Acknowledgement

First of all, I express my earnest gratitude towards the Almighty, Whose blessings not only inspired me to undertake the present endeavour but also Whose grace brought me into contact with altruistic individuals who, very enthusiastically and patiently helped and supported me to carry out my research work in spite of road-blocks. I pay my sincere gratitude to them on record.

I ineffably express my indebtedness and gratitude towards my revered guide Prof. Aradhana Shukla. Without her encouragement, support and consistent optimism this thesis would hardly has been completed. I am deeply indebted to my guide for her constant and benevolent guidance. Her invaluable direction, vigilant supervision, constructive criticism and friendly guidance, were the main streams to bring this research work in the present shape. Thanks are due to the Faculty Members of Psychology Department, SSJ Campus, Almora for help in this work.

An honourable mention of acknowledgement moves towards my father in law Mr. Janardhan Chandola, mother-in-law Smt. Bhagwati Chandola, brother-in-law Mr. Himanshu Chandola and sister-in-law Smt. Pratibha Chandola. Their sacrifice for granting me freedom from household chores and allowing me to stay in Almora with my husband and child cannot be forgotten. I place my sincere thanks to them.

I also take this opportunity to express my deep gratitude to Dr. S.C. Triwari, Dr. S.C. Godiyal, Dr. Rakesh Kumar Tripathi and Dr. Aditya Kumar of C.S.M. Medical University, Lucknow, who provided their wise suggestions and extended their valuable help, which has a gone a long way in the completion of this study.

I am also thankful to my library staff for their valuable help. A credit goes to them to complete this work.

At the same time, I cannot forget the help and support extended me, by the family of Koormanchal Academy, Almora. My vote of thanks goes to the Director Mrs. Madhu Khati, Principal Mr. K.K. Pant, Head Mistress Miss Meenakshi Pandey and teaching staff Mrs. Ashu Bisht, Miss Hansa Bisht, Mrs. Manju Joshi, Mrs. Sunita Bisht, Miss Geeta Mehra, Miss Soni Triwari and Mrs. Deepa Bhatt by taking upon themselves the responsibility of teaching and looking after my child Aradya Chandola which enabled me to devote more time towards my work.
I am highly thankful to the authority of mental hospitals and psychiatric clinics from where I have collected the data. I am also thankful to the normal participants who spared their time for me.

I am also beholden to my husband Mr. P.C. Chandola and my son Aradya Chandola. I just wanted to say thanks for my parents and siblings for their all sacrifices they have made all the support during my childhood they given me, all the guidance they have given me when I needed it most, and moulding me into the person I have become today.

The proprietor of EMS Mr. Abhishek Yadav also deserve my thanks for assisting me in typing and printing the manuscript in an excellent manner without getting irritated at several changes of drafts. He deserves a deep sense of appreciation for beautiful cartography.

Last but not least I offer my humble regards to all those who supported me in any respect during the completion of this research. Thanks are due to.........

Date: 18/03/2016

Rupali Chandola