PREFACE

The craving need of food, security, freedom, satisfaction, happiness and good health had enlightened the modern human to strive for better living standards and sophisticated life style. As a result with the effortful, advancement, globalization, industrialization, and sophistication we have easeful facilities in hand, controlled environments, and better living standard, but unfortunately all this sophistication could not brought to the contentment, of mind, rather it has increased multiple of stress and vulnerability of psycho-physical diseases for modern man. Therefore, we are looking for sources of more and higher mental satisfaction, and wellbeing. In this regard Indian spiritual yogic life style and spiritual behavior has been found to be highly effective in managing mental health and psychological wellbeing. The present study has made an attempt in the same direction to find out correlates of health (life satisfaction, holistic health and subjective well being) of adult population, particularly, rituals, religiosity and spirituality were examined as associates of health.

Can words express the heart-felt feelings of gratitude? As the intensity of our sentiments deepens, words really fail to express one's deep feelings. Instead, "to say thanks" is the best way to express our gratitude. This research work was conducted at the Dept. of Psychology, M. D. University Rohtak, Haryana. It was an extremely unique experience for me and I would sincerely like to express my immense gratitude to those who helped me in this great endeavor.

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