ACKNOWLEDGEMENTS

I would like to express my gratitude to all those who gave me the possibility to complete this thesis.

I am deeply indebted to my supervisor and express my sincere gratitude to Dr. Chandrakala Shenoy K, from the Mangalore University whose guidance, suggestions, and encouragement helped me in all the time of research for and writing of this thesis and making it a success.

I acknowledge Prof. M. Krishnamoorthy, Chairman of Department of Bio Sciences, Prof. M. Rajashekha and Prof. K.R. Sridhar for the support during the course of this study.

I am grateful to the authorities of Mangalore University for providing me an opportunity which enabled me to take up this study.

My special thanks to the Management of Father Muller’s Hospital who include the Director, Administrator and Dean and who have granted permission to conduct this work in Vailankanni rehabilitation Ward, Father Muller’s Hospital, Mangalore.

I am extremely indebted to all the inpatients of Vailankanni Rehabilitation ward in Father Muller’s Hospital who took part in this study and who have most willingly and affectionately given their valuable time and made this work possible. They have come forward to contribute every time I approached them and understood the value of this study. In course of time my understanding of alcoholics as humans with great values in their lives has been profoundly enhanced. Without them, this work would have been impossible.

It is my pleasure to acknowledge Suma, Mamtha, Yoga teacher Mr. Arun Kumar from the Father Muller’s Vailankanni Rehabilitation ward who supported
me in my research work. Sucharitha Suresh has put in her valuable time, in spite of her excessive work load to enlighten me on various statistical details.

I also owe by sincere appreciation and thanks to Mr. T S Thomas, Director of LINK De-addiction Center, Bolar, Mangalore for allowing me to conduct the survey in children from his center.

It gives me great pleasure in thanking my brother Arun who directed the execution of work from the very inception and helped me in tackling all the problems in the critical times I faced. He is the person who has emphasized the importance of completing my PhD when ever I was over whelmed by the work involved.

In spite of my physical disability due to childhood poliomyelitis, it has been my interest to work with alcoholics that has enabled me to carry out this work. My son, Tarang and my daughter Twaja for their outstanding encouragement, at every stage of the work.

My greatest sense of gratitude, love and thanks to my extraordinary parents, Mr. K S. Subramaniam and Mrs. Alli Subramaniam who have taught me, “Nothing is impossible when you do hard work and have good determination” and it is because of them I took up this research. I respectfully and lovingly dedicate this thesis to them.

(Latha Rajendra Kumar)