
Acknowledgement

Firstly, I would like to thank the Almighty for giving me this opportunity to carry out the study under the guidance of an able and inspiring teacher and providing me the ability to achieve successful completion of the research.

It's my pleasure to put on records my heartfelt thanks and deepest gratitude to my guide, Dr. Mini Sheth, Asst. Prof. Department of Foods and Nutrition who to me has been my MENTOR as well, in the truest sense of the term. She has led me through this wonderful journey not only as a guide but as a mother figure constantly motivating me to excel. Her patience, compassion and unceasing scientific quest never fail to amaze me. It is her vision that has shaped into this form. I would like to thank her for enlightening my mind. She has encouraged and motivated me to perform to the best of my abilities. I am indeed indebted to her for the successful completion of this thesis.

I extend my thanks to Prof. Uma Iyer, Dean, Faculty of Family & Community Sciences and Head, Dept. of Foods and Nutrition for providing the necessary facilities to carry out the research work,

I would like to express my sincere thanks to all the teaching and non-teaching staff of the Dept. of Foods and Nutrition for their gentle and supporting behavior.

I am extremely indebted to Dr. Maniyar (Health Clinic, L & T Ranoli, Vadodara) for his advice, supervision, philanthropic support and an important contribution by allowing me to enroll his subjects in the study.

Due acknowledgment is extended to the administrative personnel of the industry in Vadodara where I conducted my research study for providing the requisite permission. I would also like to thank the employees of the industry for their hearty and enthusiastic participation in the study without which the study would not have been possible. I thank them profusely for giving me their time, co-operation and inputs. Thanks are also due to the staff of Alakh Laboratories, Vadodara, for their technical help and cooperation during my research work,

I would like to acknowledge the financial support from our University for conducting this study.

I convey special acknowledgement to my friend Dr. Aakanksha Mahendra and Pooja Gaur for their assistance, consistent support and caring gesture, for sharing their knowledge, understanding and suggestions regarding the research concepts.

I owe an acknowledgement to my PhD mates and friends Nidhi Jain, Aparna Assudani, Pawan Thakur, Tanushree Singh, Shriya Sekseriya, Harsha Hirdyani, Arti Muley, Shruti Kantawala, Shweta Patel, Neha Sareen, Mital Joshi, Ritu Rana, Swati Parnami, Vijayata Sengar, Kanchi Bariya, Rujuta Desai and Aditika Agarwal for their support, encouragement and friendship. They have helped incalculably and inspired me during the entire journey of my doctoral work.

I greatly appreciate the companionship of my friend Rajani Di and roommates Pankti Desai, Kajal Sankaliya and Shraddha Bhorniya, for being there, cheering me up whenever I felt low and assisting me in daily routine activities during the completion days of my thesis writing.

At this juncture, my family – parents and in-laws deserve special mention for their inseparable support and blessings. They have always stood beside me like a strong pillar throughout my research work.

This note of thanks would be incomplete without the mention of my best friend and beloved husband, Hempreet for his calm endurance, motivation and kind understanding of immeasurable extent, he has been ever supporting and my edifice of strength throughout this period. I thank him for his affection, patience, understanding and for silently witnessing my absence during the course of study and yet gave me strength to pursue this dissertation to its completion.

Lastly, I would like to thank everybody who in-front and off-front of the screen of my life, helped me to complete my doctoral work.

Neha Gupta
