

CERTIFICATE

I certify that the thesis entitled "**Assessment of nutritional and functional properties of probiotic complementary food mixes from locally available cereals and legumes**" submitted for the degree of Doctor of Philosophy (Ph.D.) in Food Science and Nutrition by **Manisha Sharma** is the record of research work carried out by her during the period from 2019 to 2022 under my guidance and supervision, and that this work has not formed the basis for the award of any Degree/ Diploma/ Associate ship/ Fellowship or other Titles in this Institute or any other University or Institution of higher learning.

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DECLARATION

I declare that the thesis entitled “**Assessment of nutritional and functional properties of probiotic complementary food mixes from locally available cereals and legumes**” submitted by me for the award of **Doctor of Philosophy (Ph.D.)** is the record of work carried out by me during the period from 2019 to 2022 under the guidance of **Dr. S. Kowsalya** Professor, Department of Food Science and Nutrition, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore and has not formed the basis for the award of any Degree, Diploma, Associateship, Fellowship, Titles in this Institute or any other University or other similar Institution of higher Learning


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ACKNOWLEDGEMENT

First and foremost, the author pays honor to the God Almighty for being her refuge and strength for his everlasting love and express her most humble thanks to for the infinite grace, benevolence, immense blessings, grace, and mercy, showered on her throughout the study and also providing adequate strength and courage which helped her to overcome the hurdles, paving way for successful completion of the study.

The author expresses her profound sense of gratitude to **Padma Bhushan Sri Dr.T.S. Avinashilingam Ayya Avargal.**, Founder President and the first Chancellor of Sri Avinashilingam Educational Trust and Institutions for providing this Temple of Learning.

The author places her reverential gratitude to the first Vice Chancellor of the Institute **Padma Shri Dr. Rajammal P. Devadas, MSc, MA, Ph.D.**, Former Chancellor, an international Home Scientist and Nutritionist who worked for the cause of women and children.

The author places her deep sense of gratitude and sincere thanks to **Sri. Dr. T.S.K. Meenakshi Sundaram, M.A., M.Phil., Ph.D.**, Managing Trustee, and Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore, for having provided the infrastructure and all amenities to conduct the study.

The author places her reverential gratitude and sincere thanks to **Padma Shri Dr. P.R. Krishnakumar**, Former Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, a dynamic administrator, true philosopher and great academician for heavenly blessings.

The author expresses her profound sense of gratitude and sincere thanks to **Prof. Dr. S. P. Thyagarajan, D.Sc., Ph.D. and M.D., Chancellor**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for all the facilities provided for the conduct of her research and for his blessings.

The author expresses her deep sense of gratitude and sincere thanks to **Dr. V. Bharathi Harishankar, M.A., M.Phil., Ph.D., FRSA**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for providing infrastructural facilities and support for the conduct of the study.

The author expresses her profound gratitude to the charismatic, knowledgeable and dedicated personality **Dr. Premavathy Vijayan, M.Sc., M.Ed., M.Phil., Ph.D.** Former Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, for permitting her to utilize the infrastructure of the University for carrying out her research work effectively

Words are too little to express the love and towering gratitude towards my beloved guide **Dr. S. Kowsalya, MSc., M Phil., and Ph.D.**, Professor, Department of Food Science and Nutrition, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her painstaking support, constructive guidance, valuable suggestions, keen interest, endurance, contribution, inducement, support and motivation for the virtuous finale of the dissertation. It is not only science that she learned from her but also how to be an ideal human being. She sincerely thanks her for being such a great inspiration. She expresses her sincere gratitude for her care and support in all pros and cons through the astounding journey especially during Covid- 19 pandemic.

The author expresses her gratitude to **Dr. (Mrs.) K. Manimozhi, M.Sc., B.Ed., M.Phil., Ph.D.**, Controller of Examinations, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for extending all possible help towards the submission of this work.

The author expresses her gratitude to **Dr. G.P. Jeyanthi, M.Sc., M.Phil., Ph.D.**, Former Research and Consultancy and **Dr. P. Lalitha, M.Sc., M.Phil., Ph.D.** Dean In-charge, Research and Consultancy Avinashilingam Institute for Home Science and Higher Education for Women University, for Women, Coimbatore for her help and valuable suggestions during the tenure of her research work.

The author extends her whole hearted thanks to **Dr. (Mrs.) N. Vasugi M.Sc., M Phil., Ph.D.**, Dean, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her continued interest and constant support in the conduct of this research work.

The investigator would like to express her humble note of thanks to **Dr. M. Sylvia Subapriya, M.Sc, M.Phil., B.Ed., Ph.D**, Professor and Head of the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore, for her continued guidance and support throughout the study period.

The investigator would like to express her humble note of thanks to **Dr. A. Thirumani Devi, M.Sc., M.Phil., Ph.D.**, Professor, Former Head, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore for her continued guidance, patience and support throughout the study period.

The author profoundly expresses gratitude to **all the Teaching Faculty** members of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for their constant support and encouragement.

The investigator expresses her heartiest gratitude to **Dr. K. Kumaresan**, Associate Professor, Department of Biotechnology, Kumaraguru College of Technology, Coimbatore and **all the Teaching Staff** members and **Lab Assistant**, for their guidance and support throughout the period of the study.

With deep sense of gratitude and honesty, the researcher places her immense gratitude and heartfelt sincere thanks to **Ph.D. scholars** and **Lab Assistants**, Department of Food Science and Nutrition, who had also been part of the journey during the crucial hours of submission and also rendering their constant and timely support.

The investigator takes this opportunity to record her deepest appreciation for her **lovable friends** for their spontaneous encouragement and long-lasting moral support in her endeavors.

Words cannot be expressed for the amount of hardships and sacrifice of her **Grandparents, parents and Family Members** who encouraged her to follow her dreams and helped her at every stage of her personal and academic life with their unselfish love, prayers, courtesy, wishes and sacrifice.

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LIST OF ABBREVIATIONS AND SYMBOLS USED

FAO	:	Food and Agriculture Organization
UNICEF	:	United Nations Children's Fund
SDG	:	Sustainable Development Goal
GRAS	:	Generally recognized as safe
FSSAI	:	Food Safety and Standards Authority of India
CFU	:	Colony forming unit
FFA	:	Free fatty acid
RDA	:	Recommended dietary allowances
WHO	:	World Health Organization
PFA	:	Food Adulteration Act
NPR	:	Net Protein Ratio
RNPR	:	Relative Net Protein Ratio
CFM	:	Complementary food mixes
%	:	Percent
°C	:	Degree centigrade
μ	:	micron
AOAC	:	Association of Analytical Chemist
BIS	:	Bureau of Indian Standard
eg	:	exempli gratia (for examples)
et al.	:	et alli (and others)
etc	:	Et cetera (and all the rest)
Fig.	:	Figure
g	:	Grams
mg	:	Miligram
ml	:	Millilitre
PFA	:	Prevention of Food Adulteration
WHO	:	World Health Organisation
ATP	:	Adenosine triphosphate
RR	:	Rat ration