

Acknowledgement

My foremost gratitude and regards are for my Guruji for everything that you have bestowed on me 'Blessings always'. I bow down to thank my teacher Sir (Prof) Ghazi. Sir I have no words to describe the role you have played in my personal and professional life. You have been a nurturing parent, a stern brother, a guiding comrade. There were times in the course of my Ph.D. when I had lost hope and was wandering aimless your guidance and constant support truly enlightened me. I can't express in words how grateful I am and I can't thank you enough in my lifetime for what I have received from you as a disciple. Sir these have been my remarkable years of self-development purely because of you. Thank you so much.

I'm really thankful to my dad and mom for the constant love, support and time they have supplied for this endeavour of my life. I can't explain how overwhelmed I feel when I think about the sacrifices you have made for me. I love you both so much.

I grateful to Imran sir, Thang, Kiran, Mona, Rolu, Nanna, Nannu and Daddu as you have really helped me a lot in your own ways. And your presence in this duration has motivated me to overcome all the obstacles. I'm blessed to have you all.

My special and sincere thanks, to all the faculty and staff members of Jamia Millia Islamia Department of Psychology. This place is been my home because of you; there is no institution in the world that I have felt so closely related to.

I thank all the participants of this study without you this would never had been possible.

I would also like to thank everyone from the psychology fraternity because of you and your meaningful contribution in the past, present and future (yet to come). I was able to complete my work and still sail on the voyage of psychology.

I would like to conclude it with a deep gratitude towards everyone who has been a part of this journey 'Blessings always'.