

Acknowledgement

Gratitude towards all Seen, Unseen...

I must begin with the Almighty for igniting me to test my capacity and fulfil my dream of completing the Doctoral research in a subject of my interest. Without His support, nothing was possible. I express my gratitude to my guide and mentor, Prof. Urmi Nanda Biswas, who not only imbibed and nurtured positivity in me but has provided her invaluable guidance and shared her immense knowledge of the subject at every stage, to help me achieve my goal.

I would like to take this opportunity to also express my heartfelt appreciation and thanks to all those seen and unseen, who have helped me with great enthusiasm to complete my research work.

My parents, late Dr. Bhalchandra Joshi and late Dr. Meena Joshi, both accomplished academicians at the core of heart have been my inspiration to be perseverant in making my dream come true. I feel blessed to have been guided by their unseen hands through this journey. My sister, Jyotsna and brother-in-law, Rajesh who motivated me to follow in the footsteps of our parents in this journey of academic research. I am obliged to them for constant motivation and unstinted support.

Special thanks are due to my family, my husband, Anil who has been truly a better-half in my life. I am blessed to have my children, Aditya and Dr. Anushka who have been my enthusiastic supporters from the outset. I thank the Supreme to bless me with such a wonderful family. My mother-in-law for being a home minister during my extended absence for research work.

I would like to thank my cousin Mr. Arun Joshi for his constant encouragement, guidance and logistical support during the qualitative research phase of my work.

My thanks are due to my sisters -in-law, Rajashree for helping me in designing and printing of the questionnaires; Aruna for enhancing content writing and Neeta who helped me for the data collection.

I would like to thank Dr. Asha Menon, Principal, Smt. P. N. Doshi Women's College, Mumbai, for encouraging me to pursue my research and allowing me to take extended leave for my work. Thanks are due to my colleague Dr. Kavita Nikam for being my go-to-resource for guidance in statistical analysis. I would also thank my research colleagues, Dr. Parisha Jijina for being with me throughout this academic journey. Ms. Debjani Roy with whom sharing the moments of success and challenges could be freely done.

No words would be enough to thank all the young elderly who whole-heartedly participated in my research and patiently completed my questionnaire and enjoyed the physical activities. Indeed, their blessings are the unseen contributions in my research. I would also like to thank the institutions and old age homes which permitted me to conduct my research with their elderly residents. I pray to the Almighty to keep them in good health and high spirits.

The working environment at The MS University has been really conducive to my research efforts and I would like to thank Dean, Dr. R.C. Patel and Head of the Department of Psychology, Dr. Rashmin Sompura for their words of encouragement, support and guidance. The office staff, and junior faculty at the department have been very helpful throughout this academic journey.