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I received funding from the SEEF for my participation in the Tata-Cornell Institute 10th Anniversary conference at Cornell University in May 2023. The TCI conference marked my inaugural experience as an academic conference attendee, and I thoroughly enjoyed the opportunity to present my work and engage with other scholars.

As a presenter, I faced the challenge of condensing my work into a concise format suitable for a 15-minute presentation. Consequently, I acquired the skill of succinctly articulating different aspects of my results, focusing on materials that closely aligned with the conference session's theme. Moreover, I dedicated significant time to practicing my speech, ensuring that my content delivery was clear, concise, and engaging. Despite feeling apprehensive as a novice presenter, the outcome of my presentation exceeded my expectations: I adhered to the time limits and delivered my speech flawlessly. Subsequently, fellow scholars approached me to extend their greetings and compliment the quality of my work, as well as my composure during the presentation. This inaugural conference presentation serves as an invaluable asset, benefiting my future conference engagements and significantly bolstering my confidence to seek further opportunities to share my research with broader audiences.

Furthermore, the knowledge, skills, and attitudes I acquired and observed from fellow scholars at the conference have had a profound impact on my understanding of effective academic research practices. Despite the TCI conference's relatively small scale, it attracted many distinguished scholars in the field of agricultural economics. Many of them elucidated the scientific reasoning behind established concepts or practices through empirical evidence and analysis of historical policies. Notably, a renowned expert in agriculture and nutrition presented work demonstrating how the increased productivity of wheat and rice has led to a substantial decline in iron intake among the Indian population due to a reduced proportion of "coarse cereals" in their diets. Although the health benefits of "coarse cereals" have long been acknowledged, limited evidence has been presented regarding the adverse health effects stemming from their decreased consumption. Additionally, the paper's findings successfully

motivated policy actions by the Indian government to promote the inclusion of sorghum and millets as "healthy cereals" in daily diets. I find it deeply fascinating that conducting groundbreaking research does not necessarily hinge on sophisticated methodologies or fortuitously discovering the perfect instrument or natural experiment. Unveiling the mechanisms behind well-established health concepts alone can stimulate policy interventions and enhance education on dietary diversity and nutrient intake, thereby profoundly impacting public health.

Moreover, my participation in the TCI conference facilitated connections with fellow scholars, particularly professors and Ph.D. candidates from Michigan State University (MSU), where I intend to pursue a Ph.D. degree in agricultural economics. Establishing early relationships with peers at MSU undoubtedly confers a significant advantage for my future enrollment in their program. Notably, the current Ph.D. students I encountered during the conference exemplified professionalism and a thirst for knowledge, approaching new information with meticulous attention to detail. For instance, one MSU Ph.D. candidate diligently maintained a designated page in her notebook for each conference presenter, meticulously recording their research questions, utilized databases and methodologies, key findings, and contact information for potential future collaborations. I am genuinely impressed by her commitment to documenting pertinent details that can potentially benefit her own studies and foster collaborations in the future.

In summary, my attendance at the TCI conference has immensely enriched my understanding of academic research. Not only did I gain valuable experience presenting my work to a broader audience, but the connections I forged and the professional demeanor I observed will undoubtedly enhance my career in academia. None of these achievements would have been possible without the generous support of the SEEF, and words alone cannot adequately convey my gratitude for their invaluable contribution.



### Estimation of HH resilience

- Extensive amount of literature on resilience quantification:
  - Resilience as a latent capacity to resist, absorb and adapt to the impact of shocks (Alderson, Maine and Hurnsaw 2010; FAO 2015; Bene et al. 2012; ...)
  - Resilience as a probability over time of an ability to avoid poverty in the face of various shocks and stressors. The unit is resilient if such a probability remains high over time (Garret and Coulstas 2014).
- We adopt the second definition of resilience, and use a two moment-based approach to estimate HH resilience using Food Consumption Score (FCS) as the measure of well-being.

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Tata-Cornell Institute  
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