

Acknowledgement

My initial words of gratitude are due to my close companions 'Krishnan' and Hanumanji. They know me in and out. I thank them for walking ahead of me with a beacon light, so that I can just follow...

I express my sincere thankfulness and adoration to my esteemed Guide, Prof. (Dr.) Sunita Nambiyar for her tireless support, valuable guidance and constant motivation to push me reach this far. I am deeply indebted to her timely supervision and motivation. Many a times, when I waver in my paths and steps, she held me tightly and gave me a lot of energy. She never frightened me with targets, but allowed me to find my own pace. I could not have completed my research without your nourishments. Thank you ma'am for accepting me with all my weakness....

I offer my gratitude and admiration to Prof. (Dr.) Bhavna Mehta, Dean and Head, Faculty of Social Work, for her support and academic insights. She has been an inspiration for me whenever I had a conversation with her.

I am highly obliged to have Rev. Fr. Edward George, Clinical Psychologist and Director, Santhula Trust Hospital, as the most generous and understanding Captain. I have been working as Psychiatric Social Worker in the hospital, since 2009, under his warm umbrella and was enjoying his patronage uninterruptedly. I thank you Father, for your benevolence, granting me permission to take up this arduous task, supporting me through my difficult hours.

It is my privilege to remember with dense gratefulness the support, knowledge, suggestions and insights given by Prof. (Dr.) Jagadish Solanki, Prof. (Dr.) Ankur Saxena, Dr. Kavita Sindhav,

and Dr. Jayalaxmi R Mahanty during course work presentations, discussions and feedback sessions. Your inputs helped me to device the study more effectively and scientifically.

I hereby thank all the other members of the Faculty of Social Work, teaching and non-teaching for their uncountable efforts to help me to sail smoothly through my journey of being a research scholar. I have learnt many things from each of them, both personally and professionally.

I place my sincere tokens of thankfulness and love towards my colleagues of Santhula Trust Hospital, especially Mr. Anoop Syriyac (PSW), Ms. Cinuja Raj (PSW), Ms. Amble Tom (CP), Ms. Midhu M Kumar (MSW), Ms. Abhaya K Aphage (MSW), for their selfless cooperation and motivation from the beginning till the end of the research process. I remember with great warmth, all the other members of the staff of the hospital, who have added to my strength and confidence in doing this work.

I thank the authorities and staff of Bishop Vayalil Medical Centre, Moolamattom and Nair's Hospital, Ernakulam for permitting me to interact with their patients and families and to conduct this study.

I feel genuinely grateful to my respondents, the mothers of young adults with multiple substance dependents, whose cooperation and involvement were inevitable for the success of the study. Often, it has been a symbiotic relationship between me and my respondent, as we supported and strengthened each other, found solace in each other's arms and fought the battle (with our own wounds) together. They have touched me, inspired me, moved me, jolted me, challenged me in many more ways than I reciprocated them with my professional skills (it was tough at times to separate my personal self from professional self, but, I have been myself, almost always, above personal/professional dichotomy). Thank you all for supporting me and my research.

I acknowledge my warmest appreciation to my family, who has sacrificed their pleasures and privileges for my happiness and success. Words cannot detail my immense emotions and connectedness towards them. My dearest mother Mrs. K J Sreedevi, whose presence fills my body and mind with love and zest, my heartthrob Mr. Biju T Kavumkal who has always powered my wings with trust and appreciation, my daughter Miss. Deekshitha B Namboothiri who has been caring and comforting me through my dips, my son Master Rituparn B Namboothiri who infuses jocularly and happiness in me, my grandmother Mrs. Sreedevi Antharjanam who invokes a fragrance of devotion in whatever thing I do, my parents-in-law (Mr. Thrivikraman Namboothiri and Mrs. Radha Thrivikraman) who are always encouraging and pampering, my niece Ms. Gauri Krishnan who accompanied me and directed me whenever I am in Vadodara, Binduoppol, Unniettan and Kannan who gifted me a home in Baroda...and many more...who helped me in bits and pieces, who sculptured, carved me and made me what I am now...I bow my head with tons of gratitude...

I thank every other person who is directly or indirectly involved in this study. Lots of thanks for all others who have helped to shape this study and to sharpen myself...I understand that I have reached this stage by stepping on many others' shoulders.....

Deepthi Krishnan