ACKNOWLEDGEMENTS

I will cherish till eternity the journey that I commenced as a doctoral fellow. I got the golden opportunity to evolve during this phase as a researcher, which was guided by my Guru, Professor. Uma Iyer ma’am. Her faith, patience and learning from her is what has given this work its shape. I am grateful that she took me under her guidance. For all that I have learnt from her, it shall continue as a rich legacy in my future endeavours.

I convey my gratitude to Professor Pallavi Mehta ma’am, the then HOD of the Department of Foods and Nutrition, when I had joined to pursue doctorate.

I wish to acknowledge the contribution of Dr. Tushar Vaishnav for having conducted all the radiological examinations of my study subjects. Working with him broadened my horizons of data interpretation. I am thankful to Dr. Rumin Shah for allowing me to collect data from the patients visiting his clinic. I wish to thank the services rendered by Thyrocare for biochemical estimations.

I convey my gratefulness to University Grant Commission, New Delhi for providing Junior Research Fellowship and subsequently, Senior Research Fellowship as well.

I can never thank Vibha Munshi ma’am enough. She was the first one to have instilled in me the confidence to give doctorate a serious thought. She is a priceless teacher. My department has been and will always remain my second home. I am grateful to all the teachers who taught me at the under-graduate and post-graduate level, who laid the foundation of knowledge that can never be shaken. For those encouragements at accomplishing tasks that pumped me up, I thank Swati Dhruv ma’am for the same.

A mentor from the distant land that I wish to acknowledge is Dr. Richard Cash, Harvard T.H. Chan School of Public Health. I learnt a lot from him in those few occasional meetings we have had.

My subjects’ co-operation and commitment are the reason why this work is in existence today. I wish for all of them the best of health and wellness.

I wish to thank all my seniors and colleagues for making this journey a memorable one. However, Nitya di, Vijayta di, Meenu di, Aparna di and Swati di deserve a special mention for being the stress busters at work.

I wish to thank Mrs. Meenakshi Sutharia, at the office desk of Foods and Nutrition department, for being extremely helpful with the paperwork.

Needless to say I am grateful to my mother, Mrs. Hansa Roy, an ex-Geoscientist. The challenges she went through as a working mother and the sacrifices she made for me; whatever I do, it will never suffice for what she has done for me. Papa, Mr. Sandip Roy, has been more of a friend and my reserve
fuel. Freedom, flexibility, support and that push to pursue the dreams is what I have got from him.

My maternal grandfather, Dr. L.D. Joshi, ex-HOD, Business Administration, Lucknow University, paternal granfather, Mr. Subodh Kumar Roy, ex-Assistant Commissioner, Income Tax and later on Advocate Calcutta High Court, have set benchmarks of achievements that I wish to follow. My maternal grandmother, Mrs. Basanti Joshi, with each passing milestone, has been that supportive friend and an integral part of any endeavour that I have take up.

My pillars of strength; Meenakshi, Anjana, Madhumita, Deepak, Shelly, Amrita, Utkarsh, Shweta, Michelle, Siddharth jiju, Shireen, Neha and Rachita have stood by me in the most turbulent of weathers to the best of times. I treasure them.

As a small little tribute from my end, I dedicate this work to the four legged children of God, especially to Jukjuk and Guchguch who keeps glowing like a sun everyday in my life. Butter, around whom my world revolves, has a special contribution. She would sit with me for nights together and her presence was my energy everytime I wanted to walk an extra mile with the work. I wish to thank all of them for being a part of my life and for teaching me the value of unconditional love; Margaret, Bhaalu, Tri, Georgina, Jalebi, Tweeky, Orange, Ron, Natasha, Sara, Sundae, Matalu, Mila, Gabbar, Chota Kaalu, Chapdu, Gloria, Handsome, Raja, Usha, Joseph, Chinki, Sunaina, Barricade, Wilson, Xena, Harry, Disco, Delma, Frank, Kati Punch, Sheru, Kharkhar, Collip, Laali, Philip, Osi, Langdu, Vaijanti, Shanti, Jayanti, Sweety, Raju, Mirchi, Alisha, Wonder, Tuki, Traffic, Chilli, Anandi, Khushi, Blacka, Laalu, Katakaan, Molly’s mom, Whita, Hero I, Christopher, Distemper, Mili, Kaali, TJ, Rapunzel, Harold, George, Shamshu, Jack, Templalu, Don, Max, Tika, Moti, Chotu, Melinda, Kaalu, Romeo, Sabrina, Golumolu, Janet, Rhea, Everest, Marley Mom, Anamika, Tarantino, Browny, Brown, Chemical, Daisy, Suzzane, Nahidantu, Facie, Lopez, Goshi, Rani, Nancy, Venus, Pari, Railway Laali, Britney, Husky, Branched tail, Martina, Cheenu, Budhi, Twinkle, Christina, Tommy, Neelu, Champ, Ravu, Burger, Scotch, Bruno, Bhuri, Garbi, Mishti, Lajojo, Flora, Muscular Popular, Mrs. Fox, Brufus, Tuktuk, Rim, Jhim, Bipasha, Sylvia, Rangoli, Ricky, Curie, Sweeta, Tension, Keeyuk, Deegu, Gini, Chota White, Pasang, Dombivili, Kabaddu, Maria, Tedhasir, Khadda, Biscuit, Lily, Snow, Prasu, Catherine, William, Chocolate, Chulbuli, Boxer, Fighter, Henry, Sandra, Hero II, Lucy, Dixy, Heplalu, Sona, Endokalu, Anamika, Tumkali, Punch, Lemmy, Pelvy, Ice-cream, Bhagu, Dhauri, John, Pittu, Kakku and Pranky.

Last, and by no means the least, I am grateful to God, in the form of Mother Nature, for blessing me with all that I have.

Kuhu Roy