

# Certificate

*This is to certify that the contents of the thesis entitled “Acceptability Trials of Fructooligosaccharide (FOS) Added Popular Indian Recipes and Impact Evaluation of FOS Intervention in Modulating Gut Microflora, Gut Satiogenic Hormones and Anthropometric Indices of Young Obese Bank Employees of Urban Vadodara: A FAT – FIT Study” submitted for the degree of Doctor of Philosophy by Ms. Aparna Dinesh Assudani is the record of research work carried out by her during the period from July 2011 to April 2018 under my guidance and supervision is her original work, and that this work has not formed the basis for the award of any degree, diploma, associate-ship, fellowship or other titles in this university or any other university or institution of higher learning.*



**Prof. (Dr.) Mini Sheth**  
**Guide**



**Prof. (Dr.) Meenakshi Mehan**  
**Head**

Department of Foods and Nutrition

Faculty of Family and Community Sciences

The Maharaja Sayajirao University of Baroda, Vadodara 390002-India

**9<sup>th</sup> APRIL, 2018**