List of Figures

The following is a list of figures in numerical order as they appear in the thesis.

Figure	Title	Page No
No.		
1	Rowe & Kahn' model of successful ageing,1997	15
2	Rowe & Kahn' Model of Successful Ageing Revisited, 2002	16
3	Bio-psycho-social model of successful aging with subjective well-being as a criterion of a successful aging process	17
4	Illness-Wellness Continuum	19
5	PERMA model of Subjective Well-being	21
6	Features of Mc Adams's Model of Generativity	26
7	The Resiliency model by Richardson	29
8	Buddhist Psychological Model of Mindfulness	33
9	Conceptual Framework of the Study	72
10	Flowchart of Explanatory Sequential Mixed Methods Design used in the research	75
	Sample Breakup of Non-institutionalised Elderly- Phase I	
11	Sample breakup according to Age Group	84
12	Sample breakup according to Gender	84
13	Sample breakup according to Marital Status	85
14	Sample breakup according to Educational Status	85
15	Sample breakup according to Socio Economic Status	86
16	Sample breakup according to Working Status	86
17	Sample breakup according to Need for Digital Technology Training	87
18	Sample breakup according to Pursuing Hobbies (A), with Frequency (B)	87

Figure	Title	Page No
No.		
19	Sample breakup according to involvement in Leisure Activity (A), with	88
	Frequency (B)	
20	Sample breakup according to Social Engagement (A), with Frequency (B)	88
21	Sample breakup according to Type of Family	89
	Sample Breakup of Institutionalised Elderly- Phase I	
22	Sample breakup according to Age Group	90
23	Sample breakup according to Gender	91
24	Sample breakup according to Marital Status	91
25	Sample breakup according to Educational Status	92
26	Sample breakup according to Socio Economic Status	92
27	Sample breakup according to Working Status	93
28	Sample breakup according to Need for Digital Technology Training	93
29	Sample breakup according to pursuing Hobbies (A), with Frequency (B)	94
30	Sample breakup according to involvement in Leisure Activity (A), with	94
	Frequency (B)	
31	Sample breakup according to Social Engagement (A), with Frequency (B)-	95
32	Checklist for Nutrition, Exercise and Spiritual Practices	99
	Sample Breakup of Elderly- Phase II	
33	Sample breakup according to Age Group	104
34	Sample breakup according to Gender	104
35	Sample breakup according to Marital Status	105
36	Sample breakup according to Educational Status	105
37	Sample breakup according to Socio Economic Status	106

Figure	Title	Page No
No.		
38	Sample breakup according to Working Status	-106
39	Sample breakup according to Need for Digital Technology Training	-107
40	Sample breakup according to Place of Stay	-107
41	Sample breakup according to Pursuing Hobbies (A), with frequency (B)	108
42	Sample breakup according to involvement in Leisure Activity (A), with frequency (B)	108
43	Sample breakup according to Social Engagement (A), with Frequency (B)	109
44	Cross Tabulations of age and pursuance of Hobbies(A) and Engagement in Social Activity(B)	147
45	Cross Tabulations of Gender and Pursuance of Hobbies (A) and Engagement in Social Activity(B)	148
46	Cross Tabulations of Marital Status and Pursuance of Hobbies (A) and Engagement in Social Activity(B)	1
47	Cross Tabulations of Educational Status and Pursuance of Hobbies (A) and Engagement in Social Activity(B)	149
48	Cross Tabulations of Socio-Economic Status and Pursuance of Hobbies (A)and Engagement in Social Activity(B)	150
49	Cross Tabulations of Working Status and Pursuance of Hobbies (A) and Engagement in Social Activity(B)	151
50	Cross tabulations of type of family and pursuance of hobbies (A) and engagement in social activity(B)	152
51	Representation of the Themes emerged from perceptions and attributes of elderly	190