

## *Acknowledgements*

*Today, holding this dissertation in my hands, makes me bow down to the almighty for bestowing me with good health, inspiration, courage and strength to carry out my work. I dedicate this thesis to my grandparents on who have always encouraged me to move ahead in the field of higher studies and would have been very happy to see this dream of theirs come true.*

*I extend my sincere thanks to my guide, **Prof. Uma Iyer** (Former Head and Dean) for her untiring support and patience shown during the course of my work. She has always inspired me to learn newer things every day and work hard without any fear. This would have not been possible without her support.*

*I would also like to thank **Prof. Meenakshi Mehan** (former Head), and **Prof. Mini Sheth**, I/C Head of Foods & Nutrition Department for providing the necessary facilities to carry out the research work.*

*I am greatly indebted to **Dr. Swati Dhruv** for her unconditional support and guidance.*

*My heartfelt gratitude to the entire teaching and non-teaching staff of the Department of Foods & Nutrition for their help and support in completion of this research work.*

*I am deeply grateful to the District Primary Education Officer and the Commissioner (MDM), Vadodara Mahanagar Seva Sadan, Vadodara, for allowing me to conduct this study. I deeply appreciate the patience and consistent cooperation of the Principals and teachers throughout the study period. I am also thankful to the school children and their parents who made this research possible. Warmth of the children's smiles kept me motivated during the data collection process.*

*I sincerely thank the whole team of The Akshay Patra Foundation, Vadodara for allowing me to carry out the research in their premises and making this research possible.*

*I am thankful to Prof Gaurang Bhavsar (Faculty of Performing Arts) and his team for their support in recording 'SANEDO'.*

*I would like to thank Labcore Laboratory for carrying out the biochemical estimations and providing the results on time. I also wish to thank Hemshell services for carrying out microbial and nutrient analysis of food samples.*

*I would like to extend my heartfelt thanks to Dr. Yatin Joshi and Mrs. Bhavna Joshi from Shree Laboratory, Akota for graciously arranging for technician for sample collection for biochemical estimations.*

*I am deeply grateful to Dr. Shruti Kantawala (Shruti Didi) and Dr. Vijayata Sengar (Vijayata Didi) for unwavering support and motivation throughout my journey of research.*

*I extend my heartfelt thanks to Dr Shonima Venugopal, Ms Mansi Diwanji, Dr Arti Muley, Dr Shriya Seksaria, Dr Mital Dave, Dr Tanu Shree Singh, Dr Pooja Gaur, Dr Aparna Assudani, Ms Kanchi Baria, Ms Surabhi Parik, Ms Debanjana Bhattacharya, Ms Kankoda Dey, Dr Revti Shah for always extending their support when I needed. I would also like to thank from the bottom of my heart, Devanshi Gandhi, Sampada Agnihotri, Riya Rammohan, Aishwarya Bahuguna, Anupriya Mangain, Karamjeet, Richa Mehta, Divya Patel, Hemali Ahir for their love and support. I thank Ms Nidhi Jain, Ms Prachi Deota, Ms Nikita Joshi, Ms Abnita Thakuria, Ms Shruti Dwivedi and all my fellow PhDs for helping me out at the time of need.*

*I thanks all my friends who have always encouraged me to work towards my goal. I also thank my Guru Shri Sharad Pandya, Smt. Niru Pandya and Smt. Manasi Pandya Raghunandan for motivating me to work hard.*

*My family has always been a silent support throughout my journey. They were my loudest cheerleaders when I needed it the most. I am deeply grateful to my Sister Khushboo, Saurabh Bhai and my dear nephew Aroom for bringing all the cheers and laughter during my hardships. I am obliged to all my loving family members who have knowingly and unknowingly supported time in and time out.*

*Last but not the least, I owe gratitude towards **my loving parents** for the strongest support provided on all times whether good or bad. My mother's constant smiling support since my childhood has encouraged me to work hard without fearing for results and it is her love and caring which has made this journey much easier for me. My father has been my ideal and I am happy to complete my work and make him feel proud which is evident from his calm smile. Together they have been the light in my journey of life.*

***Shweta Patel***