

ACKNOWLEDGEMENT

At this beautiful transitory phase of my life, I reverberate with joy because of the positivity the Universe has bestowed on me. The abundance of which never seemed to cease in letting me get the determination to keep it going and accomplishing my research study.

Life has graciously blessed me with the unwavering positive charm from my mentor and guide Dr. Komal Chauhan who always helped me in many ways rather than one. I wholeheartedly express my deepest gratitude towards her for constantly being there for motivating me to realise my full potential. Her inquisitive approach, deep focus, astute knowledge and patient listening abilities have facilitated me in treading my research path with the utmost zeal. To me more than a guide she has been one of the loveliest persons possessing a plethora of positive vibes with a charismatic personality and the caring attitude, I have come across and would ever be. I would profoundly thank her for being my mentor and inspiring my mind, body and soul with her kind words.

My sincere regards are due to Prof. (Dr.) Uma Iyer for her trust she had on me which was like a blessing for me. She has always inspired me with her vast knowledge, scientific prowess, meticulous approach and expert suggestions at the eleventh hour. I would like to thank her for providing me all the necessary facilities required for the execution of my research. At this moment I cannot forget to also thank Prof. (Dr.) Pallavi Mehta (Former H.O.D.) for her expert comments, ideas and vision for introducing me to the field of geriatric nutrition on my very first step into this department.

I would express many thanks towards the entire teaching faculty and the non-teaching staff of the Department of Foods and Nutrition for their co-operation and soothing behaviour throughout my study tenure.

I am greatly indebted to Dr. Sonal Mishra (Chief Officiating Medical Officer, Health Centre, The Maharaja Sayajirao University of Baroda) for exuding immense warmth and approachable gestures by sparing her valuable time in midst of her patients. She has always been very kind towards me in doing her possible best for my research completion by her acumen, fortitude and hands-on knowledge in medicine at every crunch of my research phase- be it the permissions for enrolment of her patients, accredited lab search or advising the nitty-gritty of medicine protocols constantly. At the same time, I owe hugely to Dr. Kiran

Shinglot (Former- Medical Officer, Health Centre, The Maharaja Sayajirao University of Baroda) for permitting me to conduct my study in Health Centre, motivating his patients for enrolment, timely suggestions, constant benevolent support and his wide spiritual insight for taking things into our stride. Multitude of thanks to my team of doctors Dr. Bhavin Upadhyay (Neurophysician), Dr. Kritagna Sinh Waghela (Psychiatrist), Dr. Birenroy Chauhan (Physician) Dr. Jayshree Thakkar (Physician), Dr. Dharmesh Dhamat (Dentist), Dr. Vipul Bhavsar (Physician) for their valuable inputs in improving the research work and patient enrolment maintaining the standards. Dr. Meena Amin (Physician) and Dr. Bhupendra Amin (Physician) - the doctor couple for their affection, concern and persistently being there as a family when I needed them the most. I express my deep gratitude to Prof. Rakesh Srivastava for his expertise in making me carry out the statistical analysis with a reason and sparing long hours from his hectic schedule for patiently solving my statistical queries.

A big breather for me to have encouraging, enthusiastic, friendly and compassionate bunch of the Health Centre staff- Radha sister, Tejal sister, Arun bhai , Sapan bhai, Mr. Shripad Nandedkar, and Rupali sister who would be around for providing the injections to my patients, their follow –ups in spite of their busy O.P.D. schedule and caring attitude even till date. My special thanks to Ms. Sheela Talati (Senior Lab Technician), Health Centre for her advice regarding biochemical testing and to Radha sister for ensuring the purchase and inflow of vitamin B12 injections plus syringes in stock. I would thank Mr. V.R. Narendra, Analytical and Environmental Lab, Baroda for permitting me to perform the proximate and GC analysis in his FSSAI accredited lab.

It's my proud privilege to thank all my patients for their permission, co-operation and being a part of my study- without whom this day would ever come. I express my thanks to all the panellists who evaluated the flaxseed incorporated food products sparing their time.

In addition, I wholeheartedly thank Dr. Bhavesh Javia (Metropolis Lab Pvt. Ltd) for permitting me to conduct research analysis from his laboratory and for always helping me in his best capacity. I honour the assistance being put up by Mr. Amit Shah and their staff in analysing and reporting of my blood samples.

I would enormously acknowledge the financial support received from the Indian Council of Medical Research (ICMR) as the Junior and Senior Research Fellowship for the entire research period.

I like to specially mention my warden Mrs. Manisha Chaudhary for her tenderly affection and concerned approach during my stay at the hostel.

During the course of research work, I was fortunate to have helping and caring fellow students- Arti Akolkar, Shruti Kantawala, Rujuta Desai, Nitya Elayath, Trushna Bhatt, Kanchi Baria, Yami Bardolizwala, Nidhi Jain, Shweta Patel and Neha Gupta who cheered and motivated me.

In no words shall I be able to express the love, sacrifice, freedom from my family which has been the strength of my life. My parents had always dreamt of me to pursue this doctoral study and I deeply thank them for their unflinching faith, blessings to keep me going. I am highly fortunate for having my adorable sister Aakrati for her unstinting concern, warmth and witty suggestions.

I am greatly thankful to my second parents as my in-laws and wholly pleased from their encouragement, invariable concern and immense patience.

All of this would be incomplete without referring of an incredible human being and my beloved better half Abhishek. He stood by me all throughout this research period with his extreme perseverance, firm understanding, selfless love, unceasing faith in me and above all his emanating exuberance.

Lastly, I thank everyone who in some way or the other has been a part of the kaleidoscope of my life and helped me finish this doctoral work.

- Aditika Agarwal