I thank the Lord and pay obeisance to Him for making me worthy of considering an
endeavour of this magnitude and for giving me the strength to take it on. I am immensely
grateful to Him for showering me with the opportunity, guidance, the wonderful people and the
resources—scriptural, intellectual and every other kind there is—which helped me in this
extremely satisfying journey and for showing me the light at the end of a long, hard and difficult
path.

A work of this kind could not have come to fruition through the work of just an
individual and I am indebted to the help, support and advice of some of the best minds in the
country for everything they gave me, whenever I requested it.

First, to my guide and mentor Prof. C. G. Venkatesha Murthy, a huge thanks for all the
help, support, advice and optimism over the years which has helped shape this work, and for
giving it such a high degree of detail and attention. I hope he feels that his time and energy have
been well spent. His insights, the complete intellectual freedom and the faith he placed in me is
invaluable and no amount of gratitude will ever come close to even expressing my indebtedness in this regard nor can it ever be repaid by me. Thank you so much, Sir, for everything you have given me, both tangible and intangible.

To Prof. S. K. Kiran Kumar, Chairman BoS, Department of Studies in Psychology, Mysore University and Prof. Sam Manickam, Prof. in Clinical Psychology, JSS University, for their intelligent suggestions, support and belief in me, and for giving me a chance to pursue my dreams in this unconventional work, I would like to express my gratitude.

To Prof. M. Basavanna (Retd. Prof. of Psychology, Vekateshawara University, Tirupati); Prof. Achala Umapathi (Retd. Prof. of Psychology, Bangalore University); Prof. Suvarna B. J. (Retd. HoD of Psychology, NMKRV College, Bangalore); Prof. Sreedhara Murthy (HoD of Psychology, NMKRV College, Bangalore); Prof. H. S. Ashok, (Psychology Department, Bangalore University) for all their help with the psychological aspects of this study and for letting me tap into their wisdom and benefit from their years of experience in the field. I would also like to thank Dr. C. Naveen Kumar (Assistant Professor, Dept. of Psychiatry, NIMHANS) for his timely and kind advices, and Dr. David Sheehan for his large hearted generousness in permitting me to use his test.

For explaining the Basic Principles of Ayurvedic concepts and giving me a clearer understanding of its implications and applications in my study, I would like to thank Prof. R. H. Singh (Professor Emeritus in the Faculty of Ayurveda at BHU; National Professor/ GURU in Ayurveda—Department of AYUSH, GOI; Chairman of the scientific advisory board of the Central Council for Ayurvedic Research, Govt. of India); Prof. H. M. Chandola (Professor of Kayachikitsa- (Internal Medicine) & Dean—Institute of Post Graduate Teaching & Research in Ayurveda, Gujarat Ayurved University); Prof. Ahalya Sharma (Professor, Government Ayurvedic Medical College, Bangalore; Member—BoS, Rajiv Gandhi University of Health Sciences; invitee, Karnataka Knowledge Commission) who has also become a dear friend; Dr. Kishore Kumar R. (M.D. Ayurveda—Kayachikitsa; Ph.D. in Neurophysiology from NIMHANS; research officer, NADRI—CCRAS) for his many insights, guidance and excellent suggestions which helped shape this work and give it a better scientific orientation and grounding; Dr. Rekha, Ayurvedic practitioner, Bangalore; Dr. Sanjay Kadlimatti (M.D. (Ayu), PGDYN, PhD.
Asst. Prof.—Kayachikitsa) and Dr. Yogesh Deole, (SRF, Ayurveda—IPGT&RA), for their contribution to my understanding of the subject and the amazing amount of help rendered, without which the scientific basis for this work would not have been complete—I gratefully thank them.

My heartfelt gratitude to Sri Sri Sri Jagadguru Vidyaranya Bharati Swamiji (present pontiff of the Hampi Mutt); MahaMahopadhyaya Prof. K. T. Pandurangi (Retd. HoD of Sanskrit, Bangalore University); Prof. R. L. Kashyap (Professor of Electrical and Computer Engineering, Honorary Director—SAKSI, Bangalore); Dr. Satyadhyana Acharya Katti (Dewan, Uttaradhi Math, Bangalore) for explaining complicated philosophical ideas and theories, simplifying them and bringing them into the 21st century context, and for also personally standing by me and blessing me with the inspiration and optimism to see this work through.

My special thanks to Mr. Yogish Shanbagh (CEO, Purpleframe Technologies Pvt. Ltd., Bangalore), Mr. Pramod Chandran (Delivery Head—projects) and Mrs. Jyothi T. (Programmer), for having understood my needs and ideas and using their expertise in helping me to bring this work up to today’s technological requirements by developing a software that has perfectly encapsulated my thoughts and given it a competitive edge in today’s world.

For helping me in the daunting task of collecting the data and making it an experience worth remembering by giving me their unstinting help and cooperation above and beyond the call of duty, I would like to thank Mr. Parth Amin (Chairman and CEO, SLK Software); Mr. Kiran Datar (MD, Cisco-Webex Communications India Pvt. Ltd.); Mr. M. R. Seetharam (Director, MSR Group of Institutions); Prof. A. S. Deshpande (Principal, Gogte Institute of Technology, Belgaum); Mr. Ulfath Hussain IPS (Additional Director General of Police, Recruitment and Training, Karnataka Police); Mr. S. K. Dogra, IPS (Additional Director General of Police, Economic Offences Wing, TN Police); Mr. Bipin Gopalakrishna IPS (Additional Director General of Police, Internal Security, Karnataka Police); Capt. Raj. K. Razdan (Provost, TMI Induri); Mrs. Swati Bhise (Manager, HR, TMI Induri), and last but certainly not the least Mr. Ravitej Rao M. (Partner, Crest Law Partners, Advocates & Solicitors).
I would like to express my gratitude to my husband Shri. M. H. Datar for his tolerance and support of my work to fulfill my dream and to my mother Dr. Mrs. Prabha Shankar.

I am very grateful for the enthusiasm, encouragement, pride and delight showered on me by my father-in-law, Late Shri. H. B. Datar.

I can never say or do anything which will express my gratitude and love to my father, Late Shri. B. S. Shankar Rao, who was always there for me through everything and will continue to live on in my heart forever. For the unconditional love, faith and belief which shaped me and gave me the courage to dream, Thank you Dad.

To my two wonderful children Keshav and Dharitri, for their unending patience and encouragement, thoughtfulness, optimism, love and support showered on me, no words can express my happiness and gratitude. You enrich and make my life meaningful.

It would be remiss on my part if I failed to acknowledged the help and cooperation of the Principal and wonderful people at Regional Institute of Education, Mysore in giving me the opportunity to be one amongst them for the duration of my academic pursuit there.

I would like to thank all the people at home who took on my work load so that I could devote my time and effort in this endeavour. Without their support I would never have been able to do this.

None of this would have been possible without the time and effort spent on me by the respondents of this study. I gratefully acknowledge this enormous contribution from them and seek their continued support and indulgence.

I dedicate this thesis to the memory of beloved father, Late Shri. B. S. Shankar Rao.

SHILPA. S.