
ACKNOWLEDGEMENT

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

– Albert Schweitzer

In the immense mercy of the Almighty, I begin the humble responsibility of expressing my deepest gratitude to the individuals who have been pillars of support and guiding stars during my scholastic path (the list is long!). And, at this moment of reflection, I am profoundly grateful for the unwavering support and guidance of countless individuals who have illuminated my path and enriched my journey with their wisdom, kindness and encouragement.

*यदि ते प्रश्नानां समाधानं न लभ्यते, तदा सर्वदा एकमेव मार्गदर्शकमवलंब्य कार्यम्
- भगवद्गीता।*

Arthaat: “If you can’t find an answer to your questions, you should always rely on only one guide.”

–The Bhagavad Gita”

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गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः। गुरुरेव परंब्रह्म तस्मै श्रीगुरवे नमः॥

- आदि शंकराचार्य

The Powerful Quote needs no translation.

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“You are braver than you believe, stronger than you seem and smarter than you think. But the most important thing is, even if we're apart...I'll always be with you.”

- Carter Crocker, Winnie the Pooh

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कुटुंबकं जीवनं धनं धर्मः, कुटुंबकं शीलं सदैव संपद्।

कुटुंबकं परं हितं निर्वाणं, कुटुंबिनं प्राणिनाम्॥

- Amrish Tyagi

Arthaat: Family is life, wealth and righteousness, Family is character, always an asset. Family is the ultimate welfare, For the creatures of the world.

As I reflect on my journey, I realize that none of it would have been possible without the strong support of my family. To my mother, Mrs. Shakuntala Baria, the epitome of courage and strength, I owe an immense debt of gratitude. She instilled in me the courage to dream fearlessly and the resilience to never give up. Thank you, Mummy, for your strength, support and for lifting me up whenever I fell. I dedicate my success to you, for you have been my guiding light through every challenge and triumph. I am also deeply thankful to my sisters, Manisha Didi and Golu (Khushboo), for their strength, counselling session, taking charge of my family responsibilities when I had to dedicate my time for the research and being the backbone of my career from the

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“There is no secret ingredient. It’s just you.”

– Po, Kung Fu Panda

I also acknowledge and celebrate the self-care and self-belief that have propelled me forward, igniting resilience in the face of adversity. Moving forward, I commit to nurturing and appreciating myself, acknowledging my inherent worth and embracing self-compassion on this continuous journey of personal and professional growth.

And to all who have influenced my life in unique ways, contributing to my continual growth and development as a person.

-Kanchi Baria