of the study, who, however being in state of ill health have been participated in this study with great vigor and have given me their full support and precious time.

I take this opportunity to be very grateful to National Institute of Nutrition, Hyderabad, National Informatic Center New-Delhi, and American Dietetic Association, Chicago USA. Mediline, American Journal of Clinical Nutrition, for providing enormous information and review on the subject.

My acknowledgement would remain incomplete if I do not compliment my friends, students and colleague while serving as lecturer in BU Jhansi India, for their ever-available help and joyous company.
Finiteness of my vocabulary limit, I owe a deep debt of admiration and adoration to my parents Shri Surendra Kumar Khare and Smt Manorama Khare, my source of inspiration and strength. Their selfless enticement and sacrifices, heartfelt blessings and strong faith inculcated in me the desire to achieve the present devoir.

I express my deepest sense of gratefulness for the magnitude of alimentation and love extended to me by my parent’s in-laws Shri J.K. Shrivastava and Smt. Geeta Shrivastava. Their insightful and wise tutelage has been the source of divine inspiration for me to complete this study.

Dr Estelle Ramey, summed up her distinguished life by saying “I have loved and been loved; all the rest is background music”. Alok, my husband and an energetic software engineer of high caliber, whose love has given me courage and comfort to keep me in high morale and spirit and forced me to grow beyond comfortable boundaries. He served as my chief critic and cheerleader for the time we shared while writing this thesis, his incessant interest has made this manuscript a reality.

Immeasurable contribution and boosting of my brothers and sisters both my husband side and me are greatly acknowledged and will always cherish in my heart. Great enthusiasm and spirit brought by the miraculous birth of my son Aryan born on December 1, 2004 during last days of printing of this thesis will always fill my heart with proud.

Sangeeta Shrivastava

6/12/2004