

## LIST OF FIGURES

<b>Figure No</b>	<b>Title of the Figure</b>	<b>Page No.</b>
Figure 1.1	Types of Intelligence	12
Figure 1.2	Functioning of Emotional brain	15
Figure 1.3	The self	18
Figure 4.1	Holistic development	78
Figure 4.2	Process of SIP Development	89
Figure 4.3	Wheel of Change	99
Figure 4.4	Visual representations of Participant's expectations from the SIP	100
Figure 4.5	Visual representations of Participant's expectations from the SIP	100
Figure 4.6	Visual representations of actual achievement at the end of the SIP	101
Figure 4.7	Contribution of spirituality towards improved self-efficacy	108
Figure 5.1	Visual representations of Participant's expectations from the SIP	114