

Acknowledgements

“THOU that has given so much to me,
Give one thing more... a grateful heart;
Not thankful when it pleaseth me,
As if THY blessings had spare days;
But such a heart, whose pulse may be
THY praise.”

– George Herbert

First and foremost I would like to express my heartfelt gratitude to my guide and mentor Prof. Uma Iyer. Her deep insight, immense knowledge and serenity fascinated me since my graduation days and fortunately got the opportunity to work under her guidance. She has been a constant source of motivation for me to remain focused on achieving my goal. Thanks for showing your faith in me, mam.

I would like to extend my sincere thanks to our Head, Prof. Meenakshi Mehan who has always been an inspiring figure for me.

A very special gratitude goes out to Suneeta mam, my M.Sc. dissertation guide. I will always owe her for her friendly and candid professional and personal advices. I am also grateful to Dr. Swati Dhruv and Dr. Shonima Venugopal for their unfailing support and valuable suggestions.

Sincere thanks to all the teaching and non-teaching staff of the Dept. of Foods and Nutrition especially Mrs. Meenakshi Sutharia for their constant inputs throughout my research work.

I am heartily grateful of all my research subjects who participated at any level in my study. Without their generous co-operation it would have not been possible for me to complete my research work.

I would like to acknowledge the University Grants Commission, New Delhi for providing financial assistance in the form of junior research fellowship to conduct this research; the M. S. University of Baroda for providing the infrastructural support; Indian Institute of Crop Processing Technology, Thanjavur and S.P. University, Vidhyanagar for providing support in nutrient analysis of flaxseeds. I would like to acknowledge Thyrocare, Vadodara for assisting in biochemical analysis with a special thanks to Jaivi ben. I thank Ensign diet care pvt ltd. Pune, for timely supply of flaxseeds to let my supplementation work go smooth.

I convey my thanks to my fellow project mates Nancy, Vijayata, Kinjal, Vaishakhi for working together as a team and making the work enjoyable.

A special thanks to Late Aakanksha, for her constant love and companionship since childhood; Arti di, for being a true source of inspiration; Shweta, for her unconditional support and Neha Gupta, for her contagious liveliness.

My always enthusiastic and encouraging friends Shruti di, Kuhu, Nitya, Venus, Shriya di, Mital di, Tanushree, Nidhi, Ritu, Aditika, Pawan, Sweta made my whole research journey worthwhile. Thanks to all.

An adorable family is life's greatest blessings and I am lucky to have the abundance of it. It's difficult to express in words, how grateful I am to my parents for all the sacrifices they have made to make me reach this level. I will also be indebted of my parents-in-law for supporting my decision to pursue Ph.D.

Any accomplishment seems to be incomplete without the blessings of the elders. I am grateful to my grandparents for always showering their love and blessing at each and every feat of my life.

Very special thanks to Vijay aunty, Monu bhaiya, Reeta Bhabhi, Vaibhav, Sanjoli and Harit for their affection and prayers for me to sustain throughout my research journey.

I am blessed to have a soul-mate like Navneet, who believes in me more than myself. Life seems to be easy with you standing beside me. Thanks for sharing and experiencing all the ups and downs of my research without any complaint.

Sara, my little bundle of joy, has been very patient throughout my thesis writing. She sacrificed lots of her "ME time with mummy" in pursuit of mummy attaining 'Doctorate'. She deserves the most special appreciation.

Lastly, I extend my gratitude to all my family members, friends, teachers, seniors, colleagues who have supported me along the way.

Thanks to all...!!!

-Pooja