

Acknowledgement

First and foremost, I thank God Almighty for being with me through this journey of completing my work, providing me with the best of blessings and strength.

My heartfelt remembrance to the founders of this great ‘Temple of Learning’ **Thiru. T. S. Avinashilingam Chettiar** ‘Ayya’ avargal and **Dr. Rajammal P. Devadas** ‘Amma’ avargal for bringing light to the lives of numerous women through their service to education.

My wholehearted gratitude to the Honorable Ex Chancellor Late **Dr. P. R. Krishnakumar** and **Prof. Dr. S.P. Thyagarajan**, Chancellor, **Dr. Premavathy Vijayan**, Vice Chancellor, **Dr. S. Kowsalya** Registrar, **Dr. K. T. Geetha**, Dean, School of Arts and Social Sciences, for the support rendered in the successful completion of my research work.

My sincere thanks to **Dr. K. Manimozhi**, Controller of Examinations, **Dr. G. P. Jeyanthi**, Director, Research and Consultancy, for the guidance throughout the process. My thanks to all **Administrative Staffs** to the University for their help and assistance.

We deep respect and pleasure, I am extremely grateful to **Dr. S. Gayatridevi**, Professor and Head, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her constant encouragement and support. Her immense knowledge, tremendous understanding and plentiful experience have encouraged me in all the time of my academic research.

I express my gratitude to **Dr. A. Velayudhan**, Professor and Head, Department of Psychology, Bharathiar University, Coimbatore, for his valued input in shaping and executing my research.

I express my gratitude to **Dr. T. Veeramani**, Professor, Department of Psychology, Government Arts College University, Coimbatore, who was influential in shaping and execution of my research.

My deepest thankfulness to the **Institutional Human Ethics Committee, Library Staff** and the **Finance Office Staffs** for their timely help during times of need.

I genuinely thank my **Research Participants** for their support and dedicated participation during the data collection and intervention phases.

I am thankful to all the **Teaching and Non Teaching Staff Members, Research Scholars and Students** of the Department of Psychology for their guidance and motivation throughout the period of study.

I thank my **Family and Friends** for their constant patience, love, care, encouragement and support throughout my entire course and am extremely thankful to all my **Well Wishers** for their blessings and positive thoughts.

Jeffrin Margreat, J.