

## **Acknowledgement**

### ***Gratitude is memory stored in the heart***

My heartfelt gratitude to my parents Kashmira and Viraf Jijina who are the wind beneath my wings, always encouraging me to fly higher and who raise me up to more than I can be.

My guide Prof Urmi Nanda Biswas, a powerful force of motivation and inspiration for me and many other young women. I have learnt so much from you, even beyond academics and someday hope to emulate your warmth, kindness, dedication to research and work ethic.

My sincere thanks to the Dean Prof. R.C. Patel and In-charge Head Dr Rashmin Sompura for their support and assistance in helping me complete my thesis on time. My deepest thanks to Geshela Ven Dorji Damdul, Director Tibet House, New Delhi and Prof Dharm Bhawuk, Professor at the University of Hawai who have been a source of expert guidance and knowledge.

My deepest gratitude to all the thirty experts who were interviewed for the qualitative study and the 836 participants who completed my survey. I thank all my colleagues at the Faculty of Education and Psychology, and the office staff for their support.

To my husband Firdaus, the most heartfelt thanks who has kept me strong throughout this research journey. I would especially like to acknowledge my grandmother Amy Mirza, my uncles Percy Jijina, Noshir Boocha and Zerxis Mirza, aunty Roshan Wadia for cheering me on in all my endeavors my whole life. Many thanks to my supportive and encouraging parent in-laws Col. Firoze & Mrs. Niloofer Allavali and my brother-in-law Dr. Farhad Mehta.

Many thanks to Khorshed Boocha and both my grand-fathers, I know your blessings from above have been the answer to my prayers.

Special thanks to my senior colleagues and mentors at the Dept. of Psychology - Dr Renu Sharma, Dr Anjuli Verma and Dr B.S. Parimal, who have always extended a patient ear and a helping hand. I cherish my friendship with my co-Ph.D. scholars Madhuri Ma'am and Debjani, who made this journey fun and full of laughter.

My gratitude to Dr Mayuri, for always guiding me in my research queries. Anisha, Rashida and Tejasvi, my friends for being just a phone-call away.