ACKNOWLEDGEMENTS

The individuals I have acknowledged in this section have stood by me as pillars during this research creation and so cannot be placed in any hierarchy of importance, as absence of any of them would lead to an interrupted structure.

I would like to begin with first acknowledging the unconditional eternally optimistic and persistent efforts of my guide Dr. Shailaja Shastri, HOD, PG Department of Psychology, Jain University. I credit to her brave heart and adventurous mind this research study by bridling in my ready to run amok thoughts into a coherent organized detailed attempt. Any lack in coherence is more due to my rebellious unrufulness than her lack of supervision and premeditations.

Next, I would like to acknowledge Dr. Chenraj Roychand, the President of Jain University Trust and the Vice-Chancellor of Jain University, Dr. N Sundarajan for all the infrastructural facilities and encouragement. I am very grateful to Dr. Sandeep Shastri, Pro-Vice Chancellor, Jain University, for his insights in understanding research & its limitations in learning process. And, for providing (prodding) momentum when stuck in research catatonia.

Next, I would like to acknowledge the Dean of Sciences, Dr. Sudha Deshmukh for being a source of inspiration to all of us. Dr. Sumita Chowhan, Dr. Sherin P Antony, Dr. Chaitanya Sridhar, Dr. Gnan Prakash, Ms. Deepi Swamy and Ms. Ashwini N Gadig, Ms. Sanjana Malhotra faculty and fellow research scholars, post-graduate department of Psychology, Jain University for relentlessly listening to my research ranting and still providing fruitful feedback and emotional succor.

I would like to acknowledge Dr. Mythili P Rao (former) and Dr. Shanti Iyer, Centre Heads, J.C Road campus, Jain University for encouraging not merely in words but tangibly in providing required support for the implementation of the research program.

I would like to especially thank Dr. Dweck and Dr. Sylvia Rodriguez at Stanford University for validating my research design and allowing me free access to the program research efforts named ‘Brainology’ to be incorporated into the skill building program in phase II.
I would like to express my deepest gratitude all the educational institutions that respected and rendered support to this research effort and all the students who gave their time and efforts understanding that their time will bear fruits for students to come next and probably will never reach them.

I would like to thank Yana Lewis, Elina Wisung, Tamsin, Pooja Mehta, Sakshi Bhatia, Sushmita Margad, Shifa Ali, Neha, Tanvi Agarwal, Ritika Shetty, Satish Koteswuar, Arwa Husain, Anand Dhanakoti, Peter Mani and several others at Yana Lewis Dance Academy for hours of brainstorming and the privilege to witness the interplay of these variables in action during the countless hours spent on the dance floor. I would especially like to thank my teacher/guide/mentor Yana Lewis for her timely sensitization to intricate psychological-physiological processes and to sensitively manage my peculiarity in class owing to academic preoccupations/distractions.

I would like to thank Karthik Ramamooorthy for realistically (unapologetically) evaluating the conception of the idea for this work and its timely progress through hours of arduous listening.

I would like to thank Chitranjali Kishore for providing much needed time-off and unflinching faith in my abilities during extreme periods of doubt.

I would like to thank my parents and immediate family, for empathetically understanding and dismissing my pre-occupied ostensible rare presence and more common absences from daily routines and special occasions.

My dear husband, for his timely intervention, at a fortunate new turn in my life and thankfully at the last mile of this research journey.

I would like to dedicate this research attempt to my grandparents, for their resilient lives lived and stubborn rise from their humble beginnings without the support and confidence of education but leaving behind a legacy that could enjoy their fruits of labour and faith in life itself.