ACKNOWLEDGEMENT

I wish to express my deep appreciation and thanks to all those who have contributed, in enabling me to complete this study lucratively.

My heartfelt thanks to my mentor Dr. (Mrs) Ratna Prakash, Principal, College of Nursing, Dehra Dun, Uttaranchal, for her invaluable guidance and constant encouragement.

Thanks to the Dean of Academics, Professor and Head of Department of Psychiatry, Dr. Shubhangi R. Parkar; for her patience, guidance and support throughout the research process. If not for her I would never have dared to take up qualitative research for my doctorate, her challenge helped me move from my comfort zone of quantitative study. Her constant discussions provided useful feedbacks to my study.

I owe my gratitude to Mrs. Alka D. Kalambi, Principal of L.T College of Nursing for her indefatigable support, understanding and for reading the draft copies.

Mrs. Ingrid for typing the transcript of the interviews thus, helping me complete the documentation of all the interviews.

Dr. Pradnya Wkpainjan Associate Professor Department of Education for her valuable help and in verifying the themes, and Sr. Joyce Fernandes Clinical Psychologist and counselor for verifying the transcripted document and for her valuable suggestions.

I recall with gratitude late Dr. Mrs. Naina S. Potdar, my former Principal for her encouragement and belief that nursing can get its due recognition if there’s an academic growth among all nurses.

I wish to acknowledge specifically the editing efforts of Mrs. Antoinette who meticulously did the editing thus; enhancing the quality of the English language of my thesis.

There are two further contributions that I wish to acknowledge Mrs. Chitra Naik Assistant
Professor of L. T. College of Nursing for the transcription work of the content in Devanagari script was indeed a great contribution and Ms. Sunitha for typing the tool and content in Devanagari.

I received great moral support from my spouse Mr. Alban Pereira who made it possible for me to work uninterrupted in my study, for long days and many late nights.

My mom Mrs. Philomena Fernandes from whom, I learnt the value of hard work, perseverance and love for education. Thanks to my siblings and family members whose love, support and encouragement helped me to believe in myself. With deep gratefulness I remember my beloved dad late Mr. Stanne Fernandes who always wanted me to obtain a Doctorate, it’s from him that I learnt that education can help one sore the heights of knowledge.

A word of appreciation to all my colleagues, friends, and students at Leelabai Thackersey College of Nursing; for being a part of this journey with me in my research work.

I acknowledge my special thanks to Sr. Angela Tavares of St. Charles High School for providing me with participants and for letting me use the school premises to conduct one of my focus group discussions.

I have learnt from many people and this process has been immense and a continuous one this study would not have been possible if not for the participants of the study who shared their experience and opened up to make this study an authentic one. It’s their contribution that has helped me to grow and widen my perspective towards this study.

I truly hold in high esteem the strength of the Mumbaikars and their resilience towards dealing with stress. This study has also helped me develop a deep admiration for the values and magnificence of Indian culture which contributes to develop inner strength and positivity helping Mumbaikars to bounce back no matter how tough the going.

Lastly, I offer my gratitude to that Presence that is larger than myself that never failed to journey with me throughout this venture. I can truly say that I experienced the touch of God in my life especially during challenging times and so I owe my gratitude to Him alone.