



## ACKNOWLEDGEMENTS

I have now completed a work that actually was sparked four and a half years ago. Several People have contributed in the process of this work and deserve my gratitude. I begin my acknowledgement with the deepest sense of gratitude towards 'GOD' who gave me the grace and privilege to pursue my study, also for granting me the wisdom, health and strength to undertake this research task and enabling me to its completion.

I must offer my profoundest gratitude to my guide **Dr. Kavita Sharma** for her valuable guidance, constant encouragement, constructive criticism and suggestions during the entire period of my study. Her knowledge and enthusiastic interest in public health has been a source of inspiration.

I am also thankful to **Prof. Uma Iyer**, Professor and Head Department of Foods and Nutrition for providing a conducive environment that enabled me to carry out the study.

I acknowledge with thanks **Prof Pallavi Mehta** Ex Head Department of Foods and Nutrition for her constant support since the inception of the study.

Thanks are also due to the Principals, Teachers, my subjects and their parents who were extremely cooperative during the study period.

I would like to thank my friends **Shweta, Shruti, Trushna, Mital, Ritu, Nitya.....** and many more for unstinting help and moral support. Very special thanks to Nitu bhabhi and Ria for the help and cooperation during my study.

My study would not have come to a successful completion, without the help I received from **my family**. I am thankful to my in-laws, for the understanding they showed during my course of work and also for their support.

I appreciate **Sudhir**, for his cooperation and unconditional love throughout the course of my study. I am thankful to my beloved children **Aaravsingh** and **Aaryansingh**, for their uncomplaining behaviour, patience and understanding all these years.

Finally, I would like to dedicate this thesis to **my parents** who have followed me through all these years of studies and always encouraged me to take higher education. I owe a lot to my sister, **Dr Namrata Raghav**, for her persuasion, love, encouragement and constant motivation, aimed at building my confidence, which kept me going. A special word of thanks to my brother **Aditya**, for being my emotional support throughout the study.

*Vijayata*  
Wijayata Sengar