The dawn of the new millennium is witnessing an unprecedented spread of cognitive dysfunctions such as decline in memory, distraction in attention, and attention related disorders in every corner of the globe. Stressful and sedentary lifestyle as a result of rapid modernization may be the root cause. Today’s world is changing rapidly and dramatically over the past decades. The ability to tune out distractions and focus on what is important is getting more difficult in this modern world. People are busier than ever, always trying to do two or more things at the same time. This multitasking is actually creating more troubles in focusing attention and shutting out irrelevant information and because of this, those involved in multitasking often experience more stress. Even after the multitasking ends, fractured thinking and lack of focus persist. The increasing use of technology and multimedia devices is making the young, developing brains to become habituated to distractions and to switch tasks, and less able to sustain attention. An inattention “epidemic” seems to have spread all over the human population on the planet earth. Research in the area of attention, specifically from the viewpoint of improving it, has thus become important and essential. In this present work, the role of Shankhapushpi, a herbal plant, in attentional processes was investigated.

I have no words that would be enough to express my sincere gratitude, appreciation, and reverence to my esteemed, highly intellectual, and learned guide and mentor, Dr. (Mrs.) Promila Batra, Professor, Deptt. Of Psychology, M.D.University, Rohtak, for her constructive and ever available guidance, incessant inspiration, and valuable suggestions at all the stages of this present work right from its inception till completion. Her enlightening storehouse of knowledge, foresightedness, eloquence, and above all mastery over the subject inspired me throughout my way to complete this challenging task. I find myself highly
fortunate and gratefully privileged to have worked under her supervision and guidance. She will always be a source of motivation for me in all my future endeavors.

I am also thankful to Prof. Sunita Malhotra and Prof. Amrita Yadava, who have been the Head of the department of Psychology, M.D.U., Rohtak, during my research work, for graciously providing me all the necessary facilities for conducting this work.

I would also like to thank all the teaching faculty of Deptt. Of Psychology, M.D.University, Rohtak, for their help and encouragement and especially for the concrete suggestions given by them at various stages.

I am deeply grateful to Dr. Sadhana Gupta, Principal, Maharaja Aggrasen College For Women, Jhajjar, for her encouraging and helping behaviour.

My special thanks to all the non-teaching faculty of Deptt. Of Psychology, M.D.University, Rohtak, for their co-operation.

A great feeling of thanks is to all the subjects who participated in this study, and my friends, without their cooperation, data collection would not have been possible.

I am profoundly indebted to my parents especially my mother, Mrs. Urmila Sharma, for her inspiration, support, and blessings which enabled me to be what I am today.

Last but not the least, I do feel proud while mentioning the name of my husband Mr. Arvind Deswal, who constantly encouraged and motivated me to see this work a reality. I just don’t have enough and proper words to thank him for everything.
It is not possible to name all of the people that contributed to this work, so, I am also thankful to those, who have directly or indirectly helped me to complete this work. I feel sorry for not being able to express my appreciation to each of my well wishers.

Above all, I thank almighty God, for showering his blessings upon me.

PRIYANKA