

Abbreviations Used in the Research

Sr No.	Abbreviation	Term
1.	APA	American Psychological Association
2.	BMI	Body Mass Index
3.	CD-RISC	Connor Davidson Resilience Scale
4.	CMC	Chronic Medical Condition
5.	FFMQ	Five Facet Mindfulness Questionnaire
6.	FMI	Freiburg Mindfulness Inventory
7.	GBC	Generativity Behaviour Checklist
8.	GOI	Government of India
9.	IBS	Irritable Bowel Syndrome
10.	KIMS	Kentucky Inventory of Mindfulness Skills
11.	MAAS	Mindful Attention Awareness Scale
12.	MMR	Mumbai Metropolitan Region
13.	MOSPI	Ministry of Statistics and Programme Implementation
14.	NHP	National Health Portal
15.	NPOP	National Policy on Older Persons
16.	ONR Biomarkers	Out of Normal Range Biomarkers
17.	PF	Physical Fitness
18.	PMR	Pune Metropolitan Region
19.	QOL	Quality of Life
20.	SES	Socio Economic Status
21.	SUBI	Subjective Wellbeing Inventory
22.	UN, DESA	United Nations Population Division, Department of Economic and Social Affairs
23.	WHO	World Health Organization
24.	WNR Biomarkers	Within Normal Range Biomarkers