

# *Acknowledgement*

---

A roller-coaster ride, these five years have been full of fear, fun, learnings and fight,  
Blessings of the lord and people by my side,  
Helped me flew this kite, which showed me the path to light!

I bow down to The Almighty, and pay homage to him for giving me courage, potential and zeal to embark this journey. Thank you, Lord, for always having my back. My true sense of contentment are my grandparents (**Lt. Shree Om Kumar Dwivedi and Lt. Shreemati Gayatri Devi**) though they have been on heavenly abode I always feel their presence in my life through their blessings.

This doctoral journey has been much more fascinating than my dream of holding this degree. As, I'm finally writing down this thesis, my heart is filled with gratitude, nothing more can I ask God than bestowing me with the company of such humble souls during this voyage without whom I could not have finished my work with such an ease.

This inestimable doctoral journey owes its finest recognition to my guide **Prof. Mini Sheth** for her immense support and faith she showered on me. She made me feel home and always loved. Reflecting on previous years I could any day say, she helped creating the better version of my own self. Her vibes and positive aura made even the difficult things doable. Thanks a ton Madam for being my mentor, my friend and my powerhouse to keep me going. I decoded the mantra to success from the nature of this eminent personality, 'never be scared of the first step, just dive-in, and one will surely swim through' there is nothing to lose either it's the results we seek for or even better reward, the learnings and experiences. I'm deeply indebted to her for giving the lesson to hold on for life- '*The first step is the final frontier towards the bigger achievements.* I owe my heartfelt thanks and deepest gratitude to you Madam.

It is my genuine pleasure to express my deep sense of thanks to our former Dean **Prof. Uma Iyer** and former Head of the department **Prof. Meenakshi Mehan**, under whose auspicious presence I got the opportunity to join the Department. I express my warm

thanks to Dean **Prof. Anjali Karolia**, for her cooperation and guidance in all matters. Sincere thanks are due to all teachers and non-teaching staff of Dept. of Food and Nutrition, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda for all kind of co-operation they provided during this journey.

I thank profusely **Dr. Divyesh Nagar**, under whose valuable guidance I carried out a part of my research in his laboratory.

I would like to thank all the **students and staff** who participated in the study for their hearty and enthusiastic inputs and time without which the study would not have been possible.

I acknowledge the financial assistance in form of Junior and Senior research fellow awarded by University Grants Commission, New Delhi.

As, I reflect back on the path, I have been blessed with beautiful people, who made this journey salubrious. Most valuable set of people in my life are my family members; Papa **Mr. Salil Dwivedi** and Kaku **Mr. Chanchal Dwivedi**, are my pillar of strength who always stood by me in every decision and showed faith and trust that keeps me going. You are the one who made me realize my calibre and helped me pursue my studies and carrier far from home. Maa **Mrs. Jyoti Dwivedi**, I'm indebted to her for the boundless affection, love and support. Thanks to kaki **Mrs. Sangeeta Dwivedi** for her best wishes. This note of thanks needs special mention of my secret motivator **Piyush Bhaiya. Ayush**, my go to person for anything and everything. I have learnt a lot of practical life stuffs and approaches from you. My rejuvenator and reason to strive for excellence **Preksha Bhabhi**, my brothers **Ayush, Manu, Pratham** and my little bundle of joy **Trayaksh**. I really adore you guys.

Lifetime of love and respect are due to buaji (**Mrs. Nidhi Vyas**) and fufaji (**Mr. Akhil Vyas**), my home in Vadodara. Their presence just made my life so easy and comfortable here in other state with altogether different culture and language barrier. From college pickups and drops to teaching auto negotiations, homecooked delicious meals, shopping, love and comfort what more can one ask for! I have no valuable words to express my thanks in return of love and acceptance I received. Buaji **Mrs. Mamta Bhatt, Mrs. Versha Pandya** I really relish the weekend gossips, yummy food all the love, laughter and fun times spend with you guys at your place.

My 'what's next gang' my cousins **Akshat, Kaustubh, Mini, Bhavik jiju** and **Shivani di** you were my greatest stress busters. I will forever cherish the time spent with you guys here in Vadodara. Chai tapri, long scooty night rides, planning up sudden Goa trip, movie nights, UNO, late night cooking and stay over everything just flashes in front of eyes as these were yesterdays.

**Rutvik Bhaiya, Manan, Arundhati Bhabhi** thanks for giving me these fantastic, foodiastic experience. Discussing ideas, life and Gujrati culture specially the delicacies always kept me excited and amused for my frequent visits to Ahmedabad. Trust me those have been the much-needed breaks which helped me pull the potential at my work. Skipping to the best part we are cousins which automatically makes us the friends for life. On whichever chapter of life, we move on to we can always relive these memories.

This phase of life would not have been passed so smoothly without my go to person for work or rejuvenation- my bro **Akshat Vyas** baba. Gratifying you will never be enough; you were the one who always tried to push me par from my limits and made me realize my potential. Combining this work would never have been possible without your help in making presentations to proof readings. Pleased to have you by my side. Thanks a ton bro, for always encouraging me and motivating me. Cheers to all the work and laughter we shared and many more to come.

Special thanks to the set of most lively and jovial personalities I met on this way, my friends- **Abnita, Yami, Debanjana, Abhishek, Raj, Debesh, Konkana and Ria** who made this journey worthy. Apart from the degree this friendship is the most special gift I will treasure for life time. Thanks for constant support, learnings, giggles and the fun filled get aways from work.

At this juncture, this vote of thanks needs a special mention to another special blessing of my life, **Rahul Sharma**. Your understanding, incalculable affection and words of wisdom gave me strength to pursue this dissertation to its completion.

Lastly, heartfelt thanks to all who in-front and off-front of the screen of my life, helped me to complete my doctoral work.

With Love...

**Shruti Dwivedi**

