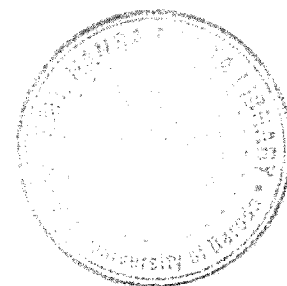


ACKNOWLEDGEMENT



I wish to express my heartfelt gratitude and sincere thanks to Dr.(Mrs) Pallavi Mehta, Senior Professor, Department of Foods and Nutrition, Faculty of Home Science, The Maharaja Sayajirao University of Baroda, Vadodara, for her invaluable guidance and sustained encouragement throughout the course of my study. During entire metamorphosis of my work, she has always been the torchbearer to enlighten me on my queries. Her endless willingness has helped me to explore those areas that otherwise I would have feared to venture. Her constant support, cooperation and patience have also helped to make this research work an accomplishment.

I am also grateful to Dr. Uliyar V. Mani, Professor and Head, Department of Foods and Nutrition, Faculty of Home Science, The Maharaja Sayajirao University of Baroda, Vadodara, for moral support and facilities to carry out the research work.

I also extend my thanks to Prof. Parul Dave, Ex. Director, Women's Studies Research Center (WSRC), for her kind support to carry out my part of research work through a project "Women and Third Age", sponsored by WSRC, The M. S. University of Baroda and to staff members of the project for their help during the research.

A word of thanks to Prof. Subhadra Seshadri, ex-head, Department of Foods and Nutrition, Faculty of Home Science, The

Maharaja Sayajirao University of Baroda, for her valuable advice and enlightening criticism during the initial part of the study.

I also wish to thank Mr. Manharbhai Puraswami, trustee of Jalaram Vridh Ashram, Warasia, Vadodara and Late Shri Motumal Dada, manager of the institution for granting me permission to carry out part of my study at the institution. Thanks to Mr. Jayeshbhai Patel, Lab. Technician of Jalaram Hospital, for helping me to carry out various clinical tests.

I deeply thank and convey my sincere respect to the senior citizens of Jalaram Vridh Ashram and to all my subjects for being so cheerful, understanding and cooperative throughout the study. Their affection and blessings have made this work a success.

I would also like to express my sincere gratitude and appreciation to all the teaching staff members of the department for their motivation and encouragement during my crucial times. Special thanks to Dr. Annie Kuruvilla, who has always given her valuable suggestions, rendered helping hand and created cheerful atmosphere whenever I needed it the most.

Very deserving thanks are due to Dr. Bhagyashree Shringarpure and Ms Tejal Vasavda, my friends and colleagues for their suggestions and moral support during some of my hectic times of the study.

My sincere thanks to Ms. Nital Patel and Mrs. Swati Parnami, who were part of our research team during their master's program, for their assistance in my field work.

It is the unfailing love and understanding, coupled with continuous encouragement and immense patience of my husband that I could brave the demanding situations, overcoming all hurdles with new zeal and enthusiasm. The sacrifices of my husband and children have gone a long way in making me what I am today. Sincere gratitude to my In-laws, my parents and other family members for their support throughout the study.

Last but not the least, my heartfelt thanks to the ALMIGHTY for leading me to the right way. I would also like to thank all others who have contributed in their own way for the successful completion of this work.


Komal Chauhan