

बौद्धिक

Student Research Conference Proceedings March 2021



Prahladrai Dalmia Lions College of Commerce & Economics
Sunder Nagar, Malad (W) Mumbai Maharashtra, 400064

**PRAHLADRAI DALMIA LIONS COLLEGE OF COMMERCE &
ECONOMICS**

CONFERENCE PROCEEDINGS

**Virtual National Conference for student researchers on
‘Reaching out in COVID 19 : Social, Economic and Psychological Dimensions
of Human Life during The Pandemic’**

25 March 2021

organized by the Department of Business Communication and Student Research Cell
under the aegis of IQAC.

Patrons:

Chairman, Governing Council

Lion Sharad S.Ruia

Hon. Secretary, Governing Council

Lion Kanhaiyalal. G. Saraf



Editor

Dr. Shweta Ranade – Chairperson, Student Research Cell



Mr. Deepak Jha – Student Representative - IQAC

CHAIRMAN'S MESSAGE

*"In three words I can sum up everything I've
learned about life. IT GOES ON." - Robert Frost*

All of us across all walks of life are witnessing an unprecedented event in our lifetime, Academic institutions are no different; all of us have been overhauled alike. Adapting to the current times and overcoming them is the need of the hour. However, it is reassuring for decision makers like me that like a real leader at the time of Crisis, our institution, Prahladrai Dalmia Lions College of Commerce & Economics and its entire workforce has stood tall, and ensured that the academic delivery, exams and other curricular activities were conducted unhindered.

Yes, I admit that the sudden change of methods, technology infusion, remote online classroom sessions have been of great discomfiture to the teachers, students and the support staff alike. But the steadfast turnaround displayed by our team under the able leadership of Dr. Kiran Mane, I/C Principal and the teams led by Vice Principals Prof. Madhavi Nighoskar (Degree Aided), Prof. Subhashini Naikar (Degree-Unaided) and Ms. Kiran Mishra and Mr. Anil Bagade (Incharges Junior College) have us, members of Governing Council wanting for words of gratitude.

To match the undeterred service provided by the College Team, we decided to utilize this challenging time for the betterment of the college infrastructure. I am happy to announce that the Governing Council was unanimous in releasing requisite funds and resources to renovate and transform existing infrastructure. The General Auditorium, Conference Room, student's washrooms, Principal's cabin, Non-teaching Dry Cafeteria is upgraded to a state-of-art 3 star facility. We have also upgraded 2 class rooms to technology laced – 'Smart Classrooms' and installed the much awaited Rain Water Harvesting Technology- improving our sustainability quotient. With a new coat of paints, and other amenities, we are sure that the new batch of students would find an entire new college building ready to welcome them dearly. I am duty bound to mention the valuable service of our senior member Lion Kamal Ruia, Vice Chairman Governing Council for his rigorous follow up and supervision of the above said projects, and the youngest leader Lion Atit Ruia for his visionary inputs. Their support along with our other members of the Governing Council, despite the Covid scare gives us the confidence to drive forward.

There are yet many achievements to be mentioned, but are being withheld as the Covid19 protocols limit the capacity of University offices to approve new proposals. However, we are happy that the LIC Team has visited the college for scrutiny of the

proposed Research Centre of Commerce & Economics and have submitted a positive report.

The pandemic effect has had a serious impact on the academic cycle, as many things remained ambiguous. This in turn affected the admissions and increased drop out percentages amongst students of many institutions around Mumbai. But again, our stellar team of teaching and non-teaching staff have upheld the quality admissions, even in the increase of intake capacity.

I personally thank those Samaritans with a benevolent heart who have sponsored the academic fees of some of our students. The Governing Council is pleased to announce a special provision of 2.5 lakhs towards financial aid to deserving candidates. Kudos to all the achievers and supporters!

The road ahead is tough, but I am sure that we could work as a team and Triumph over the pandemic from our life. I urge everyone to follow Covid19 Protocols and assist the administration for effectively controlling the spread and treatments. If anyone can support financially or through social ventures in the trying times, it would be great!

Prahladrai Dalmia Lions College of Commerce & Economics is entering into its Golden Jubilee year and this year is important. Let us look ahead, and with the same resolve we shall strive for a better future for all of us, for all humanity.

In the words of Og Mandino, “I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.”

LION Dr. SHARAD S. RUIA

Chairman, Governing Council,

Prahladrai Dalmia Lions College of Commerce & Economics

SECRETARY'S MESSAGE

Report card of the college is excellent. Due to Covid and lockdown, classes were conducted on virtual platforms. We feel sorry for those students who could not enjoy college and canteen life, nor showcase their talents in various fields.

During this period of crisis, under able leadership of Incharge Principal Dr. Kiran H. Mane and equally supported by teaching and administrative staff, the college has performed very well. In the past, I have seen that we have produced thousands of Corporate Leaders, Public leaders, Chartered Accountants and Media Persons. They have travelled from Classroom to Boardroom of Public Limited Company.

We make education a purposeful, meaningful and enjoyable experience.

We give due weightage and importance to the grievances of students and solve the same by not taking it lightly and casually. In spite of the economic meltdown due to Corona lockdown, we are continuously increasing basic amenities and other facilities for students and staff members.

Let us all march ahead for a better tomorrow.

Together we can and always will make a difference.

Be positive in life and wish negative Corona tests for all.

We extend our wholehearted support to economically backward students.

LION KANAHAIYALAL G. SARAF

Hon. Secretary, Governing Council,
Prahladrai Dalmia Lions College of Commerce & Economics

FROM THE PRINCIPAL'S DESK

I am indeed proud to be given the charge of this esteemed institution that has won laurels in varied fields for the past decades and made a mark for itself in the western suburbs as a premier educational institution. Given the troubled times of Covid 19 all my teaching and nonteaching staff took upon themselves the challenges that the pandemic brought with itself. Combating with getting updated with the online teaching learning methodology, switching from blackboards to jam boards, from lecture method to interactive audio-visual presentations on online platforms , from classroom interactions to Google classrooms – all was learnt within a record period.

With the closure of educational institutions during the lockdown, news reports indicate that approximately 1.72 billion learners have been affected worldwide, and around 32 crore in India alone, resulting in high socio-economic costs for education stakeholders. The challenges that the teachers have faced is tremendous, apart from just getting internet savvy and using all the technical prowess to keep the online student interested and motivated mentoring them online was also an uphill task. Online counselling in these trying times has been tremendously stressful even for the teachers as navigating pandemic issues at home and reaching out to students in distress was equally challenging but our teachers' efforts have been commendable. We have all tried our level best in trying to use the video conferencing facilities in maintaining proper communication and following the social distancing norms so as to keep the augurs of this pandemic away.

The pandemic has resulted in the exodus of many parents for loss of livelihoods thereby resulting in problems for students. The digital divide which we used to talk about was faced as a reality in a span of just two months. Reports have been galore about how paucity of adequate resources forced students to drop out. Facing all these challenges has been a mighty uphill task for most of all; but I dare say we have emerged strong. Having used the online digital form of communication we are now more sure that lack of human touch will not help furthering the cause of education. "If I've gotten better at teaching over the years, it's not because I've learned more about my subject; it's because I've learned more about kids." If this is what every teacher like Monte Syrie thinks, then online teaching makes it challenging to actually know our students. Thus it is time for all academicians to rethink the pedagogical challenges that the digital transformation has brought with itself. And all teachers together can achieve this as Ratan Tata says, "'If you want to walk fast, walk alone. But if you want to walk far, walk together'".

Dr. Kiran H. Mane

Incharge Principal,

Prahladrai Dalmia Lions College of Commerce & Economics

EDITORIAL

Research is the cornerstone of knowledge. Young minds are flintstones that help ignite new avenues of growth, be it in the field of science and technology Economics and psychology politics or the social arena. The venture that started as a small student quality circle yearning for enrichment has today grown and spread its branches. We started these student conferences as a project in experiential learning wherein students themselves learn to organize a research conference. A conference for students, By students, a project that began as an intra-collegiate activity has today, being nurtured by the zest and enthusiasm of our students got together young researchers from places asunder

Thus, every year in order to gain experiential learning, the dept. of Business communication, students join the Student Research Cell and organize a Student Research conference. As every year the theme of the year is taken up at the conference. This year a Virtual National Conference for student researchers on ‘‘Reaching out in COVID 19 : Social, Economic and Psychological Dimensions of Human Life during The Pandemic’ on 25 March 2021 organized by the Department of Business Communication and Student Research Cell under the aegis of IQAC. The subtopics for the conference were:

Subtopics:

- Role of media in reaching out to people for help
- Hunger and Food Charity during COVID 19
- COVID 19- Misery of Migrants
- COVID 19 – Rise of depression
- Economic consequences of COVID 19
- Social Isolation and Trauma during the Pandemic
- Fear of losing the loved ones during the Pandemic
- Dealing with loss of jobs due to COVID 19
- Domestic violence and Lockdown

- Lockdown: is Environment healing?
- Challenges of Education during Pandemic
- Lockdown: Finding yourself
- Lockdown: Healing yourself
- Lockdown: Emergence of DIY
- Lockdown: “I am a writer too”
- Lockdown: Reconnecting with family
- Any other topic related to the theme

Students all over India contributed research papers on the themes given. we have researchers from Maharashtra, Tamilnadu, Puducherry and even Darjeeling Coimbatore , come together on this virtual platform to share their research studies.

Dr. Shweta Ranade a passionate researcher and Prof. Aastha Bhatia a dedicated and enthusiastic teacher mentored this group of young energetic students who have put in a lot of hard work for four months in organizing this conference.

The keynote speaker Dr. Swati Jayant Pawar, M.B.B.S., D.P.M., D.H.A.; M.H.A, MDP completed (IIM-A) who was currently Currently working as a Deputy Medical Superintendent with a 1400 bedded, Teaching hospital in Pondicherry, India set the tone of the conference by her experiences handling the pandemic of Covid 19. The Chairperson for the technical session 1 was: Dr. Iramani Bhuyan, Assitant Professor at Nowrosjee Wadia College, Pune, Maharashtra, Terchnical session two was chaired by Mr. Deepak Poojary, Assistant Professor in Zoology at Ramniranjan Jhunjhunwala College, Ghatkopar, Mumbai, Maharashtra and the third technical session was chaired by Dr. Vaishali Takode, Assitant Professor at Shri Shivaji Arts and Commerce College, Amravati, Maharashtra.

69 students participated in the conference. 35 Research papers were presented at the three parallel technical sessions held for the paper presentations.

Technical Session I- 01:00 - 04:00 pm was managed by teacher In-charge- Dr. Shweta Ranade and Student Coordinators- Anamika Singh, Divyansh Dugar, Sujit Yadav. The list of presentations and their research papers are as follows:

Sr. No.	Code No	Name of the First Author	Title of the Research Paper
1	01-01	S Kamala Aishwarya	A Study on Consumer Attitude Towards Online Shopping During Pandemic, Thoothukudi
2	01-02	P Regina	A Study on Unemployment Due to Covid 19 in Thoothukudi
3	01-03	Anjali Jain	Pandemic Affecting The Educational Environment of Mumbai Students
4	01-04	Mohit Narayanji Joshi	Economic Consequences of Covid-19
5	01-05	Abhivarshini	Challenge of Education During Pandemic- Covid-19
6	01-06	Kirti Sahajanand Sharma	Covid-19 Misery of Migrants
7	01-07	Sakina M. Babuji	Impact of Covid-19 on Education in India
8	01-08	Shruti Brijmohan Ojha	Economic Consequences of Covid-19
9	01-09	Mervin d'costa	Challenges of Education During Pandemic
10	01-10	Pranjali Rai	Covid-19 and its Impact on Lifestyle Patterns
11	01-11	Parth Sarvaiya	Impact of COVID-19 on Various Sectors and Proposed Solution for Recovery Through Sustainable Development Goals
12	01-12	Mohan Avdhesh Gupta	Loss of Job During Covid-19 and It's Impact
13	01-13	Sadhana Santosh Gupta	Challenges for Education During Pandemics

Technical Session II- 01:00 to 04:00 pm was managed by teacher In-charge- Prof. Emelia Noronha and Student Coordinators- Dipika Jain, Lalitkumar Luniya , Isha Patel. The list of presentations and their research papers are as follows:

Sr. No.	Code No	Name of the First Author	Title of the Research Paper
1	02-14	Aravind. C	Psychological stress due to Covid-19 by economical, study and family relationship:(Covid-19"Rise of depression")
2	02-15	Piyush Rane	Social economic and psychological dimension impact on covid-19
3	02-16	Shiksha Singh	Impact of Covid -19 on sexual Minorities and women
4	02-17	Vedanti Vijay Gide	Healing Yourself
5	02-18	Thameena Syed	Fear of losing your loved ones during pandemic
6	02-19	Srijai Pillai	Social Isolation and Trauma During Pandemic
7	02-20	Bhavani Kumaresh Udiyar	Fear of losing the loved ones during the pandemic
8	02-21	Dhruvi A. Mehta	COVID 19 – Rise of Depression
09	02-22	Smrithi N	A study on job satisfaction, Stress and Strain confronted by Private College teaching faculties in the Covid era with special reference to Palakkad region
10	02-23	Sruthi N.	A study on job satisfaction, stress and strain of medical representatives in covid era with special reference to Trichur region
11	02-24	Shivangi Choudhary	Trapped at home: A study of the shadow pandemic during lockdown in India.

Technical **Session III- 01:00 - 04:00 pm** was managed by teacher In-charge- Prof. Aastha Bhatia and Student Coordinators- Sheetal Kanojia, Rishab Baser, Sachin Shukla. The list of presentations and their research papers are as follows:

Sr. No.	Code No	Name of the First Author	Title of the Research Paper
1	03-25	Laxmi Devi L	Pandemic a purifier
2	03-26	Shagun Sondhi	Lockdown and crime
3	03-27	Manishika Koshlesh Singh	Lockdown: Finding Yourself
4	03-28	Shetty. Tanisha	Lockdown- Reconnecting with family
5	03-29	Deep Gada	Normal to new normal'- a journey of humans during this pandemic
6	03-30	Swarangi Joshi	Role of Media during Covid-19/Lockdown
7	03-31	Niharika Agarwal	Mob mentality and Ignorance during Covid-19
8	03-32	Suraj Prasad	Lockdown- Is Environment Healing?
9	03-33	Bains Gurwinder Kaur	Reaching out in covid-19: social, economic and psychological Dimension of human life during pandemic
10	03-34	Vanisha Agarwal	Lockdown: finding yourself
11	03-35	Tushani Das	Lockdown and crime

The best papers were awarded. The Trophies were sponsored by the Alumni Association of Prahladrai Dalmia Lions college.:

Technical session 1 :

Rank	Author Name	Paper Name	College Name
I	Pranjali Rai, Fiza Rehman and Anaisha Sadri	Covid-19 and its Impact on Lifestyle Patterns	Sophia College for Women
II	Anjali Jain	Pandemic Affecting the Educational Environment of Mumbai Students	Ghanshyamdas Saraf College
III	Sakina M. Babuji	Impact of Covid-19 on Education in India	Narsee Monjee College of Commerce and Economics

Technical session 2:

Rank	Author Name	Paper Name	College Name
I	Dhruvi Mehta	Covid 19- Rise of Depression	Narsee Monjee College of Commerce & Economics
II	Thameena Syed, Carmel Abinaya and Vivek Mandal	Fear of losing your loved ones during pandemic	Mahatma Gandhi medical College and research institute, Pondicherry
III	Sruthi N	- A study on job satisfaction, stress and strain of medical representatives in covid era with special reference to Trichur region	Sri Krishna Aditya College of Arts and Science, Coimbatore

Technical session 3:

Rank	Author Name	Paper Name	College Name
I	Tushani Das	Lockdown and Crime	Patkar Varde College
II	Deep Gada	Normal to New Normal- A Journey of Humans during this Pandemic	Narsee Monjee College of Commerce & Economics
III	Swarangi Joshi	Role of media during Covid-19/Lockdown	Prahladrai Dalmia Lions College of Commerce and Economics
III	Vanisha Agarwal	Lockdown: finding yourself	Jai Hind college, Mumbai

The conference was an enriching process both for the teachers and the students.

We thank Ms. Tanvi Shah for compiling the Conference Proceedings.

Emelia Noronha
IQAC Coordinator, & HOD Dept - Business Com.

Dr. Shweta Ranade
Chairperson , Student Research cell

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A STUDY ON CONSUMERS ATTITUDE TOWARDS ONLINE SHOPPING DURING PANDEMIC, THOOTHUKUDI

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A STUDY ON CONSUMERS ATTITUDE TOWARDS ONLINE SHOPPING DURING PANDEMIC, THOOTHUKUDI

Abstract

Online shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the Internet using a web browser or a mobile app. This study is undertaken to understand the attitude of online shoppers through a self-constructed questionnaire of 86 respondents in Thoothukudicity. The main purpose of this research is to identify and analyse the factors that may influence consumer's attitude towards online shopping. Another purpose of the study is to analyse who are online shoppers in terms of demography. Most of the consumers are concerned about the security of the payment system, and their overall online shopping satisfaction is mixed. This paper is envisioned to provide business leaders with a view on the progressing situation and implications on the consumer as well. This paper aims to reflect on different issues and perspectives of online shopping due to COVID - 19.

Keywords: Online shopping - during Covid - 19 - consumer attitude.

Introduction

The rapid growth of e-commerce in India over the last two decades, rising internet and mobile phones penetration has changed the way we communicate and do business. E-commerce is related with novel concept. Internet and mobile phone revolution have fundamentally altered the way business reaches the customers. The internet has brought about comprehensive change in the purchasing habits of the people. In the comfort of one's home office or Cyber Cafe or anywhere across the globe, one can log on and buy just about anything like apparel, book, music, digital cameras, mobile phones, MP3 player, video game, movie, rail tickets and air tickets. Ease, simplicity, convenience and security are the key factors turning the users to buy online. Still some consumers feel uneasy to buy online. Lack of trust for instance seems to be the major reason that impedes consumer to buy online. Consumer may have a need to examine, feel the product, discuss with friends and get some more comments about the product before purchasing. Such factors may have negative influence on consumer decision to shop online. Enter the novel coronavirus which causes a highly infectious disease Coronavirus disease (COVID - 19-19) that has infected millions of people worldwide. Since it spreads primarily through contact with an infected person (when they cough or sneeze) or when a person touches a surface that has the virus on it, the best way to guard against it is to stay at home. This has increased online shopping usage, globally.

Purpose of the study

The present study has been made to analyze the attitude of customer towards online shopping. It also highlights the benefits enjoyed by the customers who use online shopping app and also the problem faced by the consumers in online shopping. It makes an attempt to explain the customer satisfaction/ dissatisfaction regarding the online shopping.

Statement of the problem

With increase in lockdown, with declining sales and financial constraints, retailers have no choice but urgently need to find alternatives to increase profit. Online store/ e-shop can be one of the attractive solutions. This study is designed to provide suggestions to E-marketers and E-sellers regarding the consumer's attitude towards online shopping. Online shop delivers many products to the consumers at their doorstep. Second, online shopping is useful because it reduces a consumer's risk of infection by preventing contact with other people. It delivers the product to all: downtrodden or upper class people. Online shopping maintains standard price with high quality. Varieties of products are available in online shopping. It delivers the product purchased by the consumers within a week. It maintains good name from the consumers.

Objectives of the study

1. To know the benefits regarding online shopping to consumers during Covid - 19.
2. To know the satisfaction level of consumers.
3. To know the buying behaviour of consumers during Covid - 19
4. To find the consumers awareness regarding online shopping during Covid - 19.
5. To analyse the socio-economic background of consumers.
6. To know the buying preference of consumers in online shopping.

METHODS AND MATERIALS

The study is an empirical study based on survey method. The primary data were collected from the customer with the help of questionnaire. The secondary data were collected from the books, journals, internet and other online shopping apps. For, the present study, 86 customers were selected and interviewed. For selecting the sample customers, convenience sample method was followed. Questionnaires were circulated in Thoothukudi town. Questionnaires collected from respondents were a great source of information. The study is compiled with the help of both primary and secondary data.

Data Collected through Questionnaire:

Table 1: DEMOGRAPHIC PROFILE OF THE RESPONDENTS

Age (in years)	No. (%)
Up to 20 years	45 (52.3%)
21 – 30	26 (30.2%)
31 – 40	6 (6.9%)
41 – 50	7(8.1%)
Above 50	2(2.3%)

Gender	
Male	69(80.2%)
Female	17(19.8%)
Occupation	
Students	58 (67.4%)
Business	3(3.4%)
Housewife	3(3.4%)
Professional	1(1.1%)
Employees	21(24.7%)
Monthly income	
Up to Rs.10,000	42 (48.8%)
Rs.10,001 – Rs.20,000	17(19.7%)
Rs.20,001 – Rs.30,000	11(12.7%)
Rs.30,001 – Rs.40,000	7(8.1%)
Rs.40,001 – Rs.50,000	5(5.8%)
Above 50,000	4(4.6%)
Marital Status	
Married	67(78%)
Unmarried	19(22%)
Size of Family	
Up to 3	22(25.5%)
4 to 6	60(69.7%)
Above 6	4(4.6%)
Reason for Selection	No. (%)
Better quality	26(30.2%)
Low price	15 (17.4%)
variety of products	21(24.4%)
More brands available	10 (11.6%)
Offers	14 (16.2%)
Frequency of Purchase	
Once in 15 days	11(12.7%)
Once in a month	14 (6.2%)
Once in 2 months	23 (26.7%)
Once in 6 months	26(30.2%)
Once in a year	12 (13.9%)
No of Products Purchased	
1	19(22%)
2	18(20.9%)
3	20(23.2%)
4	8(9.3%)
5	8(9.3%)
More than 5	13(15.1%)
Purchase Before Lockdown?	
Yes	63(73.2%)
No	23(26.8%)

Source : Primary Data

Table 2: Kind of products purchased

Kind of products	No. of Respondents	Percentage
Electronic item	26	30.2
TVs & appliances	7	8.1
Footwear	12	13.9
Clothing	44	51.1
Beauty products	18	20.9
Kitchenware	11	12.7
Books	7	8.1
Music	4	4.6
Sports things	4	4.6
Grocery	11	12.7

Source: Primary Data**Table 3: REASON OF PURCHASE IN ONLINE****(More than one option may be chosen)**

OPTIONS	NO.OFRESPONDENTS	RANK
Ease of usage	44	I
Offer	43	II
Security	43	III
Information	40	IV
Time Saver	40	V
Reliability	40	VI
Availability	37	VII
Easy payment	36	VIII
Wide Range	36	IX
On time Delivery	29	X

Source: Primary Data**Table 4: Customer satisfaction level towards online shopping**

	Highly satisfied		Satisfied		Neutral		Dissatisfied		Highly dissatisfied	
	No.of respondents	%	No.ofresp	%	No.ofresp	%	No.ofresp	%	No.ofresp	%
Satisfaction about product	19	22.0	37	43	23	26.7	5	5.8	2	2.3
Delivery and Service	18	20.9	39	45.3	21	24.4	5	5.8	3	3.4
	Definitely Yes		Yes		Maybe		Not sure		Never	
Recommend to buy	23	26.7	31	36.0	22	25.5	6	6.9	4	4.6

Source : Primary Data

FINDINGS

Here an attempt has been made to evaluate the satisfaction of Tuticorin customers towards the Online shopping sites with socio economic characteristics of respondents' age, sex, educational qualification, and marital status, size of the family, occupation and monthly income.

- Most of the respondents (52.3%) using online shopping are up to 20years
 - Most of the respondents (80.2%) are Male
 - Most of the respondents (67.4%) are students
 - Most of the respondents (42%) have monthly income less than Rs.10,000
 - Most of the respondents (78%) are Married
 - Most of the respondents (69.7%) size of the family is 4 – 6 members
 - Most of the respondents (30.2%) purchase online shopping because of better quality of products
 - Most of the respondents (30.2%) made a frequency of purchase in once in 6 months
 - Most of the respondents (51.1%) purchase clothing in online shopping.
 - Majority of the respondents (73.2%) have purchased products through online before lock down.
 - Most of the respondents (65%) are satisfied with the online shopping.
 - Most of the respondents (66.2%) are satisfied with service of the online shopping.
 - Most of the respondents (52.7%) are willing to recommend online shopping sites to others.

SUGGESTIONS

- The price of the product from online shopping should be reduced to minimum level which will increase sales.
- Many more offers and discounts should be provided by the company so that the consumers may be satisfied to a large extent.
- The products must be delivered on time for increased customer satisfaction.
- Most of the respondents who purchase in Online shopping belong to the age group up to 20 years. So the company should concentrate on advertisements in order to attract the customers.

CONCLUSION:

Undoubtedly this epidemic has come up with a lifelong lesson and has impacted every sphere of natural life. So online shopping and consumer shopping preferences are not an exception to this. The best strategy of advice to adjust or to survive in this tough time is to adapt to changing needs of the consumer as the need of the hour is not the luxury or availability of luxurious goods at the specific price range, but unitedly everyone is contributing and fighting for the passage of this phase. So preferences have changed over from trip to the globe to stay at home and buying luxury online to buying groceries for

survival. Yesterday's luxuries are today's necessities. Almost all the respondents of Thoothukudi are aware of online shopping sites. Wide variety of products and low price are major factors that influence online shopping customers.

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A STUDY ON UNEMPLOYMENT DUE TO COVID 19 IN THOOTHUKUDI

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Abstract

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. The world health organisation (WHO) has declared “Corona virus disease 2019” (COVID -19) on 31 December 2019. It leads to Pandemic. Due to pandemic, Millions of people lost their job. The main objective of the study is to analyse the unemployment due to COVID 19 in Thoothukudi. It helps to know the impact and problems faced by the job losers during pandemic period. It helps to describe the sources of unemployment and how its affect people day to day life and business cycles. The sample size of 100 respondents is selected for the study from Thoothukudi. Simple random sampling method was used to select the respondents. The researchers offer some suggestions to improve employment opportunities and how to overcome the issues of unemployment due to COVID -19.

Key words: COVID 19, Unemployment, Job losers, Employment opportunities

Introduction

On 31 December 2019, a cluster of cases of pneumonia of unknown cause in the city of Wuhan Hubei province in China was reported to the World Health Organisation. The World Health Organisation (WHO) has declared that as “Corona virus disease 2019” (COVID-19). It leads to Pandemic. A pandemic is defined as “occurring over a wide geographic area and affecting an exceptionally high proportion of the population”. The last pandemic reported in the world was the H1N1 flu pandemic in 2019. A global coordinated effort is needed to stop the future spread of the virus. So the Government and WHO announced a quarantine to control pandemic of COVID 19. Quarantine pull down world economy. The COVID 19 pandemic forced many workplaces to adapt to drastic changes in the work environment around the world. The COVID 19 pandemic has been labeled as a black swan event that caused a ripple effect on every aspect of human life. It affected day to day life and is slowing down the global economy and affected thousands of peoples who are either sick or are being killed due to the spread of this disease. COVID 19 has rapidly affected our day to day life, Industries, Factories, Business, disrupted the world trade and movements. It leads many people to became unemployed. Unemployment statistics for 2020 reveal that the rate was 8.4% in August. It reached a peak of 14.7% in April due to the COVID-19 pandemic. This shows that within the two-week period of lockdown, 119 million workers have lost their jobs. The five major impacted industries in urban areas are the manufacturing (28million), retail, hotel and restaurants (32 million), building (15 million), shipping, storage and communications (11 million) and banking, enterprise and real estate (7 million). These sector is influenced by approximately 93 million informal staff. 50% of the 93 million unpaid employees operating in these sectors are self-employed, 20% are

seasonal day-to-day wage jobs, and 30% are wage and contract employees without any network of social security. Casual employees are considered the most disadvantaged in the building industry because of the irregularity of their jobs and the lowest average wage earned. Over all each and every work was affected by COVID 19. The aim of this paper is to analyze the unemployment rate and problems faced by job losers in Thoothukudi.

Unemployment rates of India

Following are the unemployment rates of India for the past 5 years.

- India unemployment rate for 2016 was 5.51%, a 0.05% decline from 2015.
- India unemployment rate for 2017 was 5.42%, a 0.09% decline from 2016
- India unemployment rate for 2018 was 5.33%, a 0.09% decline from 2017.
- India Unemployment rate for 2019 was 5.36%, a 0.03% increase from 2018.
- Followings are the 2020's unemployment rate, Jan – 4.22%, Feb – 7.76%, Mar – 8.75%, Apr – 23.52%, May – 23.48%, Jun- 10.99%, Jul – 7.43%.

Unemployment rate was peaked at 2020 during COVID 19 recession.

Statement of the problem

International labour organization (ILO) estimates that more than 25 million jobs have been threatened due to the spread of novel corona virus globally. Kristalina Georgieva, the head of IMF (International Monetary Fund), said that this is the second-worst economic crisis faced by the world since the great depression of the 1930s. There are major concerns for low-paid and low-skilled informal workers in low and middle-skilled countries. Unemployment rate stands at 8.7% in April 2020. CMIE survey released that the joblessness in the urban areas has been increased to 11.26% from 10.69%. Job losses and economic malaise in India show no sign of slowing as the impact of the corona virus continues to affect almost every sector. Millions of Indians have lost jobs in the formal sector since April due to the economic stress caused by novel corona virus. COVID-19 has rapidly affected day to day, business, disrupted the world trade and movements. Slowing of the manufacturing of essential goods. Disrupt the supply chain of products. Losses in national and international business. Poor cash flow in the market. Significant slowing down in the revenue growth. The world of work is being profoundly affected by the global virus pandemic. Unemployment is the fact that most gig workers and daily wagers, many of whom were the migrant labourers, are rendered jobless, as non-essential economic activity has ceased across the country in a bid to stop the spread of corona virus pandemic. The UK, US, Canada, and various European and Asian countries have registered a huge loss in jobs which increases their rate of unemployment. An initial assessment of the impact of COVID-19 on the global world of work says the effects will be far-reaching, pushing millions of people into unemployment, underemployment and working poverty. Millions of people became unemployed and it affected their day to day life as well as family.

“FOR MILLION OF WORKERS, NO INCOME MEANS - NO FOOD, NO SECURITY, AND NO FUTURE”

Objectives

- 1.To analyze the nature of COVID 19 and unemployment
- 2.The main objective of this study is to analyse the changes of employment during pandemic period in Thoothukudi.
- 3.To know the impact and problems faced by job losers during pandemic period in Thoothukudi.
- 4.Describe the sources of unemployment, its duration, the group's most affected by it, and how it fluctuates over a business cycle and individual economic level.
- 5.To give suitable findings and suggestions to improve employment opportunities and employment skills.

Sampling Design

Simple random sampling method was used to select the respondents. Descriptive and analytical methods have been used to explore the unemployment level and problems faced by job losers due to COVID 19 at Thoothukudi. The sample size of the study is 100.

Scope of the study

The present study covers the Thoothukudi city. It helps to analyse the Unemployment due to COVID 19 at Thoothukudi. The period of the study is about 3 months from December 2020 to Feb 2021.

Sources of data

The present study is based on both primary data and secondary data. Primary data were collected through Questionnaire method and Interview schedule. The secondary data were collected through internet, social medias, journals and newspapers.

Table 1
Demographic profile of the respondents

Demographic factors	Options	No of Respondents	Percentage
Age	Below 18 years	2	2
	18 – 30 years	79	79
	30 – 45 years	15	15
	Above 45 years	4	4
Gender	Male	68	68
	Female	32	32
Educational Qualification	Illiterate	1	1
	Primary	8	8
	Higher secondary	15	15
	Graduate	76	76
Family Type	Nuclear	70	70
	Joint	30	30
Nature of work	Agriculture	2	2

	Manufacturing	7	7
	Sales and marketing	19	19
	Daily wagers	65	65
	Others	7	7
Monthly Income	Below 8000	34	34
	8000 to 15000	45	45
	15000 to 20000	15	15
	Above 20000	6	6
Period of unemployment	Weeks	24	24
	Months	70	70
	Years	6	6

Source: Primary Data

Table 1 inferred that, 79% of the respondents belongs to the age group of 18 – 30, 68% of the respondents are male, 76% of the respondents are Graduate, 70% of the respondents are in nuclear family, 65% of the respondents are Daily wagers, 45% of the respondents earn Rs.8,000 – Rs.15,000 as monthly income and 70% of respondents are unemployed for months.

Table 2
Reasons of the respondents for unsuccessful in employment

Unsuccessful in finding jobs	No. of respondents	Percentage
There was not enough jobs	45	45
You don't have experience	27	27
You don't have right skills	8	8
Illiterate	5	5
Any other	15	15
Total	100	100

Source: Primary Data

The above table 2 clearly shows that 45 percent of the respondents thought that there was not enough jobs, 27 percent of the respondents thought that they don't have experience, 8 percent of the respondents thought that they don't have right skills, 5 percent of the respondents thought that Illiterate was the reason for unsuccessful in employment and 15 percent of the respondents choose others. Most of the respondents thought that there was not enough jobs. That's is the reason for their unsuccessful in finding jobs.

Table 3
Solutions to solve the unemployment problems

Solutions	No. of respondents	Percentage
Self-employment	38	38
Government must provide employment opportunities	37	37
Accepting a job with low wages	15	15
Others	10	10
Total	100	100

Source: Primary Data

Table 3 clearly shows that 38 percent of the respondents felt that Self employment is the solution, 37 percent of the respondents opinion to solve this problem is Government must provide employment opportunities, 15 percent of the respondents opinion to solve this problem is accepting a job with low wages and 10 percent of the respondents choose others.

Most the respondents felt self employment is the best solution to solve Unemployment problems.

Table 4
Problems faced by respondents at the time of unemployed

Problems faced by respondents at the time of unemployed	Rank
Poverty	I
Cannot met family expenditure	II
Stress and Hospitalize	III
Some became alcoholic	IV
Some may find wrong way to earn money	V

Source: Primary data

Table 4 expressed that under Simple Ranking method respondents gave I rank for Poverty, II for Cannot meet expenditure, III rank for Stress and Hospitalize, IV for Some became alcoholic, V for Some may find wrong way to earn money.

Table 5
Stress has impacted job losers at the time of unemployed

Stress has impacted job losers at the time of unemployed	Rank
Headaches	I
Poor eating habits	III
Trouble sleeping	II
Tired all the times	IV
Sick more often	V

Source: Primary data

Table 5 clearly expressed that under Simple Ranking method respondents gave I rank for Headaches, II for Trouble sleeping, III rank for Poor eating habits, IV for Tired all the times, V for Sick more often.

Findings

1. Most of the respondents 79% belongs to the age group of 18 to 30 years.
2. Most of the respondents 68% are male.
3. Most of the respondents 70% are living in nuclear.
4. Most of the respondents 76% are graduate.
5. Most of the respondents 65% are daily wagers.
6. Most of the respondent's 45% income level is Rs 8000 – Rs 15000.
7. Most of the respondents 70% are being unemployed for months.
8. Most of the respondents 53% are tried to find other jobs.
9. Most of the respondents 74% are thought economic recession may be the of their unemployment.
10. Most of the respondents 63% are currently employed.
11. Most of the respondents 52% are not in the same job how as before COVID 19.
12. Most of the respondent's 81% salary (income level) was decreased.
13. Most of the respondents 51% are met their expenditures by family at the time of unemployed.

14. Most of the respondents 65% strongly agree, many people lost their job due to COVID 19.
15. Most of the respondents 52% strongly agree the opinion, they are economically pull down by COVID 19.
16. Most of the respondents 88% felt that government must provide job opportunities.
17. Most of the respondents 66% felt unemployment affect the family also.
18. Most of the respondents 38% felt self employment is the solution to solve this problem.
19. Respondents gave 1st Rank for Headaches. They considered headaches is most stress impacted by job losers at time of unemployment.
20. Respondents gave 1st Rank for Poverty. They felt that Poverty is the major problem faced by job losers at time of unemployed.

Suggestion

1. Government should provide job opportunities and government should support startup industries by providing investments. If the industries increases more , then the employment opportunities also increased more.
2. Education pattern should be completely changed. Emphasis should be given on vocational educations.
3. More employment exchanges should be opened. Information regarding employment opportunities should be given to people.
4. Everyone tries to promote the startup ecosystem, instead of job seeking.
5. To increase employment, it is essential to increase production in agriculture and industrial sectors. Development of small and cottage industries should be encouraged.
6. Capital formation should be particularly encouraged in such activities which generate greater employments opportunities.
7. Industries, factories, business will start and run how before as COVID 19. They can start with safety measures.

Conclusion

The current study provides an information about unemployment and its impact. Unemployment is a serious issue for any economy. It creates negative affects to unemployed as they are jobless and suffer from worse prospects to find new job and those who are employed feel less secure to keep their jobs in future. However for overall development of economy, government and individuals has to take initiative steps in increasing the productivity and improving the standard of living. is not only the responsibility of the government to take initiation in reducing the unemployment problem, even individuals has to take step to overcome this problem. Lot of adjustments are to be done by the individuals to come out of this situation. With out taking hasty decisions like suicide, frustration they can plan and do proper adjustments like debt adjustments, expend their liquid assets when it is required, cut down their expenditures and also encourage other family members to find jobs so that they can compensate in income generation. An individual has to increase their capabilities and participate in proper counseling and training sessions to improve their performance levels and enhance their skills. They have to think about self employment apart their job with the help of their family members. This also improves their standard of living.

**START YOUR OWN BUSINESS...
INSTEAD OF BE A JOB SEEKER...**

BE A JOB PROVIDER...

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PANDEMIC AFFECTING THE EDUCATIONAL ENVIRONMENT OF MUMBAI STUDENTS

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ABSTRACT

The Pandemic-Academic year has affected life of oodles of students. As we know that due to covid-19 the state governments across the country temporarily shutted down schools and colleges. The main motto behind the closure of colleges was to reduce the spread of corona virus & safeguard youngster. The present study is an attempt to find out the impact of covid-19 on education sector. The findings of the study reveal that despite this situation admission was hassle free but many students faced financial problems with no solution to it. Due to monetary issues some students left their education resulting into loss of one year. They find difficult to understand lectures and they are not even able to connect to teachers to solve their problems. They are hardly able to concentrate on studies additionally their extracurricular activities are also being affected badly. With current pandemic situation going colleges are still conducting exams on virtual platform which is being challenging for students. They fear will online exam have same worth as offline? won't online exams affect their future paths? The questions are indefinite with this dilemma pandemic-academic is passing anyhow. But current method of adapting online platform could be much better if there were some ground preparations. This signifies online system has not fully succeeded in making India's education system virtual, but it has laid the background for transforming Indian education from offline to online.

1. INTRODUCTION

The novel coronavirus disease 2019 (COVID-19) was emerged at the end of December 2019 in Wuhan city of China. The initial outbreak of COVID-19 spread rapidly, affecting other parts of China and then world. Coronavirus pandemic has significantly disrupted various sectors in India. Due to the closing down of educational institutions it has reported that around 320 million learners are affected in India, of which about 34 million belonged to the tertiary level of education.

1.1 Government Measures

To respond to COVID-19, many countries have now introduced travel restrictions (both inward and outward) with the intention to prevent the spread of the epidemic. Public health experts and government officials are taking several measures, including social distancing, self-isolation, or quarantine; strengthening health facilities to control the disease; and asking people to work at home. Most of the governments around the world have initiated a common goal to curb the spread of this highly contagious disease by imposing lockdown and avoiding face-to-face teaching-learning to fight this invisible enemy.

1.2 Impact of Pandemic

- According to UNESCO there's shift in dropout rates.
- The lockdown has generated uncertainty over the exam cycle. May be universities may face impact in terms of a slowdown in student internships and placements.
- Student counselling operations are also affected.
- Creating stress environment among the faculty and students.
- Situation is leading to rise in family battles and also suicide cases. Additionally, inequality and disparity are also increasing.

The present paper is an attempt to find out the effect of Covid-19 on education specifically of Mumbai students.

2. REVIEW OF LITERATURE

An attempt has been made to present in brief a review of past studies which have a direct or indirect relevance to this study.

- Simon Burgess, Hans Henrik Sievertsen (2020) in their study concluded that the global lockdown of education institutions was going to cause major (and likely unequal) interruption in students' learning; disruptions in internal assessments; and the cancellation of public assessments for qualifications or their replacement by an inferior alternative. This research discusses what can be done to mitigate these negative impacts.
- Nic Beech and Frederik Anseel (2020) in their study explained that Higher Education (HE), and in particular Management and Business Education, was facing an unseen crisis. Business schools and learned societies were dealing with a number of pressing short-term problems that potentially threaten their existence. Although HE leaders had to focus on short-term survival, they should not forget about sustaining growth and development in the long term. The current crisis also created opportunities to rethink our focus and role in the society. To this end, we posit a Manifesto for business and management in HE and learned societies to gain a stronger identity, broker and facilitate interdisciplinary research and become more impactful with, and recognized by, society in post-COVID years.
- Toquero & Cathy Mae (2020) in their study analyzed that Covid-19 affected higher educational institutions not just in Wuhan, China where the virus originated but all other higher educational institutions in 188 countries as of April 06, 2020.

Educational countermeasures were taken to continue educating the students despite the COVID-19 predicaments. This article introduced how higher education is affected and how it can respond to future challenges. This article recommends to educational institutions to produce studies to proliferate and document the impact of the pandemic to the educational system. There was also a greater need for educational institutions to strengthen the practices in the curriculum and make it more responsive to the learning needs of the students even beyond the conventional classrooms.

3. **RESEARCH METHODOLOGY**

3.1 Objectives of the Study:

The present study is aimed to achieve following specific objectives:

- To study about the impact of coronavirus among the students of Mumbai.
- To identify the various challenges faced by the students due to Covid-19.

3.2 Population of the Study:

The population of the study comprises of all the students staying in Mumbai

3.3 Sample Size:

From the population, sample size of **151** respondents was selected.

3.4 Sampling Method:

Convenience method of Sampling was used.

3.5 Sources of Data Collection

For the purpose of this study, data is collected both by Primary and Secondary Sources. Primary data is collected by means of a structured and non-disguised Questionnaire made with the help of google forms. Data was collected by sending Link of Google Form to respondents. Secondary data is collected from various sources like books, journals, websites etc.

3.6 Data Analysis Techniques

Data collected has been analyzed by using various statistical tools like frequency distribution, mean score, percentages etc.

3.7 Limitations of the Study

- The sample size is small so results cannot be generalized.
- The study is limited only to students of Mumbai.
- Respondents may not have furnished correct data.

4. DATA ANALYSIS

Table 1 – Demographic Profile of Respondents

	Options	No. of respondents	% of respondents
Age	13	1	0.7
	14	3	2
	15	3	2
	16	4	2.6
	17	4	2.6
	18	7	4.6
	19	18	11.9
	20	23	15.2
	21	29	19.2
	22	39	25.8
	23	9	6
	24	5	3.3
	25	1	0.7
	28	1	0.7
	30	4	2.6
	Total	151	100
Educational Qualification	9th - 10th	11	7.3
	11th - 12th	9	6
	B.Ed.	1	0.7
	Diploma	1	0.7
	Graduation	84	55.6
	Post-Graduation	45	29.8
	Total	151	100

School/College Name	JPMP college	1	0.7
	Acharya college	1	0.7
	Ashoka International Center for Educational Studies and Research	1	0.7
	Bal Bharti	1	0.7
	Durgadevi Saraf Junior College	3	2
	DY Patil	2	1.3
	Saraf College	92	60.9
	Guru Nanak Khalsa Autonomous college	2	1.3
	H.R college	2	1.3
	Iqra Islamic school	2	1.3
	J. M Patel college of commerce	2	1.3
	KCCMS	1	0.7
	Kes Shroff college	3	2
	KJ Somaiya	1	0.7
	KPB Hinduja college of Commerce	2	1.3
	Ladhideviramdhari Maheshwari night college	1	0.7
	NarseeMonjee College of economics	1	0.7
	Nirmala Memorial Foundation College of Commerce	1	0.7
	NKES High School & Jr. College	4	2.6
	Poddar College	1	0.7
	Prahladrai Dalmia Lion's College of Commerce and Economics	4	2.6
	Ramniranjan Jhunjhunwala College	2	1.3
	SNDT WOMEN'S UNIVERSITY	2	1.3
	St Paul's Institute of Communication Education	4	2.6
	St. Xavier's college	4	2.6
	SVIS	2	1.3
	Tata institution of Social science	1	0.7
	Thakur College of Science and Commerce	5	3.3
	ThankurRamnarayanclg	1	0.7
	Welingkar institute of management and Research	2	1.3
	Total	151	100

1. Level of satisfaction with online lectures

Table 2

Are you happy with online lectures?	No. of Respondents	% of Respondents
No	97	64.2
Yes	54	35.8
Grand Total	151	100.0

2. Admission for the new academic year

Table 3

	Options	No. of Respondents	% of Respondents
Rate admission process	Very Easy	35	23.2
	Easy	28	18.5
	Neither easy nor tough	51	33.8
	Tough	24	15.9
	Very Tough	13	8.6
	Total	151	100
Did you face financial challenge while paying fees?	No	52	34.4
	Yes	99	65.6
	Total	151	100
Is your college helping to cope with financial issues?	Can't say	71	47
	No	50	33.1
	Yes	30	19.9
	Total	151	100

3. Impact of Covid-19

Table 4

	Options	No. of Respondents	% of Respondents
Do you attend lectures as before?	Increased	29	19.2
	Same	63	41.7
	Decreased	59	39.1
	Total	151	100
Are you able to understand lectures virtually?	No	24	15.9
	Somewhat	83	55
	Yes	44	29.1
	Total	151	100
Is it easy to reach the teacher at any point of time to clear doubts?	No	76	50.3
	Yes	75	49.7
	Total	151	100
Is the online scenario affecting your extracurricular activities?	No	39	25.8
	To some	48	31.8

	extent		
	Yes	64	42.4
	Total	151	100
Are you able to concentrate on studies same as before this situation?	Yes	22	14.6
	Little bit	80	53
	No	49	32.5
	Total	151	100

4. Scenario of exam

Table 5

	Options	No. of Respondents	% of Respondents
Are your exams being conducted?	No	38	25.2
	Yes	113	74.8
	Total	151	100
Is online exam challenging for you?	Not at all	39	25.8
	Slightly	71	47
	Yes	41	27.2
	Total	151	100
Is online exam worth it?	No	75	49.7
	Yes	76	50.3
	Total	151	100
What mode of conducting exam is best?	Offline	108	71.5
	Online	43	28.5
	Total	151	100

5. Problems due to adaptation of virtual platform

Table 6

State do you Agree or Disagree with the following statement (no. of respondents)						
	i) Online mode encourages students to attend lectures	ii) Online lectures are affecting students mentally	iii) Online lectures are having an adverse effect on student's health	iv) Online lectures increase pressure on student	v) Online lectures disturb the home environment	vi) Virtual lectures lead to less interaction with faculties & classmates
Strongly Agree	24	22	30	19	27	60
Agree	23	71	57	50	61	52
Neither	73	40	42	46	40	27

agree nor disagree						
Disagree	20	13	16	28	14	8
Strongly Disagree	11	5	6	8	9	4
Total	151	151	151	151	151	151

6. Opinion of Respondents for adapting an online platform for the education system

Table 7

Adapting an online platform for the education system	No. of Respondents	% of Respondents
Just Right	22	14.6
Can be better	76	50.3
Challenging	53	35.1
Grand Total	151	100.0

7. Impact of the current pandemic on student's education

Table 8

Impact of the current pandemic on education	No. of Respondents	% of Respondents
Very Good	0	0.0
Good	15	9.9
Don't know	36	23.8
Bad	62	41.1
Very Bad	38	25.2
Grand Total	151	100.0

8. Effect of pandemic-academic year on future?

Table 7

Would pandemic-academic year affect your future?	No. of Respondents	% of Respondents
Yes	73	48.3
No	18	11.9
Maybe	60	39.7
Grand Total	151	100.0

5. CONCLUSION AND RECOMMENDATIONS

Major findings of the study:

- Majority of the respondents (25.8%) were of the age 22 years. Moreover 55.6 % of the respondents surveyed were graduates.

- Research shows that majority (64.2%) were not happy with online lectures.
- Respondents surveyed feel that admission process was neither easy nor tough (as the mean score was 3.3). Majority no. of students (99) faced financial challenge while paying fees and the colleges were not offering any help.
- 41.7% were attending lectures as before but 39.1% student's attendance was decreased. Majority of students (55%) were not completely able to understand lectures and they stated that it was tough to reach teacher for clearing doubts (50.3%). Additionally, majority of them were hardly able to concentrate on lectures (53%) on other hand their extracurricular activities are also being affected.
- Despite the current scenario their exams are being conducted (74.8%). For 71 student's online exam are slightly challenging. Surveyed students feel that online exam is worth but offline mode of conducting exam is best.
- Respondents surveyed feel that online mode neither encourages nor discourages students to attend lectures (as the mean score was 3.2) but online lectures are affecting students mentally (mean score is 3.6). Respondents were also of the opinion that online lectures are having adverse effect on their health (mean score is 3.6) and increased pressure on student (33.1%). Virtual studies disturb the home environment (mean score is 3.5) and also lead to less interaction with faculties & classmates (mean score is 4.0).
- According to majority of the students (76) opinion adapting online platform for education can be much better.
- Impact of current pandemic on student's education will be bad (as the mean score was 2.2).
- The results also indicated that pandemic-academic year will affect their future (48.3%).

Thus, it is clear from the above discussion that compare to online studies offline learning is much better. It helps to interact & explore new paths. This Pandemic-Academic will affect future of young generations but disaster is unmeasurable. This year is like trial-and-error period for education board, on base of this they can do future planning for online studies & create a better roadmap.

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ECONOMIC CONSEQUENCES OF COVID-19

By: Mohit Narayanji Joshi

ABSTRACT

International Monetary Firm has correctly titled its annual report 2020 as “A YEAR LIKE NO OTHER” as the outbreak of COVID-19 has impacted nations in an enormous way, especially the nationwide lockdowns which have brought social and economic life to a standstill. No one among us has seen the world as it appeared in these times. A world constantly buzzing became suddenly silent. Most countries have never faced such a crisis in their entire history. Coronavirus as we know as covid-19 today have bent down emerging economies to developed economies like USA and UK. This paper aims at studying the economic effects of such a crisis. There are wide ranging consequences like inflation, unemployment, loss of global trade, etc. the paper focuses on consequences faced by INDIA.

PROCEDURE

Research involves studying data from different government and private agencies. After sufficient analysis of data different sectors of the economy were studied as to where they stand in the wake of the pandemic. Different sectors were identified and consequences over them were brought up. Data was gathered through many organizations. Some of them are IMF, World Bank, and NSO.

INTRODUCTION

Paper is titled as **Economic Consequences of Covi-19** or rather I would call it as **Bird's eye view of pandemic ridden economy**. This research has focused on Oil markets, Tourism and banking sector, MSME's, inflation and unemployment levels, effect on GDP, labor markets and others. However, this paper because of certain limitations doesn't focus on the effect of fiscal and monetary policies and international trade, which also have serious consequences upon due the pandemic.

Labor markets

Ever since the world came to know about “lockdown” in the mid-march 2020, people were affected in every way possible and imagined. Nevertheless, labor markets were affected too. The International Labor Organization in its report describes the coronavirus pandemic as ‘the worst global crisis since World War II’. About 400 million people (76.2% of the total workforce) working in the informal economy in India are at a risk of falling deeper into poverty. Seasonal migration of labor for work is a pervasive reality in rural India. A migration of millions of people happens from rural areas to industries, urban markets and farms

Moreover, migration of such a huge labor force from industrial cities and states feared labor shortages in these states when the production resumes. And whatever was feared, happened! During June 2020 when the nation made its way to unlocking, businesses experienced labor shortages especially the real estate sector. Many of these labors tried finding work in agriculture fields thereby asserting pressures on agricultural sector too.

A sudden lockdown and closure of businesses, daily wage laborers were the worst hit. These laborers have no savings or generally very less savings on hand making it difficult even to arrange for food twice a day. A survey done by Jan Sahas between 27th march and 29th march reveals that around 80% of migrant workers feared that they will run out of food before lockdown ends on 14 April and will not get their job back thereafter.

It is further to be noted that Informal Sector can be the worst hit during such challenging times, without getting the clear picture of the extent of damages happened to it. Effects of such damages can only be seen in medium to long term period. For instance - a child may not be able to go back to school after horrifying financial situation at home. This dropout may cause long term costs to the society and nation as a whole.

AVIATION SECTOR

The aviation sector in India currently contributes US\$72 billion to India's GDP. Foreign tourist arrival has been down in the first quarter. The lockdown will have a significant impact on arrivals in the second quarter. If we estimate a conservative 25 per cent decline in the contribution of the aviation sector, it will amount to 18 billion. Railways contributed US\$27.13 billion in 2019 to GDP. A 21-day lockdown period expected a brought down in the revenue by US\$1.56 billion.

Much anticipated damage to the aviation sector came out to be true as the global travel came to a standstill. Many airlines which were already struggling were almost choked down to death because of the pandemic. Aviation sector also saw a degree of unemployment as when the airlines were allowed to operate but at a capacity much less than normal and restrictions over the movement of the passengers.

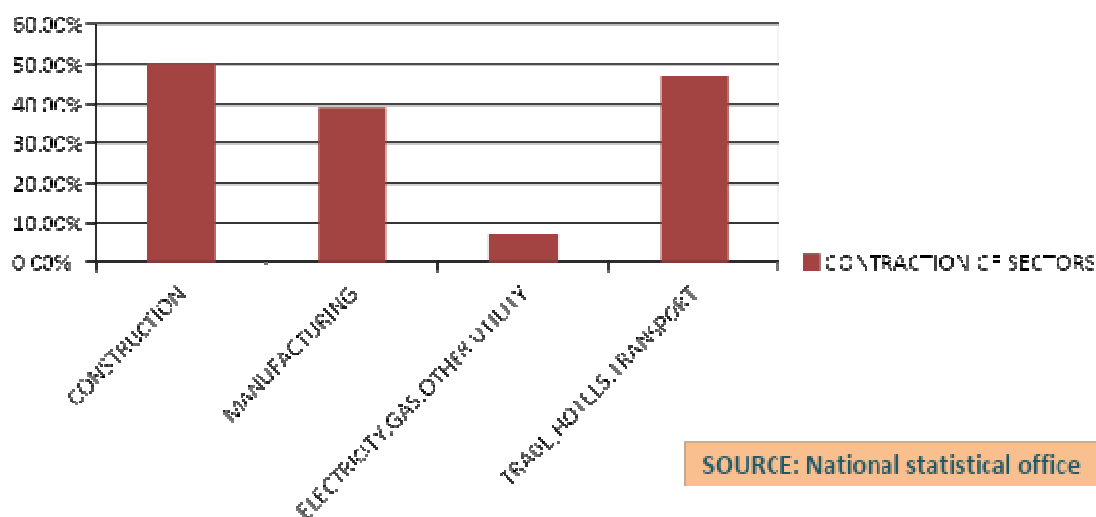
MSME's and TOURISM SECTOR

Micro, Small and Medium enterprises, which have created more than 90 per cent of the jobs in India, employing over 114 million people and contributing 30 per cent of the GDP faced severe cash crunch and ultimately leading them to liquidation. However, there is not data as to number of MSMEs shut down during lockdown, said the Minister of State for MSMEs Pratap Chandra Sarangi in parliament. The production and procurement of goods and services reduced due to fallen market demand. Since with no visible and definite end to the health and economic crisis, and private consumption slowed down in the light of job losses and pay cuts, the re-activation of small businesses is proving to be a daunting task.

Tourism industry was on boom in India and globally when the pandemic hit the world. With restrictions on travel both domestic and international; tourism industry was worst hit due to covid-19. In 2019, tourism sector contributed nearly 6.8% of GDP, around \$194.00 billion. A severe hit to this sector has no doubt affected the job of millions it employed. According to World Travel and Tourism council (WTCC), the pandemic is likely to cost tourism industry almost \$22.00 Billion and a loss of almost 50 million jobs. Therefore, it comes to no surprise that tourism in India has witnessed a significant decline post covid in 2020. As on March 14 2021, where active cases stand at 210544 and new cases adding up, many states have restricted arrivals from covid infected states, tourism is struggling to revive. For instance, recent restrictions by government of Rajasthan for arrivals from Maharashtra, Gujarat, Punjab, and Madhya Pradesh can get a toll on the economy of the state. Data shows that

tourism constitutes around 15% of the economy of Rajasthan, and third largest employer after Agriculture and textiles sector. Moreover Tourism has a significant multiplier effect on the state economy. Every rupee spent by a tourist changes hands 13 times. Horrifying effects were noted in terms of both unemployment and downfall of economy. With such a prevailing sector being hit to the core, GDP fell to a record low in 2020.

EFFECT OVER GDP



Economic Survey 2019–2020 had provided advance estimates for growth in real GDP during 2019–2020 at 5.0 per cent, as compared to the growth rate of 6.8 per cent in 2018–2019. With production and economic activities almost stopped after the nationwide lockdown in mid-March 2020, data showed that during the first quarter of the financial year 2020-2021, India's Gross Domestic Product for the first quarter slipped by a sharp 23.9% as per estimates released by Ministry of statistics and Programme Implementation.

Only the agriculture, forestry and fishing industry witnessed a growth of 3.4% in the June quarter. With RBI's predictions about the economy to contract by 8.6% in Q2, the country went into technical recession in the first half of 2020-2021 for the first time in its history.

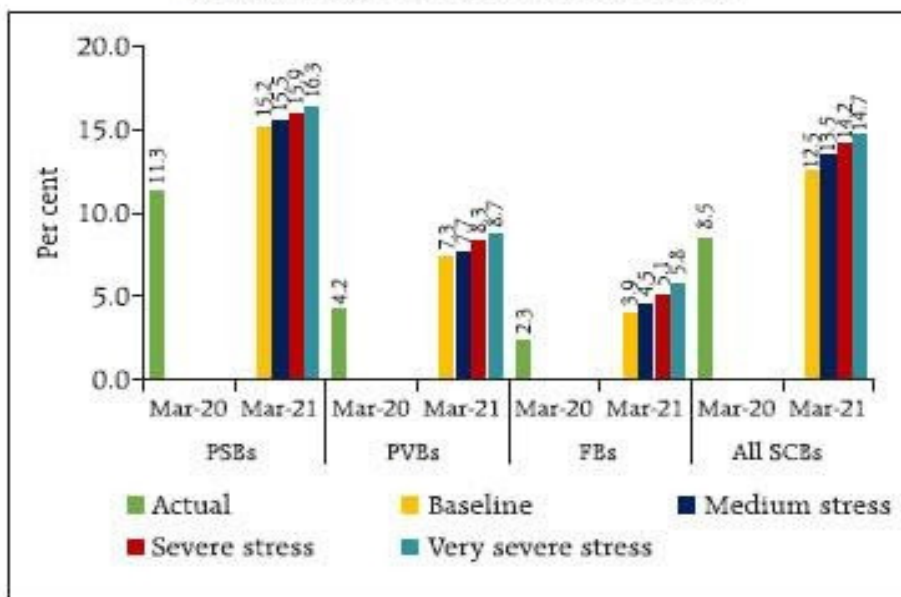
However, recent Q3 data gives some relief as to country is out of technical recession with GDP growth rate of 0.4%. The NSO has projected 8% contraction of GDP for the financial year 2020-2021.

India in order to recover from the pandemic at different times announced a stimulus package totaling USD 300 billion. This has increased debt at an alarming level. Debt-to-GDP ratio greater than 77% can negatively affect growth of a nation in the long run, according to the World Bank. Along with other measures, global investors use this ratio to make their decision about the destination country for their funds. Similarly, a rule of thumb was introduced by the Indian government in the form of Fiscal Responsibility and Budget Management (FRBM) Act in 2003. This act states that the government should maintain a debt-to-GDP ratio at 60%

except in extreme situations. Data from IMF shows debt position of US over 131, India- above 89 and china-61.

BAD LOANS

Chart 2.7: Projection of SCBs' GNPA ratios

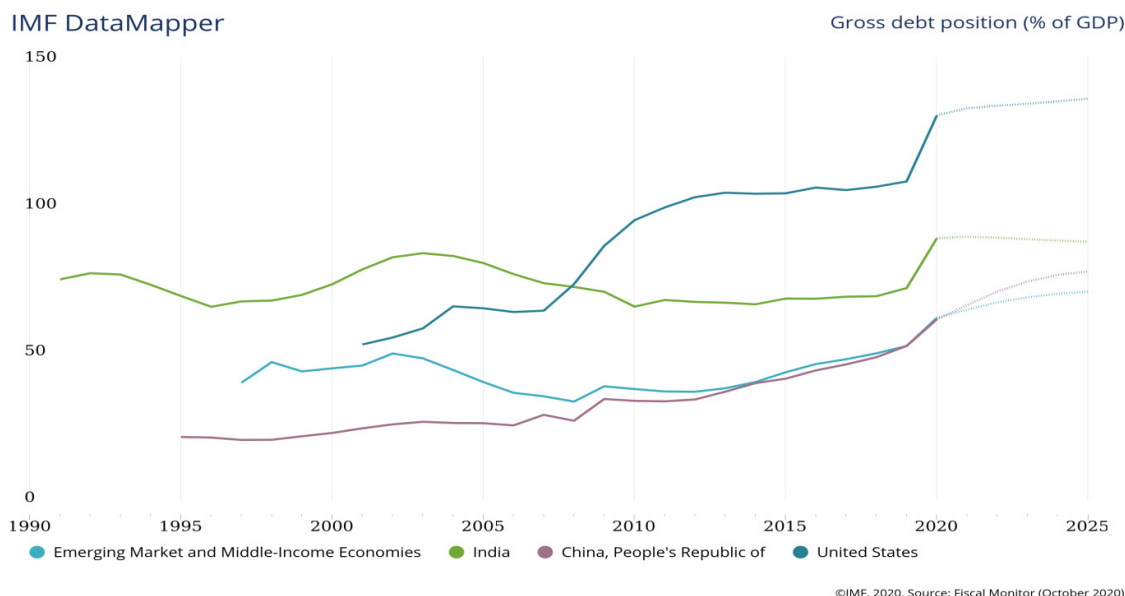


Note: The system level GNPA ratios are projected using three complementary econometric models- Multivariate Regression; Vector Autoregression (VAR) and Quantile Regression; and averaging the resulting GNPA ratios. For bank group level projections, average of Multivariate Regression and VAR results are used.

Source: RBI Supervisory Returns and Staff Calculations.

In wake of sudden hit of the pandemic, in order to protect already bed ridden banking sector, RBI provided relief to banks as well as borrowers by giving them an option to halt the payments for six months. RBI also slashed the REPO rate to a record low thus giving another credit line to lend to borrowers. This gave a temporary relief to the banks and pumped the necessary liquidity. Also, it proved as a shield to protect the banks from sudden shock of bad loans.

However RBI in its Report on trends and Progress of Banking in India 2019-20 stated that, “as policy support is rolled back, the impact of the Covid-19 pandemic may dent the health of the banks.” As borrowings under the moratorium covered around 40% of overall outstanding loans, it is matter of stress that bad loans will hit the sector in the coming days.



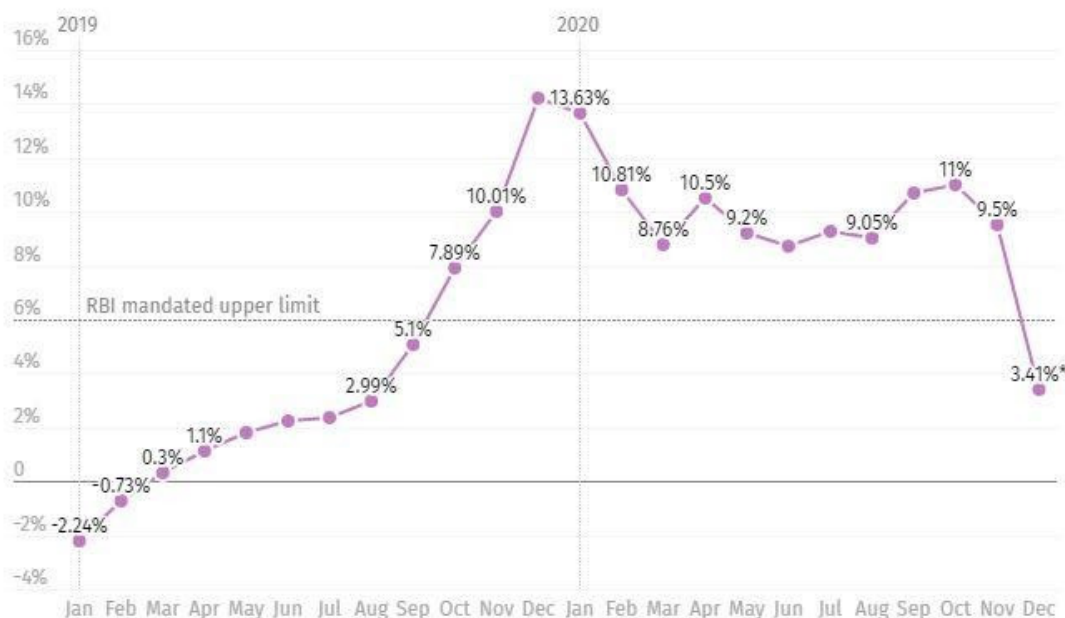
According to credit ratings agency S&P Global, Indian banks' NPA to loan book ratio is expected to shoot up to 10-11% by March 2021 from 7.6% in September 2020. The challenge before the banks is not just to keep NPA levels low but also to ensure healthy loans are given now keeping into mind the uncertainty of covid.



Unemployment levels in India went as bad as 25% during May 2020. Such horrifying levels of unemployment can have long lasting impacts for the poor households who are daily wage earners. However, as the country moved towards unlocking more opportunities were available and current level of unemployment stands at 6.6% as per data provided by CMIE.

Even before the pandemic started Indian households savings rate was struggling to move up. With complete lockdowns, job loss, savings dipped further down. Poor households struggled even with two meals a day. CPI was higher than mandated 6% by RBI before lockdowns. With lockdown it raised higher.

Consumer food price index was at a high too. With limited transport during initials days of the lockdown, farmers struggled harvesting the crop due to limited availability of labor. Food inflation grew further before settling down.



One of the main reason of inflation is increase in taxes on fuel. Taxes have increased by a whopping 48% during the year. Such an increase in the taxes on fuel will no doubt lead to cost push inflation.

The best and tangible example would be a recent hike in the base price of auto and taxis in Mumbai by Rs. 3 each. Base price for auto now stand at Rs.21 and or taxi it is at Rs. 25 from Rs 18 and Rs. 22 respectively. Such a hike of base fare was last done in 2015 by Rs.1.

One sector however saw an uptrend in covid times. Ecommerce sector saw a boom after the lockdown as it became practically difficult to step out of our homes to shop for essentials and other goods. Covid-19 has caused an inflection in e-commerce penetration globally driven by consumer's need for safety and convenience and even in India, online is gaining salience. The Indian e-retail market is primed to reach nearly 300 to 350 million shoppers over the next five years—propelling the online Gross Merchandise Value (GMV) to \$100 to 120 billion by 2025.

With such a huge opportunities at the hands of the sellers and distribution system getting better organized today, product delivery to almost 95% pin codes in the country, retail commercial market is witnessing a huge growth and more in upcoming years.

OIL SECTOR

Fuel prices saw downfall in the international market at the beginning of the pandemic when the world experienced lockdown and almost NIL industrial and economic activity. But in case of India, situation didn't seem so, as with decrease in value of oil in international markets, excise duty was raised to cover the revenue loss by the central government.

Data from Controller General of Accounts (CGA)

(APRIL-NOV)	EXCISE DUTY COLLECTED	DIESEL SALES(million tons)
2019	132899	55.4
2020	196342	44.9

As per the data provided by PPAC (Petroleum planning and Analysis Cell), the Indian basket crude price averaged at 54.79/bbl. during January 2021 as against 49.84/bbl. during December 200 and 64.31/bbl. during January 2020.

Even with lower international prices compared to same period last year, retail oil prices are much higher. One of the main reasons being increase in taxes by over 48%, which in turn is giving a hard time in economic recovery as adding more inflation.

CONCLUSION

While the unprecedented situation has caused a great damage to the economy, especially during periods of lockdown, the nation will have to work its way through it, by introduction of fiscal measures. As the national government envisions, protection of both lives and livelihood is required. The nature of shutdown is unique in case of COVID-19 due to a supply shock, a demand shock and a market shock. The recovery in economy depends on the timings and magnitude of government support as well as the level of corporate debt and how the companies and markets cope with lower demand. It is undoubtedly the need of the hour to prepare for a future that is sustainable, structurally more viable for living and working. Economy as a whole and almost all of its sectors are in the clutches of the pandemic. With increasing number of cases in Maharashtra, Kerala, and adjoining states and the virus spreading across when the vaccination is not even close to completion to even half of the country's population, it is very necessary to support the economy and bring it back on its vertebrae.

RECOMMENDATIONS

Through the research actual wounds of the economy were examined and understood. In these challenging times for the economy, it is necessary that government provide more stimulus and use fiscal measures.

Government's way of generating revenue by raising taxes on the fuel of the economy "THE FUEL" can have catastrophic damages to the people and economy as a whole.

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CHALLENGE OF EDUCATION DURING PANDEMIC-COVID-19

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ABSTRACT

The emergence of Corona virus disease 2019 in December 2019 has resulted in deaths globally. The disease SARS-CoV-2, termed COVID -19, was declared as pandemic by WHO. In the absence of no medicines and vaccines and treatments for COVID -19, official worldwide have relied on non -pharmaceutical interventions, such as lockdowns from March 22, 2020. But schools remain closed and online classes have replaced classroom teaching. With the force of home stay and loss of contact with the teachers, friends, children are under the stress because of increased internet use. School closure and home confinement can also have a beneficial effect on adolescent mental health, by allowing for a more cohesive family style. During pandemic, adolescents are at high risk of psychological problems might fall through the safety net provide by a protective family life, peer support and psychological support from teachers. Technological advancements had subsidized a lot of issues and also had been able to address and eliminate many of the pain points that might occur due to lack of tutoring to students. Stress among students is due to Online education in the less atmosphere and also existing in various issues related to connectivity, unavailability of smartphones and gadgets. Financial insecurities have made difficult to run the family for the parents. Majority of suicide occurs in the age group of 13-17 years. Several other online creative sessions also conducted to get rid of stress of adolescent.

METHODOLOGY:

The novel coronavirus SARS-CoV-2 was identified as the causative agent for a series of atypical respiratory diseases in the Hubei Province of Wuhan, China in December of 2019. The emergence of coronavirus disease 2019 (COVID-19) in December 2019 has resulted in over 20 million cases and 741,808 deaths globally, affecting more than 200 countries. The disease SARS-CoV-2, termed COVID-19, was officially declared a pandemic by the World Health Organization on March 11, 2020.

AIM:

The aim of this project is to know about the mental and physical state of parents and students during the pandemic to face the challenge of education.

OBJECTIVES:

To ensure the early identification of students mental and physical focus on the online learning. To identify what they undergone during the pandemic when the schools are full shut down. To know whether the they are gaining any skills through the online than the offline.

INTRODUCTION:

The disease SARS-CoV-2, termed COVID-19, was officially declared a pandemic by the World Health Organization on March 11, 2020. There is limited information on COVID-19, and treatment has so far focused on supportive care and use of repurposed drugs. Scientists also raced to find treatments and create vaccines that could bring the pandemic under control. (“We’ve never progressed so fast with any other infectious agent,” says virologist Theodora Hatzioannou). In the absence of vaccines or treatments, officials worldwide have relied on what are known as non-pharmaceutical interventions, such as lockdowns. In India the first SARS-CoV-2 positive case was reported in the state of Kerala on January 30th, 2020. To impose social distancing, the “Janata curfew” (14-h lockdown) was ordered on March 22nd, 2020. Lockdowns in India were stringently imposed from

March 24, and have been eased gradually since September. But schools remain closed and online classes have replaced classroom teaching.

CHANGE TO BE IN A NORMAL WAY:

Masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives; the use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19. If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands. COVID-19 spreads mainly from person to person through respiratory droplets. Masks are a simple barrier to help prevent your respiratory droplets from reaching others. You should wear a mask, even if you do not feel sick. This is because the people found with COVID-19 who never develop symptoms (asymptomatic) and those who are not yet showing symptoms (pre-symptomatic) can still spread the virus to other people. Wearing a mask helps protect those around you, in case you are infected but not showing symptoms. It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart since COVID-19 spreads mainly among people who are in close contact with one another.

CHALLENGE OF PARENTS TO ACCEPT IT:

Parents are concerned about the effect of school closure, social distancing, and increased internet use on their children's mental health. Increased opportunity for internet use makes it more difficult for parents to control this access, and frequent and unsupervised internet use is associated with self-harm and suicidal behaviour in adolescents with psychological risk factors.

MINDSET OF A CHILDREN AND ADOLESCENTS:

The situation of COVID lockdown make the children and adolescents with the perfect conditions for solitude and increased internet use. With forced home stay and loss of contact with teachers, friends, trainers and counsellors, children are under stress and are losing opportunity for healthy growth and learning. Coronavirus disease 2019 (COVID-19) might not be as lethal in children and adolescents as it is in adults, but it does cause a lot of psychological distress in this age group. Adolescents are experiencing acute and chronic stress because of parental anxiety, disruption of daily routines, increased family violence, and home confinement with little or no access to peers, teachers, or physical activity. School closure and home confinement can also have a beneficial effect on adolescent mental health, by allowing for a more cohesive family lifestyle. However, in a socioeconomically disadvantaged country, the school environment might be more enriching than the home—nutritionally, emotionally, and developmentally. School closure has seriously disrupted adolescent lives in India, with many young people entering the workplace as a result, possibly never to return to education again. During the pandemic, adolescents at high risk of psychological problems might fall through the safety net provided by a protective family life, peer support, and psychological support from teachers.

Challenge to address the adolescent:

It is time to address adolescent mental health in India systematically, to monitor the incidence of various psychiatric disorders (e.g., depression, anxiety, and self-harm behaviours), and to identify factors for both risk and resilience. To help identify adolescents at risk of mental disorders, frontline health workers in COVID-19 community screening teams could be encouraged to detect recent changes in behaviour, substance use, and excessive isolation among children and adolescents. Teachers and parents can be trained to

identify signs and symptoms that suggest poor mental health, such as sleep disturbances, excessive anger, and difficulty concentrating.

Any mental health needs can then be addressed by mental health professionals, using tele mental health interventions that target adolescents, which have shown promising results. Also, task sharing and task shifting strategies could be used to develop networks of clinical care across existing health systems to provide mental health care for adolescents.

Change of education during pandemic:

The education system has been experiencing a devastating situation ever since the beginning of the pandemic. From conducting online classes to online examination, the process is rather intricate. While it is enough that classes are held online the confusion regarding the exams continues. Most of the exams stay postponed, others cancelled as many of the state governments took decision on not conducting the exam - seen the existing situation and decided on evaluating students based on previous assessments.

Technology advancement for education:

Technological advancements had subsidized a lot of issues and also had been able to address and eliminate many of the pain points that might occur due to lack of tutoring to students.

Economic circumference for learning leads to destroy a life?

The education system has been formulated to enhance healthy competition between students, but being tutored at home that too in a monitoring less atmosphere, many are not able to get on to the runway of online and remote education, which also leads to egoistic mentality and mental stress among students. Also existing in various issues that are related to connectivity

and unavailability of smartphones, televisions and other gadgets, which added on to the mental imbalance and wellbeing of students. An increase in the number and thus the rate of suicide among students is a disturbing reality of mental instability caused by the situation of pandemic. Incidents has been reported across the country from different states and the commonality.

Most of the reported cases of student suicides was not being able to attend the online class. Financial insecurities and difficulties due to lockdown has made it difficult for the parents to even afford smartphones just to attend classes. Between all these are loss of wage or loss of job, education system forcing students and parents to adopt to the technology, unaffordability of devices, lack of connectivity and so on. Majority of the reported incidents of suicides were in the age group of 13–17 years. Stress generated by day long classes implying increased screen time and piled up homework which otherwise while in school will be much less are some of the other reasons being pointed out.

What was done to relieve out of stress during pandemic?

Several initiatives and programmes to curb this problem is put forth by various state education departments. Yoga, recreational activities and other stress bursting sessions are being conducted in parallel with the other sessions, several other online courses have been conducted to get rid of being stressed like creative things, drawing, useful essay competition, online quiz. Etc., with regard to these alarming incidents of student studies.

FINDINGS:

From the study of challenge of education during pandemic its known that the fear of parents for online education is more than the fear of students for online education. It is found that students around the age of below 18, found difficult to understand the classes through online, because of their board exam stress. Students at age of 18 and above 18, find difficult to attend the online class due to lack of connectivity, unavailable of smartphones and

gadgets and the stress of their family economic situations. Due to this they can't afford a smartphone on the time of online education they feel its very important to be in less atmosphere by missing their friends. Other important one is the fear of parent about their children's education during pandemic is literally 86% and their fear whether they will be gone under any depression during pandemic.

RECOMMENDATIONS:

Everything is quite natural things we have to accept the situations. Because education is more important than the fear, when fear comes everything goes wrong. When we thing we need education and we accept to the situation then everything will be fine one day. The first step towards the change is awareness. The second step is acceptance. When we don't have fear, parents also don't have fear they will also ready to accept the situation and give confidence for future.

Conclusion of challenge of education during pandemic:

With no trace of falling back to the offline situations near in future, students will have to move ahead by adopting to the current situation until the virus is switched off to the planet.

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COVID-19 MISERY OF MIGRANTS

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1. ABSTRACT:

The internal migrant workers in India, despite being mostly vulnerable in terms of physical and psychological state, have remained the backbone of the Indian economy. However, the recent lockdown situation created by pandemic has put them during a more precarious condition. On one hand, they have lost their jobs and earnings, while on the other, they did not have enough resources to survive at the place of migration. As a result, the nation witnessed mass exodus, where men, women, children were seen returning to their native places on foot. This research, through a review of research, focuses on the status of migrant workers in India amidst lockdown and methods which will help to mitigate things. This research also explores the longer term course of action which will improve migrant workers' condition.

2.1 INTRODUCTION

India the world most populous country still have relatively few cases of covid-19 compared to the US and Europe but has seen cases and death rise dramatically in recent days specially in some states like Maharashtra, Delhi, Gujarat and Tamil Nadu. On the 24th of march the Indian government ordered a full national lockdown India was quick to close its international borders and enforce a series of containment measures which had been initially praised as tough but timely however the lockdown was announces with barely few hours notice the relief package which is essentially top-ups of food and cash transfers on existing programs was announced a few days after the lockdown so it's been widely criticized as not being enough the Indian government announced a headline grabbing 260 billion dollar economic stimulus package welcome news obviously but there's almost no detail on what it is including so much of this included monetary stimulus by central bank or bailout to specific industrial sectors. Now million of people especially migrant and informal sector workers were immediately left jobless at the announcement of the lockdown with enough savings to possibly feed themselves for a week or two weeks at the most. Many of them like tens of millions do not have ration card to access to access food aid all of this prompted a mass exodus of people fleeing cities to go back to their villages on foot travelling hundreds of kilometres above 40 degree heat many more remain trapped in the cities as interstate trains and buses came to a halt now we have no reliable account of the number who are hungry malnourished or dying.

2.2 LITERATURE REVIEW

Eva-Maria Egger, Kunal Sen(2020)

Millions of migrant workers around the world provide valuable income for their families and contribute more broadly to the economies of both their home and host countries. Now, as a result of border closures and widespread lockdowns, many are unable to take shelter, to go home, or to report for work. As this column explains, finding solutions to the issues facing migrant workers during the Covid-19 pandemic is imperative.

(Ghosh, 2020; Jadhav, 2020; Jha & Pankaj, 2020).

Social Policy, COVID-19 and Impoverished Migrants: Challenges and Prospects in Locked Down India As millions of migrant workers in India began their long trek home, carrying children, clutching their meagre possessions, crowding disrupted transport networks, beaten and resourceless, after the sudden lockdown in the wake of the novel coronavirus pandemic, they faced hunger, destitution, the wrath of the police and suspicion of communities and tragic death.

(John Hopkins University and Medicine, 2020)

The pandemic caused by the coronavirus disease (COVID-19), the gravest health emergency of our times, is poised to disrupt social, economic and political systems and lives worldwide. COVID-19 confirmed cases in India stood at 95,698, with 3,025 deaths, 3.2 per cent case fatality and 0.22/100,000 population 18 May 2020.

2.3 OBJECTIVES OF THE RESEARCH

- To study the impact on the migrants because of lockdown certainly due to COVID-19.
- To provide recommendation to curb the issue of migrants to some extent.

2.4 RESEARCH METHODOLOGY

A Primary Research was conducted where the **Survey Method** was adopted. The data collecting technique was '**Questionnaire Dissemination**'. The questions were a mixed bag consisting of: Strongly disagree-disagree-neutral-agree-strongly agree

The Google Form Platform was used to create the Questionnaire and social media tools like Facebook and WhatsApp were used to circulate the form. The population of the Research was a total of 27 respondents Once the responses were collected, the Data Analysis consisted of using the statistical tools which included Tables, Bar Graphs and Pie Charts.

(Refer to Appendix-1 for the questionnaire)

2.5 RESEARCH ANALYSIS

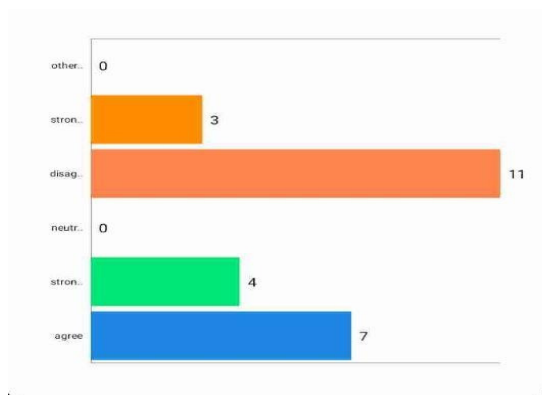
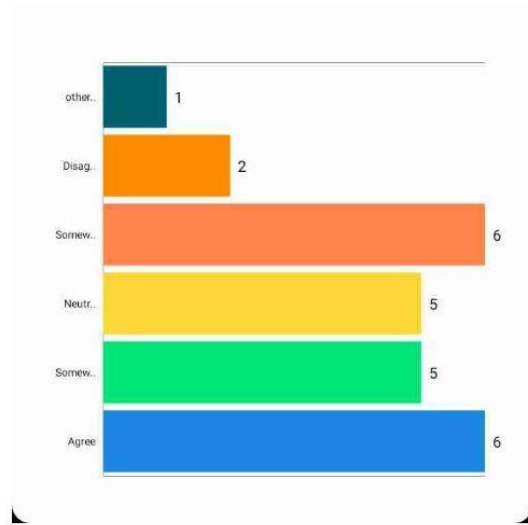
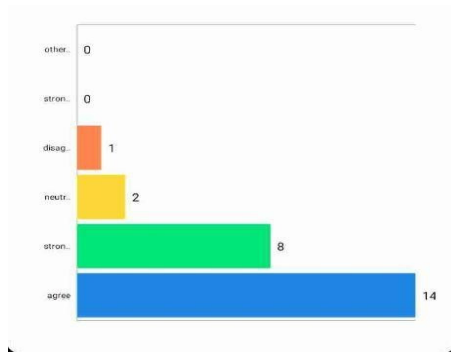
From the above research and studies conducted, we conclude that there is a lack of preparation done by the authority for curbing the migrants from the atrocities due to covid-19.

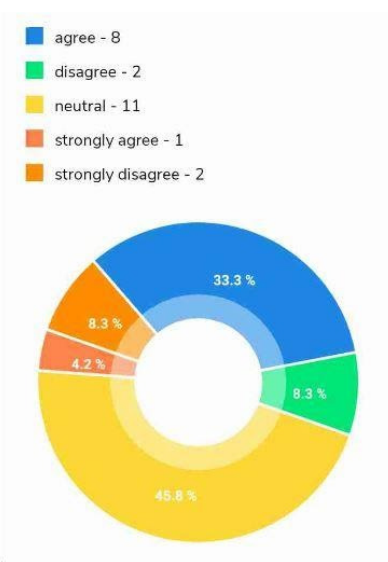
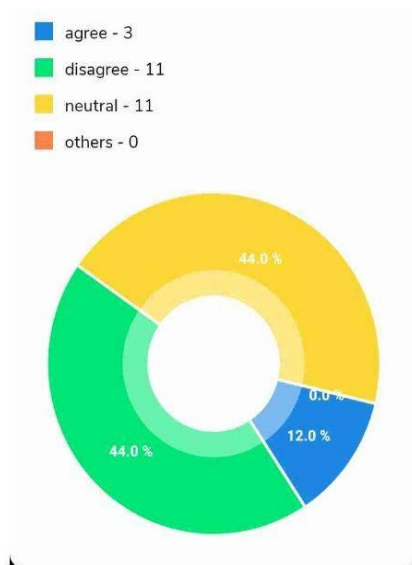
around 55.56% agree that lockdown led to hunger, poverty and joblessness as a result the nation witnessed mass exodus.

also 48.15% disagree to the fact that covid-19 is urban disease were migrants moved to the rural area.

48.15% remain neutral that migrants should not have moved to rural areas.

Around 22.22% somewhat disagree to the fact that covid-19 diseases are not as high as public perceived it.





Options	%	Count
agree	33.33	9
Strongly agree	0.00	0
Neutral	40.74	11
Disagree	14.81	4
Strongly disagree	7.41	2
others	3.70	1

Options	%	Count
Agree	66.67	18
Somewhat agree	25.93	7
Neutral	0.00	0
Somewhat disagree	3.70	1
Disagree	3.70	1
others	0.00	0

3. **RECOMMENDATIONS:**

Short-Term Intervention Strategies

- **A Universalised Food Distribution System:**
- the central government can provide food, **like** food grains, pulses, and other essential items, to **those that** are still stuck **within the** cities, until the lockdown **is totally over and therefore the** workers resume their jobs. The scheme **Are often** availed via self-attestation and self-identification **no matter** their domicile-based identity.
- **Financial Support:**
- Under the Pradhan Mantri Jan Dhan Yojana, the **wage** for **subsequent** three months **Are often** transferred to **those that** are still stranded **within the** city and have accounts **within the** bank. **it might** help the workers **to satisfy** the ends Also, **those that** have gone to their native places and **aren't** working, **they will** be paid the wages under the **Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)**.
- **Continuation of Shelters in the City:**
- The shelters in the cities that are meant to provide cooked food and roof over the head of the workers should not be closed immediately, as, amidst scarcity of job and lack of money, the workers cannot live in the rented rooms. Hence, cooking food will not be a feasible option for them.

Long-Term Intervention Strategies

- **Registration of the Migrant Workers:**

- Workers ensuring the registration of the migrant workforce as they arrive in another state and issuing them the Universally Valid Shramik Card/Number, no matter the very fact that whether or not they are coming with the assistance of a contractor or on their own. The issuance of the cardboard won't only help the migrant workers to avail the entitlements offered by the central government, but also help the central and government to stay tabs on the Amount of individuals arriving during a state.
- **Incorporating the Migrant Workers into Mainstream:**
- workers as beneficiaries into the health care system, by providing them social, legal, and occupational security. However, for this there's a requirement to officially register and avail some universally accepted registration number/card. Last but not least, the govt can facilitate the small-industries, particularly, within the rural areas to get more employment opportunities for the agricultural people in order that they are doing not feel compelled to return to the town so as to earn their livelihood.

4. CONCLUSION

The government was correct in being cautious in the sense of announcing the lockdown given the spread in U.S and the Europe the huge burden it would have entailed on the public health system but I think the one thing with hindsight that we could have done better was to prepare for the lockdown ensure that the vulnerable or protected that they would be able to access essentials the second thing was that was important was that once we were in lockdown we needed to have we need to still don't have an exit strategy which would have involved and should have involved an increase in the testing rates for the virus

In this situation a great deal of anticipatory analysis sort of working through there was time because one had seen what had happened in china one had seen what kinds of things needed to be put in place if you were going for a sort of scale population lockdown one was seeing what needed to have done in the health system but specifically from the prospective of lockdown to anticipate which are the clusters of the population that could have been likely to suffer more don't think this should have been a mystery necessarily just really thinking through pathways through which people could have been affected by the lockdown and which people could have been the worst affected and then working back from there to say what is it we need to put in place as we move into the lockdown or even very quickly into the lockdown

Its natural that government would want to need to act quickly but however it was an anticipatory analysis.

the migrants waiting to move back to the rural areas so even though the majority of seasonal migrants so they are not temporary migrants they have been residing in Mumbai for some time there is still about 5 percent of our sample which was moving back to the rural areas what is really worrying is that if the economic activity doesn't pick up and these medium short-term income and earnings would have longer-term implications in terms of reducing the supply of labour in urban areas leading to excess supply of labour in rural areas where agriculture does not necessarily have the capacity to absorb all that labour so all these require very comprehensive long-term strategy in order to sort of address the misallocation of labour and protect the vulnerable and ensure that we are able to get the migrants back to the urban areas so that is one need a longer-term perspective but at the same time one has to start now today in terms of attacking these issues from the policy perspective.

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6. APPENDIX

1) lockdown led to hunger, poverty and joblessness as a result the nation witnessed mass exodus, where women, men, children were seen returning to their native places on foot.

2) The covid is urban disease that is why migrants moved to the rural areas.

3) migrants should have not moved to rural areas.

- 4) MANREGA has helped the migrants to overcome from job crisis.
- 5) Before migration they were landless. enough efforts be made to remove their landless status by allotting at least one hectare of cultivable land per family for the purpose of agriculture, develop the land and make it more productive by providing all necessary inputs (seeds, fertilisers, pesticides, agro-chemicals etc), training and visit, forward and backward linkages?
- 6) mortality rates of covid-19 disease are not as high the public perceived it to be so generally this concept that is more like an "aachut ki bimari".
- 7) the government was correct in being cautious in the sense of announcing the lockdown.
- 8) The lockdown revealed the extent of poverty and misery faced by migrants workers

IMPACT OF COVID-19 ON EDUCATION IN INDIA

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Narsee Monjee College of Commerce and Economics
SY BCom

ABSTRACT:

COVID-19 has taken a toll on all sectors of the economy. One of the worst hit sectors in India and globally is the education sector. The nationwide lockdown which began on 24th March, 2020 jolted the life of millions of students. A sudden transition from classroom teaching to online learning has not been a cake walk. India faces many hurdles which need to be overcome before a seamless online education experience is provided to the future of India. Schools, colleges and universities have resorted to online platforms to continue imparting education. 320Mn Indian students have been affected due to school closures. The newly adopted online mode of learning is yet to make its mark in developing countries. Indian students and teachers find themselves in a continuous loop of lack of internet connectivity, absence of gadgets and less technical knowledge. Rural India is still grappling with the glitches that crop up in the teaching-learning process.

This research paper aims to throw light on the numerous challenges faced by the education sector in India in the face of the pandemic. Factual data and reliable statistics have been used to support the arguments put forth. Fruitful recommendations for the improvement of Information and Communications Technology (ICT) have also been discussed to improve the e-learning process.

INTRODUCTION:

The first case of the novel Coronavirus was identified on 31st December, 2019 in Wuhan, China. The virus spread globally, engulfing majority of the nations of the world. WHO declared Coronavirus as a pandemic.

Automobile, aviation, construction, fashion, hospitality, railway, travel and tourism, etc. have all faced the blow of the pandemic. Education sector was also adversely affected. The global impact of Coronavirus was immense as from Harvard to IITs, the entire education system was in a turmoil.

The social, economic and psychological dimensions of human life underwent a transformation with the onset of COVID-19. The pandemic has played with the psychology of people. A potential spike in suicide cases due to quarantine, unemployment, fear and financial losses have been observed. On the economic front, the impact of the pandemic has been quite disruptive. Globally, Coronavirus shrunk the GDP of some of the major economies of the world. As per data by the Ministry of Statistics and Programme Implementation, Indian economy contracted by 23.9% in Q1 of FY'20. Politically, due to the pandemic, suspension of legislative activities, rescheduling of elections in a few countries and isolation of minister who contracted the novel Coronavirus disrupted the smooth working of the system.

AIMS:

- To study the challenges faced by the education system in India due to the pandemic.
- To enlist a few recommendations to improve e-learning in India.

METHODOLOGY:

This research paper has been compiled after referring to reports prepared by national and international agencies. The information collected is from credible websites and reliable e-newspapers. Certain research papers from journals have also been studied. Due credit is given to all the sources referred while curating this research paper.

With the outbreak of COVID-19 in India, schools, colleges and universities came to a grinding halt. Semester, competitive and entrance exams were postponed indefinitely owing

to the nationwide lockdown. A major challenge before the Indian education system was the continuance of academics in spite of the lockdown. The pandemic put the future of millions of students at stake. According to UNICEF report of 2018, Indian Education System is one of the largest in the world with more than 1.5Mn schools, 8.5Mn teachers and 250Mn children from varied socio-economic backgrounds. For reshaping the educational sector in the wake of the pandemic, e-learning was the most viable option.

Catalyzing transformational changes in such an education system is not an easy task. The following are some of the major challenges the online education system continues to face:

Internet connectivity issues:

Internet plays a pivotal role in the virtual mode of learning. In India, the connection speed (Mbit/s) is one of the lowest in the world.

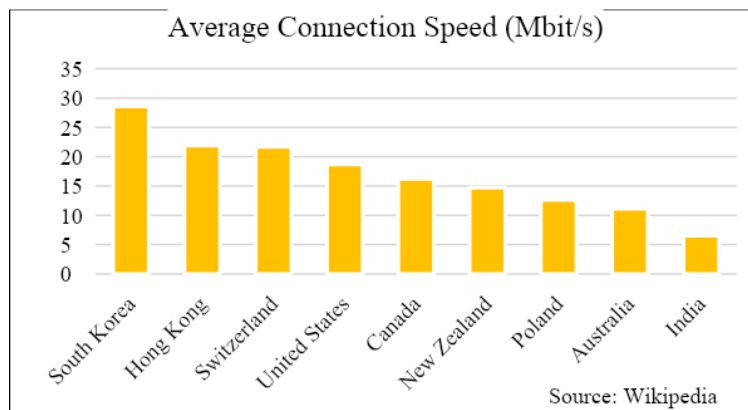


Fig. (1.1)

Fig. (1.1) clearly depicts the low internet connectivity speed in India. South Korea has an average internet speed of 28.6 Mbit/s while India's internet speed is as low as 6.5 Mbit/s. The issue of slow and patchy internet connectivity in India shadows online classes.

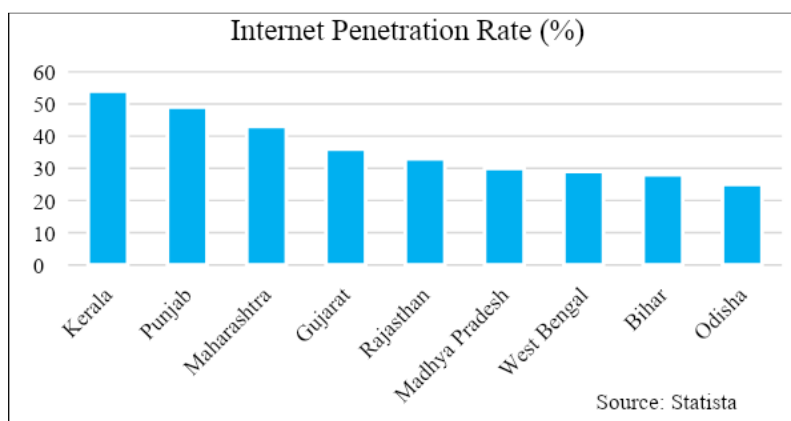


Fig. (1.2)

Internet penetration rate among different states of India as of 2019 is as displayed in Fig. (1.2). Kerala is the only state with more than 50% penetration. Odisha, on the other hand, has only 25% internet penetration. This speaks volumes about the availability of internet and broadband connection pan-India. The overall internet penetration in India is just 54.29%.

Data packs and their costs are also be a big deterrent for teachers as well as learners. Jio Fiber is offered with a starting range of Rs. 399 p.m. for 30Mbps with unlimited GB. BSNL charges Rs. 500 p.m. for 10Mbps till 300GB. Wi-Fi and data plans offered by Airtel and Vodafone also hover in the same bracket.

Thus, internet connectivity remains a major barrier which makes the shift to e-learning troublesome.

Disrupted supply of textbooks:

The pandemic caused a turmoil in the supply chain of textbooks. With less or no study material, the online lectures did not prove to be as effective. Efforts were made by publications such as Manan Prakashan and Vipul Prakashan to provide access to e-textbooks. However, the success rate was not 100%. Students find it difficult to adjust to the transformational changes and use gadgets to study instead of books and journals.

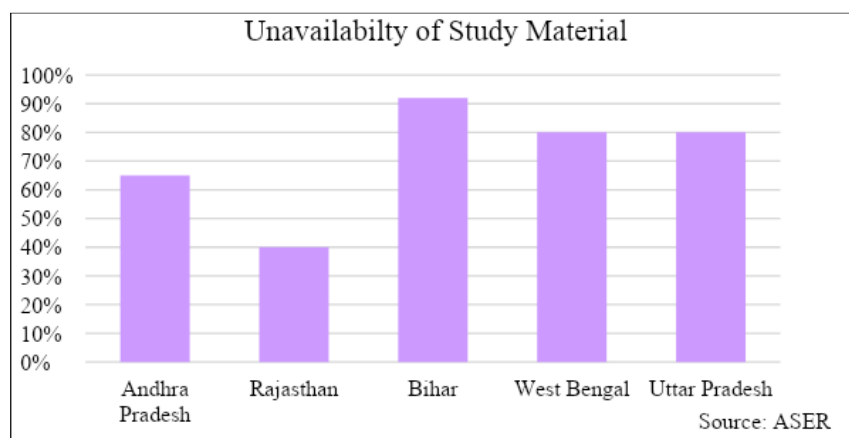


Fig. (2)

A survey conducted by the Annual State of Education Report (ASER) is illustrated in Fig. (2) which reveals the non-availability of study material in a few states in India. Bihar recorded highest unavailability of textbooks at 92% while 40% students in Rajasthan did not avail textbooks.

Portals and e-learning apps such as Diksha, e-Pathshala, National Repository of Open Educational Resources, Swayam, e-PG Pathshala were introduced for secondary and higher education. It helped supplement online education. However, it could not replace the ease and comfort of classroom-based learning model in India. This gives us a glimpse of the learning loss the students of India are facing due to the closure of schools.

Electricity:

Efforts have been made to generate and transmit content to aid students continue learn. But there is very little evidence to back it. The impact of online education on students, their participation and engagement in learning has not taken a very favourable turn. Continuous supply of electricity for powering devices as well as connecting to the internet is crucial.

According to the Ministry of Rural Development, in 2017-18, only 47% households received more than 12 hours of power supply. More than 36% schools in India operate without electricity.

The Government of India has implemented the Saubhagya scheme or the Pradhan Mantri Sahaj Bijli Har Ghar Yojana. Launched in 2017, the project aimed to complete the electrification process by 2018. But the picture in reality is less luminous. Quality of electricity and the number of hours of supply are in question. The drawback of the scheme was that it did not solve the problem of power shortages. The scheme did not achieve much success compared to various other initiatives of the Government where a success rate of more than 90% has been obtained. Uttar Pradesh did not receive benefits under this scheme. It met only 1/3rd of its targets as the Government could provide power connection to a mere 1.14 crore houses.

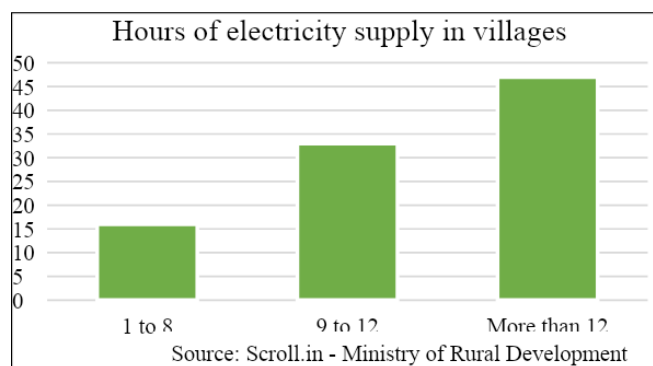


Fig. (3)

A nationwide survey of villages was conducted by the Ministry of Rural Development in 2017-18 under Mission Antyodaya. Fig. (3) highlights the stark reality of electricity supply in Indian villages. The urban-rural gap is seen widening here as underprivileged children are a prey to such disadvantages while urban students find it easier to bridge the transition from physical to online learning.

Digital Illiteracy:

Poor technical knowledge and reluctance to adapt to the 'new normal' has affected the lives of millions of students and the teaching faculty, alike. Portals and applications like Zoom, Google Meets and Microsoft Teams have replaced physical classrooms. Unprecedented challenges continue to loom over learners and educators.

Key Indicators of Household Social Consumption on Education in India report (2017-18) conducted a survey stating that 4.4% of rural population possessed computers as against 23.4% in urban India.

Digital divide is the chief challenge. Insufficient knowledge of computers, internet and technology, improper digital infrastructure, connectivity issues, etc. for teachers and students stands as a barrier to the success of e-education.

Fig. (4.1) and (4.2) is a comparison between rural and urban population above the age of 5 years who can operate computer and use internet. In rural India, 12.6% and 17.1% men and in urban areas 37.5% and 43.5% men possess computer and internet literacy respectively. These percentages are drastically lower for females in rural and urban India.

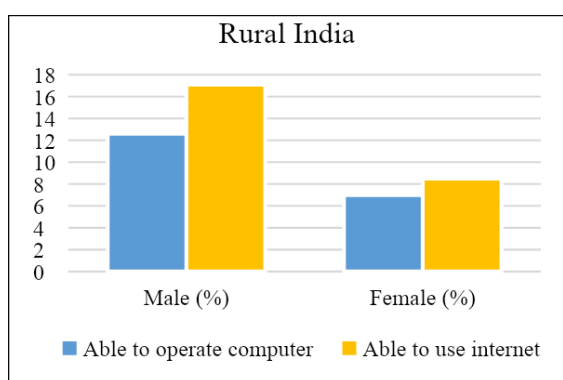


Fig. (4.1)

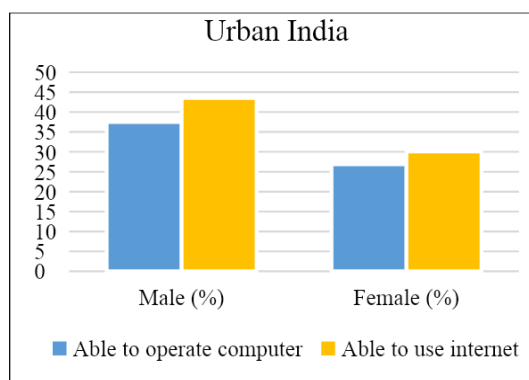


Fig. (4.2)

Source: Key Indicators of Household Social Consumption on Education in India (2017-18)

Lack of trained teachers:

Urban educational setups have been equipped with the use of Smart Classrooms to some extent while the rural population still relies on old-style pen and paper methods of imparting education. The switch to virtual lectures and examinations has been tough for students and teachers.

Reports by the Education Times state that teachers are the target of pranks by tech-savvy students. Instructors face unpleasant experiences due to their lack of knowledge and experience of operating applications.

A survey conducted by the Central Square Foundation covering 1,110 teachers in rural and urban India showed an impressive willingness to adapt and learn new technology. Nearly 70% of the teachers use computer for audio-visual presentation. Fig. (5.1) depicts least usage of computer for purposes like grading assignments, tracking student data and participating in forums.

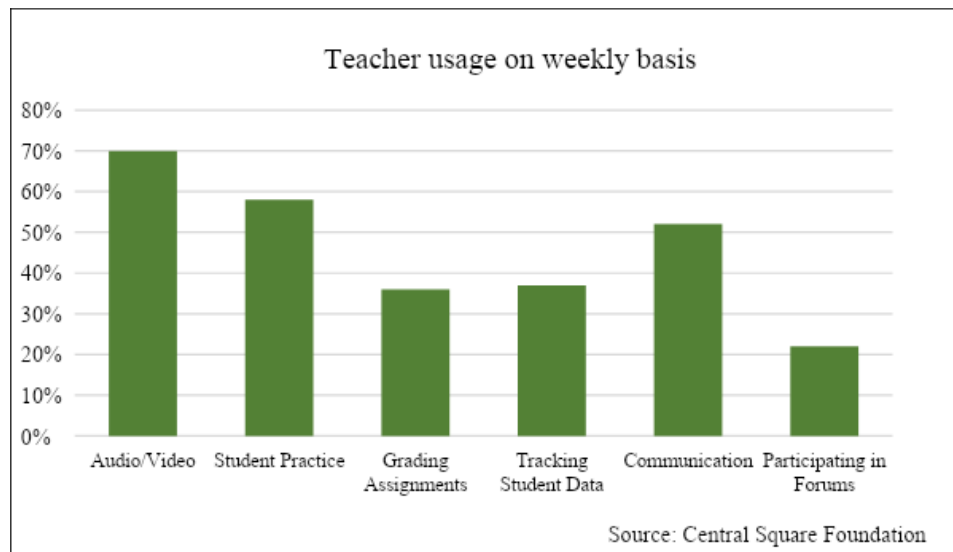


Fig. (5.1)

The findings also highlight the differences in perception of the trained and untrained teachers with respect to the usage of technology. Fig. (5.2) explains that untrained teachers are always at a disadvantageous position in terms of digital literacy and ICT. Lack of trained teachers or improper imparting of training certainly impedes the digital education process.

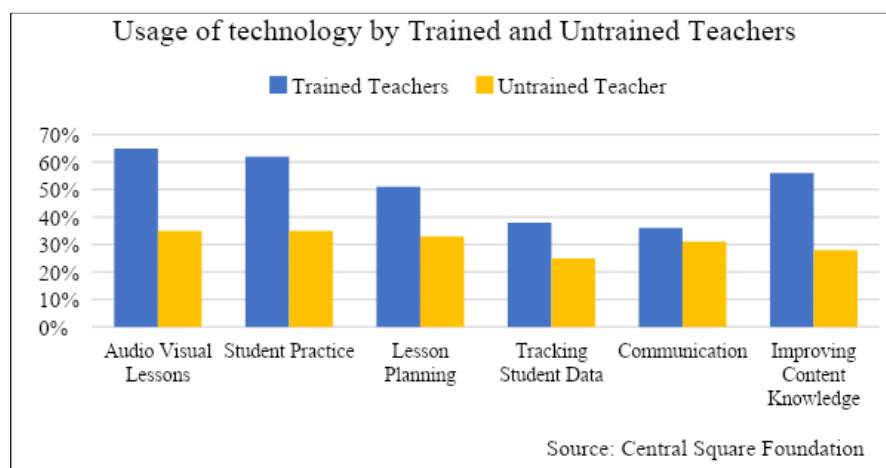


Fig. (5.2)

Hampering of the academic calendar:

Inadequate digital infrastructure in the country is also a paramount issue. Admission to educational institutions, postponement of entrance, competitive, board and professional exams have left the students at the mercy of the pandemic.

NEET, JEE (Main) and JEE (Advance), engineering, CA, CS, CFA, medical and many more witnessed an uncertain postponement. The 2020 ICSE board exams had to be called off midway and the results were declared on the basis of previously held preliminary examinations. This agonized the students who felt that their year-long efforts were left in vain.

According to reports by TOI, the FYJC admissions in Mumbai were stretched over months with a total of 5 merit lists and 2 special rounds.

The academic year was also delayed by a few months. This added to the distress of the students as there was an unnecessary waste of time.

FINDINGS:

- Inadequate technology infrastructure, budgetary constraints, lack of preparedness are some of the chief constraints which have come to light.

- Training given to educators is insufficient which results in underutilization of online resources.
- Most parents in India are not very well-versed with digital know-how. Hence, they are unable to guide their children.
- Kindergarten, pre-primary and primary students are most affected. They have shorter attention spans and thus, they instantly lose focus on what is being taught.
- Widespread pay-cuts and unemployment due to COVID-19 increased the difficulty of parents to pay fees apart from investment in gadgets for remote learning.

RECOMMENDATIONS:

1. The Central and State Government should deploy more funds towards the education sector in India to make it digitally stable and successful. The resources allocated thereby can be used to provide digital infrastructure to the weaker and marginalised sections of the society.
2. Modern and high-tech digital infrastructure should be aimed to overcome the roadblocks in virtual learning.
3. Instructors and learners should be adequately trained in the usage of applications and portals to access content resources, submission of assignments and uploading examination answer sheets.
4. Internet connection is a key parameter for e-learning. Relentless efforts should be made to ensure internet access pan-India, even to the remotest villages. Cost and speed factor should be given major consideration.
5. Disrupted and less hours of power supply disturbs the online teaching-learning process. Uninterrupted supply of electricity can go a long way in removing bottlenecks.

Prices of gadgets can be scaled down to fit into the budget of the underprivileged section of society without compromising on the minimum technical requirements.

CONCLUSION:

Ever since the first case of the novel Coronavirus has been detected, there has been a flare in cases across the nation. Even today, many states like Maharashtra are reporting over thousands of cases daily. Keeping in mind the upsurge in cases, resuming of education institutes offline seems to be a far cry for districts in such states. Remote learning is here to stay for long.

The problems faced by the education sector is grave and cannot be ignored. Persistent efforts need to be made by the Government in the same direction to ensure flawless continuance of the education system.

According to UNICEF, countries of the world have adopted means like virtual classes, television and radio to reach learners. However, owing to lack of equipment or insufficient digital infrastructure, 463Mn learners were cut off from the education system.

Fig. (6) given below demonstrates the potential reach of digital and broadcast remote learning globally.

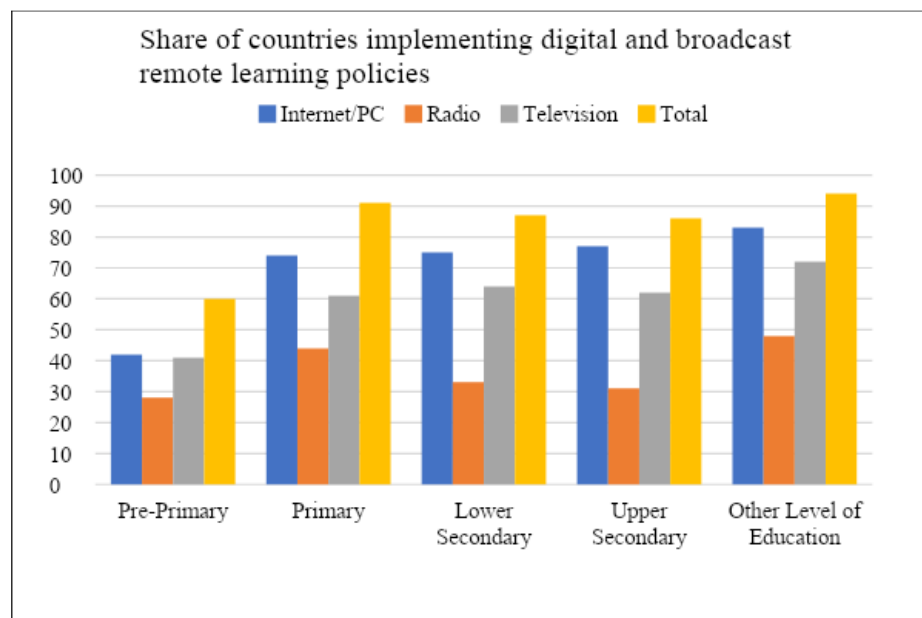


Fig. (6)

As far as India is concerned, even though many students in the urban areas have access to high technology at home, the success rate is not 100% . Skill gaps among teachers and absence of support from parents are the prime reasons for the same.

The Government endorses India as a flag-bearer of digital revolution. But the quality of e-learning is questionable. Effective schemes and initiatives need to be introduced and successfully implemented to enhance online learning by the Government. The ‘new normal’ of remote learning leaves behind the physical interaction and bond between the teachers and children.

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ECONOMIC CONSEQUENCES OF COVID-19

By: Shruti Brijmohan Ojha

ABSTRACT

COVID-19 is not only a global pandemic and public health crisis; it has also severely affected the global economy and financial markets. Significant reductions in income, a rise in unemployment, and disruptions in the transportation, service, and manufacturing industries are among the consequences of the disease mitigation measures that have been implemented in many countries. The outbreak of COVID-19 brought social and economic life to a standstill. In this study the focus is on assessing the impact on affected sectors, such as aviation, tourism, retail, capital markets, MSMEs, and oil. International and internal mobility is restricted, and the revenues generated by travel and tourism, which contributes 9.2% of the GDP, will take a major toll on the GDP growth rate. Aviation revenues will come down by USD 1.56 billion. Oil has plummeted to 18-year low of \$ 22 per barrel in March, and Foreign Portfolio Investors (FPIs) have withdrawn huge amounts from India, about USD 571.4 million. While lower oil prices will shrink the current account deficit, reverse capital flows will expand it. Rupee is continuously depreciating. MSMEs will undergo a severe cash crunch. The crisis witnessed a horrifying mass exodus of such floating population of migrants on foot, amidst countrywide lockdown. Their worries primarily were loss of job, daily ration, and absence of a social security net. India must rethink on her development paradigm and make it more inclusive. COVID 19 has also provided some unique opportunities to India. There is an opportunity to participate in global supply chains, multinationals are losing trust in China. To 'Make in India', some reforms are needed, labour reforms being one of them. It has become clear that most governments in the world underestimated the risks of rapid COVID-19 spread and were mostly reactive in their crisis response. As disease outbreaks are not likely to disappear in the near future, proactive international actions are required to not only save lives but also protect economic prosperity.

KEYWORDS

COVID 19, economic impact, GDP growth rate, sectoral impact, COVID relief measures.

OBJECTIVES OF RESEARCH

- TO KNOW about the Lockdown has put great stress on the supply chains of essential commodities, and therefore, many of the Indian companies have focused on the production and supply of essential items only, thereby stopping all other production activities, thereby bringing down the production graph.

- TO UNDERSTAND the consequences of economic.

- To AIM minimise the effect in the economy caused by the COVID -19 outbreak, the Union Finance & Corporate Affairs Minister

INTRODUCTION

The outbreak of COVID-19 has impacted nations in an enormous way, especially the nationwide lockdowns which have brought social and economic life to a standstill. A world which forever buzzed with activities has fallen silent and all the resources have been diverted to meeting the never-experienced-before crisis. There is a multi-sectoral impact of the virus as the economic activities of nations have slowed down. What is astonishing and worth noting is an alarm bell which was rung in 2019 by the World Health Organization (WHO) about the world's inability to fight a global pandemic. A 2019 joint report from the WHO and the World Bank estimated the impact of such a pandemic at 2.2 per cent to 4.8 per cent of global GDP. That prediction seems to have come true, as we see the world getting engulfed by this crisis. In another report entitled 'COVID-19 and the world of work: Impact and policy responses' by International Labour Organization, it was explained that the crisis has already transformed into an economic and labour market shock, impacting not only supply (production of goods and services) but also demand (consumption and investment). International Monetary Fund's (IMF) chief said that, 'World is faced with extraordinary uncertainty about the depth and duration of this crisis, and it was the worst economic fallout since the Great Depression'. The IMF estimated the external financing needs for emerging markets and developing economies in trillions of dollars. India too is groaning under the yoke of the pandemic and as per news reports in Economic Times published on 23 March 2020, the economists are pegging the cost of the COVID-19 lockdown at US\$120 billion or 4 per cent of the GDP. This COVID-19 pandemic affected the manufacturing and the services sector—hospitality, tours and travels, healthcare, retail, banks, hotels, real estate, education, health, IT, recreation, media and others. The economic stress has started and will grow rapidly. While lockdown and social distancing result in productivity loss on the one hand, they cause a sharp decline in demand for goods and services by the consumers in the market on the other, thus leading to a collapse in economic activity. However, lockdown and social distancing are the only cost-effective tools available to prevent the spread of COVID-19. Governments are learning by doing.

Impact on Tourism, Aviation and Retail

The tourism industry is the worst affected due to the COVID crisis, internationally. The World Tourism Organization (UNWTO) (2020) estimations depict a fall of 20–30 per cent in international tourist arrivals. These figures too are based on present circumstances and are likely to increase or decrease in future. Millions of people associated with industry are likely to lose their jobs. In India, the travel and tourism industry is flourishing and is contributing sizably to the economy. The FICCI-Yes Bank report titled 'India Inbound Tourism: Unlocking the Opportunities' described India as a tourism powerhouse and the largest market in South Asia. Tourism in India accounted for 9.2 per cent of GDP and had generated US\$247.3 billion in 2018, with the creation of 26.7 million jobs. Currently, it is the 8th largest country in terms of contribution to GDP (JaganMohan, 2020). According to the report, by 2029, the sector is expected to provide employment to nearly 53 million people. Foreign Tourist Arrivals (FTAs) crossed 10 million in 2017. However, the coronavirus pandemic has restricted international mobility and the revenues generated by this sector will take a major toll on the GDP growth rate. It may bring a downfall of 0.45 per cent in the growth rate of GDP. The aviation sector in India currently contributes US\$72 billion to India's GDP. Foreign tourist arrival has been down in the first quarter. The lockdown will have a significant impact

on arrivals in the second quarter. If we estimate a conservative 25 per cent decline in the contribution of the aviation sector, it will amount to 18 billion. Railways contributed US\$27.13 billion in 2019 to GDP. A 21-day lockdown period will bring down the revenue by US\$1.56 billion. The Indian retail industry was worth US\$790 billion in FY 2019. It accounts for over 10 per cent of the country's GDP and around 8 per cent of employment. In the past few years, online retail has seen a very rapid growth and the market projections had indicated a 30 per cent growth in online retail in 2020 (National Investment Promotion and Facilitation Agency, 2020). A month-long shutdown for retail will affect the Quarter 2 revenues. In the retail sector, the suppressed demand has a tendency to revive very fast and this will enable the sector to recover the losses once the lockdown is lifted. Online retail was operational in some parts of the country during the lockdown period and this will help in offsetting some of the losses for the industry.

Impact on GDP Growth Rate

While the COVID-19 pandemic is constantly growing and showing little signs of containment as of 15 April 2020, its adverse impact on economic growth of the country will probably be very serious. The UN warned that the coronavirus pandemic is expected to have a significant adverse impact on global economy, and most significantly, GDP growth of India for the present economy is projected to decline to 4.8 per cent.

Impact of COVID-19 Pandemic on Migratory Labour

The International Labour Organization in its report describes the coronavirus pandemic as 'the worst global crisis since World War II'. About 400 million people (76.2% of the total workforce) working in the informal economy in India are at a risk of falling deeper into poverty due to catastrophic consequences of the virus. As half of the world is in lockdown, it is going to be a loss of 195 million full-time jobs or 6.7 per cent of working hours globally. Many are in low-paid, low-skilled jobs where sudden loss of income is catastrophic. Seasonal migration of labour for work is a pervasive reality in rural India. A migration of millions of people happens from rural areas to industries, urban markets and farms. Major migration corridors in India are from UP and Bihar, to Punjab, Haryana, Maharashtra and Gujarat. Newer corridors from Odisha, West Bengal and North East to Karnataka and Andhra Pradesh, from Rajasthan to Gujarat, from MP to Gujarat and Maharashtra and from Tamil Nadu to Kerala are also being created.

Health Sector

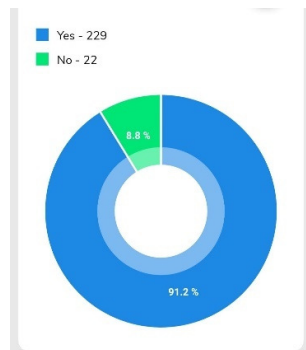
In an effort to sustain these challenges, hospitals have begun implementing measures to reduce or defer costs, with a view to reserve cash in hand. In the context of consumables, supplier consolidation for better rates and renegotiation of credit periods for pharmacy and consumables are some measures instituted by hospitals to conserve their cash flow. The rampant rise in the total number of people reported worldwide as of writing is 12,170,408 while the world has seen an untimely death of 552,112 humans worldwide, and the overall recovery number has been 7,069,188. The high surge in the numbers of cases worldwide led the WHO to declare it as Pandemic (public health emergency) On January 30, 2020 where the overall mortality rate is 3.4%.

SURVEY RESEARCH

I had taken primary data through survey forms and total responses I got of 250 people.

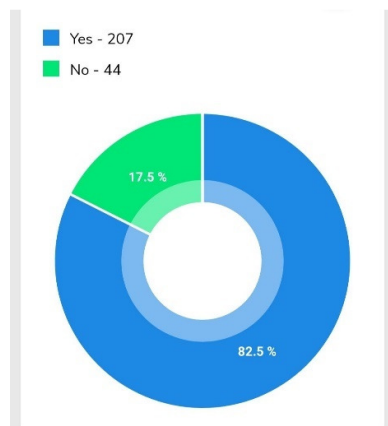
1)what you think 2020 is Worst year for economy?

In my survey 91.60% people said the count of people is 229, and 8.40% has said No the count of people is 21.



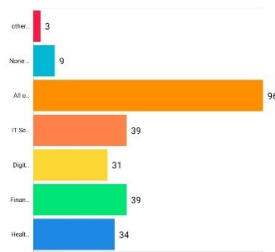
2)Do you agree that Once lockdown is lifted, our productivity will rise?

In my survey 82.40% people has said yes the count is 206, and 17.60% people has said No the count of people is 44.



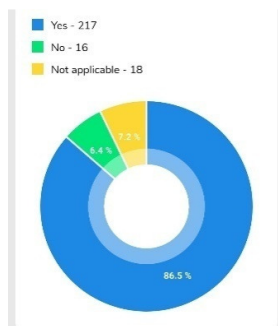
3)Which sectors of the Indian Economy will grow faster?

In my survey 13.60% people has said Health sector the count of people is 34. Financial sector is said by 15.60%, the count of people is 39. Digital marketing is said by 12.40% the count of people is 31. IT sector is said by 15.60%, the count of people is 39. People said All of the above are 38% the count of people is 95. None of the above is said by 3.60% the count of people is 9. And some people had specify other sector they are Education sector, oil sector, etc is said by 1.20% the count of people is 3.



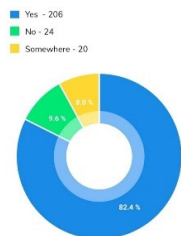
4) Did you lose Your Job from this Pandemic?

In my research 87.20% people have said yes the count of people is 218, people said No are 6% the count is 15. Not applicable is said by 6.80% the total count of people are 17.



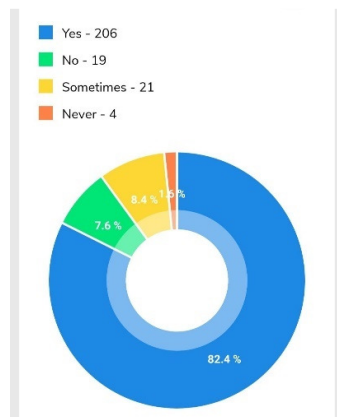
5) According to you "Work from Home" is the best for our Economy development?

In my research people said yes are 82.40% the count is 206, people said No are 9.60% the count is 24, people said somewhere are 8% the total count of people are 20.



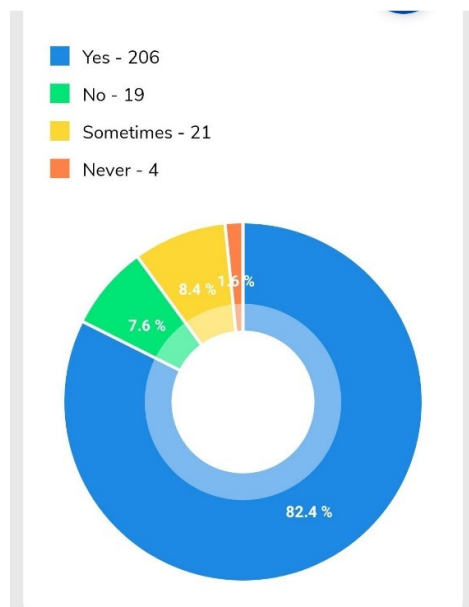
6) India Economies have suffered worst GDP fall due to COVID-19?

In my research People said yes are 76.80% the count of people are 192. People said No are 19.60% the count of people are 49. Not Applicable is said by 3.60% and the total count of people are 9.



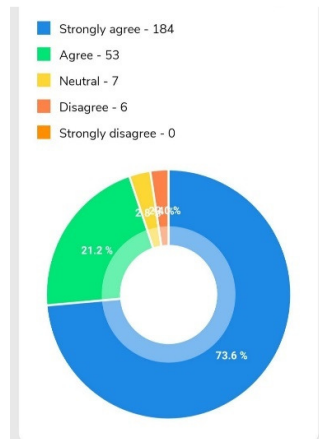
7)Can you Visualised this picture ? And agree that this Coranavirus is a depression for Many people because of unemployment?

In my research people said yes are 82.80% and the count of people are 207.people said No are 7.60% the count of people are 19.sometimes is said by 8% and the count is 20.Never is said by 1.60% ,the count of people are 4.



8)Just because the economy is down, doesn't mean that your spirit has to be down with it.

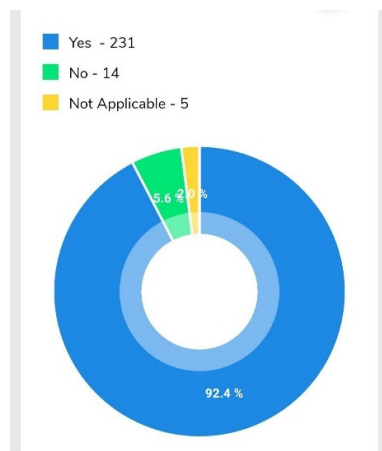
In my research people said strongly agree are 73.60%,the count of people are 184.People said agree are 21.20%,the count of people is said by 53.Neutral said by 2.80%,the count of people is 7.people said Disagree are 2.40%,the count of people are 6.and no one said strongly disagree.



9) Do you agree that COVID-19 is not only a global pandemic and public health crisis; it has also severely affected the global economy and financial markets?

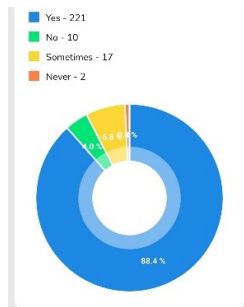
In my research People said yes 92.40%, the count of people are 231. people said No is 5.60%, the count of people are 14.

Not applicable is said by 2% and the count is 5.



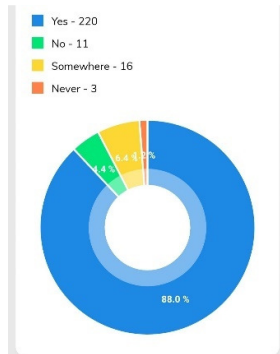
10) Is Health crisis translate to an Economic crisis?

In my research people Yes are 88.80%, the count of people are 222. No is said by 4%, the count of people are 10. Sometimes is said by 6.40%, the count of people are 16. Never is said by 0.80% and the total count of people is 2.



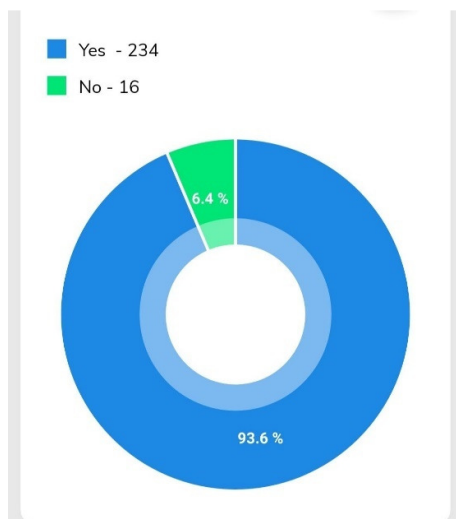
11) The pandemic of COVID-19 has disrupted every aspect of life?

In my research people said yes are 88.80%, the count of people are 222. No is said by 4.40%, the count of people is 11. Somewhere is said by 5.60%, the count of people is 14. Never is said by 1.20%, the count of people is 3.



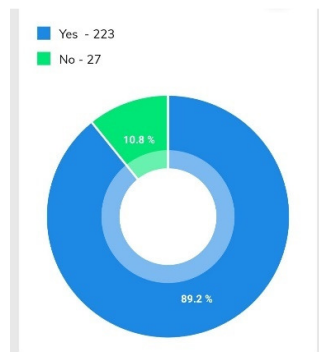
12) Do you think that because of pandemic people are more towards digitalization?

In my research People said yes are 93.20%, the count of people are 233. No is said by 6.80% and the total count of people are 17.



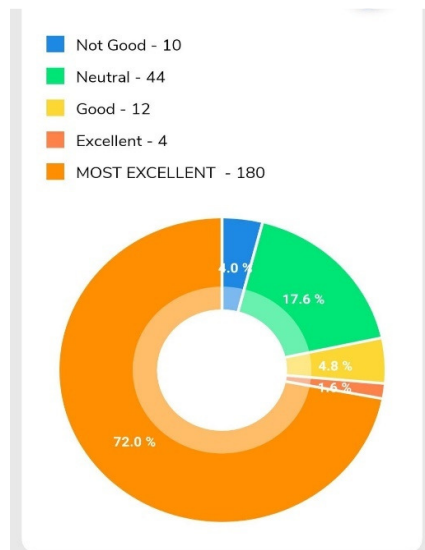
13)Did you earned more money because of Covid-19?

In my research people said yes are 89.60%,the count of people are 224.No is said by 10.40,the count of people is 26.



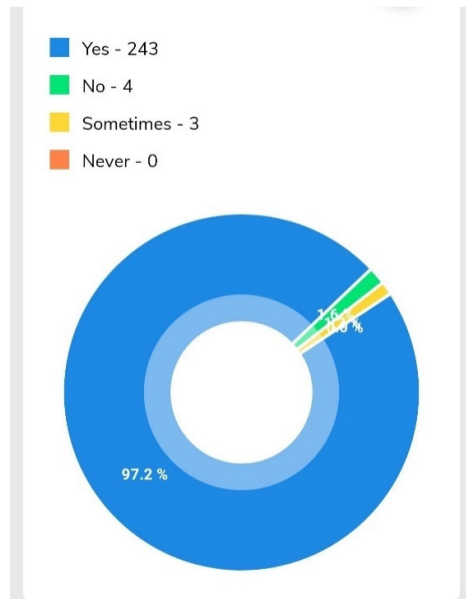
14)Overall your ratings for our Economy?

In my research People said Not good are 3.20% the count of people is 8.Neutral is said by 17.60% and the count of people are 44.Good rating is gave by 4.80% the count of people is 12.Excellent is gave by 1.60% and the count is 4.Most excellent is said by total 72.80%,the count of people is 182.



15)What do you think about digitalization is it important for Economy?

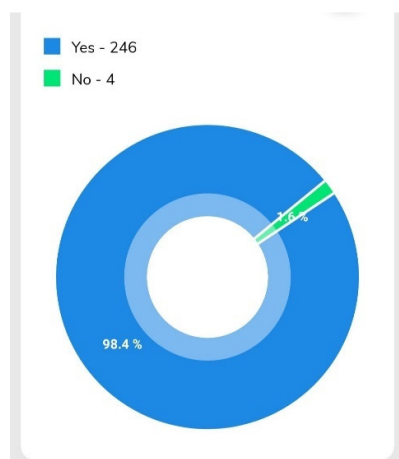
In my research People said yes are 97.20%,the count of people are 243.No is said by 1.60% and the count is 4.Sometimes is said by 1.20%, the count people is 3.Never is said by no one.



16) Do you think that this below mentioned Few Impacts are also there due to this pandemic?

- 1) Impact On Education
- 2) Impact On Environment
- 3) Impact On Banking
- 4) Impact On Society

In my research people said are 98.50% and the count is 246. No is said by 1.60% and the total count is 4.



STEPS TAKEN BY THE INDIAN GOVERNMENT:

The Central Government, amongst others, has taken the following decisions in these directions:

a)Income Tax

i.Extension of last date for income tax returns for financial year 2018-2019 from 31.03.2020 to 30.06.2020.

ii.Aadhaar-PAN linking date to be extended from 31.03.2020 to 30.06.2020.

iii.Due dates for issue of notice, intimation, notification, approval order, sanction order, filing of appeal, furnishing of return, statements, applications, reports, any other documents and time limit for completion of proceedings by the authority and any compliance by the taxpayer including investment in saving instruments or investments for roll over benefit of capital gains under Income Tax Act, Wealth Tax Act, Prohibition of Benami Property Transaction Act, Black Money Act, STT law, CTT Law, Equalization Levy law, Vivad Se Vishwas law where the time limit will be expiring between 20.03.2020 to 29.06.2020 shall be extended to 30.06.2020.

I For delayed payments of advanced tax, self-assessment tax, regular tax, TDS, TCS, equalization levy, STT, CTT made between 20.03.2020 and 30.06.2020, reduced interest rate at 9% instead of 12 %/18 % per annum (i.e.0.75% per month instead of 1/1.5 percent per month) will be charged for this period. No late fee/penalty shall be charged for delay relating to this period.

B.GST/Indirect Tax

i.Those having aggregate annual turnover less than Rs. 5 Crore can file GSTR-3B due in March, April and May 2020 by the last week of June, 2020, without any interest, late fee, and penalty.

CASE STUDY

Present crisis faced by Biyani — known for making Big Bazaar a household brand name since early the 2000s — is the most serious. This is the not the first time Biyani's group is facing a debt crisis. "Biyani is to India what the Walton family of Walmart is to the US.Through the deal made in August with Reliance Industries, the Ambani –led firm will acquire Future Retail that owns the BigBazaar that sells everything from groceries to cosmetics and apparel, and Future Lifestyle Fashions Ltd that operates fashion discount chain Brand Factory.Reliance Retail has announced that they have acquired Future Group's retail, wholesale, logistic business for Rs 24,713 crore.Big Bazaar, which was facing acute inventory crunch due to non-payment or late payment of dues to supplier, has received a fresh lease of life from JioMart, an arm of Reliance Retail. Future Group founder Kishore Biyani on Wednesday said the homegrown retail major lost nearly ₹7,000 crore revenue in first three-four months of the COVID-19 pandemic due to closing of stores, which led him to sell his business to Reliance Industries.

CONCLUSION

This Corona Virus pandemic may wreck the Indian economy. The level of GDP may further fall, more so when India is not immune to the global recession. Infact, it is believed that India

is more vulnerable, since its economy has already been ailing and in a deep-seated slowdown for several quarters, much before the COVID-19 outbreak became known. The Prime Minister of India has already spoken of setting up an Economic Task Force to devise policy measures to tackle the economic challenges arising from COVID 19, as also on the stability of Indian economy. However, the concrete plans would have to be kept in place to support the economy and its recovery. As the disruption from the virus progresses globally as well as within India, it is for us to forget, atleast for the time being, all talking only about economic recovery, and instead join hands whole heartedly to tackle the outcome of COVID-19. As the spread of the virus is likely to continue disrupting economic activity and negatively impact manufacturing and service industries, especially in developed countries, we expect that financial markets will continue to be volatile. There is still a question as to whether this unfolding crisis will have a lasting structural impact on the global economy or largely short-term financial and economic consequences. financial costs on regional and global economies. Because of high transportation connectivity, globalization, and economic interconnectedness, it has been extremely difficult and costly to contain the virus and mitigate the importation risks once the disease started to spread in multiple locations.

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Challenges of Education during Pandemic

By: Mervin d'costa

Abstract:

With the onset of the COVID-19 pandemic, broad implications have impacted a variety of sectors including education. Schools and colleges were shut down indefinitely from 16 February 2020 around the world, to contain the spread of the virus. Students of various ages and backgrounds have had to resort to different measures taken by different institutions globally depending on the rate of infection and this has created a turmoil in the prospects of securing an education worthy of results that would prove useful in today's world and the future. **154,608,989 affected learners; 8.8% of total enrolled learners; 27 country-wide permanent closures of schools** indicate how sensitive the matter is and provides speculation to all, about its subsequent effects on provision of essential services to children and communities, including access to nutritious food, ability of many parents to work, and increase risks of domestic violence. This paper highlights the issues faced in education, countermeasures for the same and future scope given that a single viable solution to the pandemic hasn't come forth.

Objective

To list the concerns of the education sector in various countries, contrasting opinions of different people (students, professionals, homeworkers) on the same whilst mentioning measures that are being taken and also measures that should be taken on accounts of individuals holding various positions overseeing the situation with different perspectives of what the outcome is to be.

Methodology

The primary data for the research paper is a survey of 250 Indians spread around the globe, specifically in 11 countries. The survey compiled information such as mode of education, financial value and satisfaction quotient of the concerned amongst other fields.

Introduction

- The COVID-19 pandemic has created the largest disruption of education systems in history, affecting nearly **1.6 billion learners** in more than **190 countries** and all continents. Closures of schools and other learning spaces have impacted 94 per cent of the world's student population, up to **99 per cent** in low and lower-middle income countries. As of 12 January 2021, approximately 825 million learners are currently affected due to school closures in response to the pandemic. According to UNICEF monitoring, 23 countries are currently implementing nationwide closures and 40 are implementing local closures, impacting about 47 percent of the world's student population. 112 countries' schools are currently open

On the other hand, this crisis has stimulated innovation within the education sector. We have seen innovative approaches in support of education and training continuity: from radio and television to take-home packages. Distance learning solutions were developed thanks to quick responses by governments and partners all over the world supporting education continuity.

Findings

- The shift to a purely online platform has several issues in it. The obvious ones include inaccessibility to laptops or limited internet connection. But other issues that are less talked about involve the lack of focus from the student's side.
- **60 %** of survey takers say that steps that are taken by the institute that provides the learning course during the COVID-19 pandemic was not satisfactory. The learners think that the education provided via online mode is not that effective. It's become almost impossible for a student to open additional tabs on their laptops or phone and spend their time on social media. A whopping **57%** of the student population admitted to surfing such sites during their college hours in our survey.
- However, students alone cannot be blamed for this problem. The quality of teaching has gone down as well and, on several occasions, has been reduced to a monotonous reading of a PowerPoint presentation. **59.8%** of survey takers have expressed deep dissatisfaction with the methods of teaching incorporated by teachers. Rather than talking *to* students, teachers have been talking *at* them.
- **87%** of people were having online classes as mode of learning and many of them were paying fees in the range of **Rs.50,000 to Rs.5,00,000 per annum**. With noticeable sharp decline in teaching. Understandably this has caused some resentment in students as **69.9%** of them believe they haven't had access to all the resources they initially paid for. This issue is exacerbated by the fact that there are no real immediate consequences to the lack of proper education.
- Students spend the semester ignoring their syllabus and escape any repercussions by simply looking up answers on the internet during exams. This leads to a worrisome lack of preparation for employability. Students are only learning how to cheat the system. Only **10%** of students believe that they are currently being adequately trained for the job market.
- An overwhelming majority of survey takers expressed a desire to learn more practical applications of their degree. They were willing to undertake precautions for COVID-19 and switch to an offline mode for practical sessions.
- It was generally observed that **5-6 hours** of viewing screens had a negative impact on students' minds and lead to a significant amount of mental stress.

Recommendations/Suggestions

Despite the health crisis unfolding and disrupting the education system to the very core, we can come up with viable solutions to improve the current system. Ensuring that meaningful learning continues to take place even in the pandemic should be one of our topmost priorities. Some possible solutions are,

- Interactive sessions with students can make all the difference in the world. It breaks the monotonicity and expands the scope of lectures. It goes beyond simply reading off of a pdf and forces students to get actively involved with the subject material.
- More focus on practical knowledge needs to take place. Educational institutions must figure out a way to bring in small batches of students throughout the semester all the while still taking appropriate precautions against COVID-19. If that isn't feasible then alternately equivalent virtual labs must be conducted.
- Pointless assignments must be avoided. A vast majority of institutions have used the pandemic as an excuse to double the writing coursework falsely believing it will be helpful to students struggling to understand the syllabus. This only results in students

wasting hours and hours blindly copying down notes from their friends instead of using this time to study and properly get a grasp on their subjects. Fewer assignments will give students more time for learning.

- Mental health resources. A counselor must be provided to students in need of assistance. The pandemic has left profound scars and a mental imbalance on many students and left them feeling isolated from their peers. Institutions must take appropriate steps to check in on the well-being of their students. Yoga, recreational activities, and other stress-busting sessions must be connected to give students a break.
- Better invigilation during exams is a must. Currently, students are easily able to hoodwink the system and score good marks without having learned anything. If switching to offline exams isn't a possibility then at least better invigilation can be done by the institutions.

Conclusion

The priority should be to utilise digital technology to create an advantageous position for millions of students. Even if the COVID-19 crisis stretches longer, there is an urgent need to take efforts on optimum utilisation of online platforms so that students not only complete their degree in this academic year but also to get ready for the future digital oriented environment. The concept of “work from home” has greater relevance in such pandemic situation to reduce spread of COVID-19.. It is need of the hour for the educational institutions to strengthen their knowledge and Information Technology infrastructure to be ready for facing COVID-19 like situations. With such rapid reforms in view of restoring normalcy to an extent in the regard of education, It is still left to see what changes will change which aspect of the sector in the forthcoming months.

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COVID-19 AND ITS IMPACT ON LIFESTYLE PATTERNS

**By : Pranjali Rai
Fiza Rehman
Anaisha Sadri**

SOPHIA COLLEGE FOR WOMEN

Abstract

The COVID 19 pandemic has affected the lifestyle behaviour and patterns of many individuals, mainly due to being confined to their homes. However, the emerging evidence about it is scarce to some extent.

In order to support our research paper we undertook the task of creating a survey/questionnaire with a mix of questions surrounding lifestyle patterns of people like their mental health, eating habits, screen time, sleep patterns, stress levels and physical activity. Using a multi-component questionnaire which consisted of linear scales from 1-5, checkboxes, multiple choice questions, and grids; the collected data was sent out through the medium of a Google form. It was sent to hundred (100) randomly chosen individuals. In the end, a total of 86 responses were collected in a span of 2 days.

After the responses were gathered an analysis was done to address the issue of how lifestyle patterns had changed for most of the respondents due to various situations, for instance - hygiene and health consciousness, work from home, online teaching/learning, changing internet habits and societal changes. Our research suggested that the individuals faced minor/major symptoms of anxiety, frustration, insomnia and depression due to the pandemic which had a negative impact on the lifestyle patterns of individuals.

Aim

The aim of our study was to investigate the immediate impact of the COVID-19 pandemic on lifestyle patterns among the Indian population aged 18 years and above.

The study consisted of a questionnaire that inquired about demographic information (age, gender, dietary habits, lifestyle habits and physical activity) and assessed changes in these lifestyle-related behaviors during the COVID-19 outbreak.

The differential questionnaire used in this study was developed and validated as an extension of a short version of lifestyle related practices in Indian adults. As in the case of probabilistic sampling, this method of administration affords a statistical collective of which the bounds of population cannot be controlled. However, it has proved effective for research objectives by providing circulation of the survey questionnaire despite the territorial restrictions due to the pandemic.

Introduction

Known to be an infectious disease, Corona virus is named 2019-nCoV, is a new coronavirus of sub-family Ortho Coronaviridae. The origins of this virus have been traced to a food market in Wuhan, China. From there on it spread to other countries and is said to be responsible for 100 million infections and 2.5 million deaths globally. It is transmitted through direct contact with respiratory droplets of an infected person (through sneezing, coughing, and touching contaminated surfaces). Majority of the countries had to go through a compulsory lockdown period and some are still under it to prevent the spread of the virus.

In order to assess the changes in one's life, lifestyle patterns was extremely vital to focus on as it covers almost all the aspects under one umbrella that we as a group wanted to cover hence, the association between individual lifestyle and Covid 19 during the lockdown was something that we decided to lay our time, energy and effort on.

A good lifestyle pattern positively impacts all aspects of life and can be done in a variety of ways, including eating the right kind of food, regulating sleep patterns, indulging in some physical activity, focussing on your mental well being, etc.

As the pandemic crept into everyone's lives turning things upside down, the key aspect that was most affected were the lifestyle patterns. Therefore our paper tries to prove the fact that for the majority it affected them in a negative way more rather than a positive manner.

Findings

We lay our focus on the topics that were relevant to people across all ages and genders. Prior to giving out the link to fill the Google form the respondents were told to answer the questions keeping in mind the compulsory lockdown time frame that the country was bound by. The respondents were also assured that the details and the information of the same will remain confidential.

A total of eighty six (86) responses were generated from individuals between the age groups eighteen (18) and forty (40) and out of which 65.1% were females, 33.7% were males and 1.2% were the ones who preferred not to reveal their gender. We also asked the individuals about the kind of family setting they lived in during the pandemic.

To begin with, the first question was surrounding their mental health as it constitutes an important aspect in an individual's growth, health and well being and also serves as an important indicator to assess one's lifestyle pattern in a more efficient manner. The following are some of the mental disorders which they experienced: Anxiety constituted for 47.7% of the total responses whereas anxiety and depression made up for 47.7% and 19.8% respectively.

Following this question they were asked to rate their mental health on a scale of 1 to 5 where 1 stands for excellent and 5 for extremely poor. 46.5% gave a rating of 3 which is neither too good nor too poor while 24.4% gave it a rating of 4 which stands for poor. 16.3% gave it a rating of 2 which is good while only a handful gave it a rating of 1 which is

excellent (4.7%). This shows that majority of them were sceptical when it came to rate their mental health, while some could not decide if it was too good or too bad, this could be due to the lack of awareness surrounding the topic of mental health while the other group rated it as poor which confirms that many people's mental health was affected during the pandemic in a negative way. The reason behind the positive ratings was that they got to spend more time with their loved ones, while understanding them better as individuals and had the pandemic not taken place they would never have gotten an opportunity to do the same.

The next two questions were regarding the screen time that the individuals indulged in on weekdays and weekends given that everything was online right from education to work. As witnessed in the graph the screen time for the majority on weekends and weekdays was more than 8 hours i.e. for 33 out of 86 on weekends and 32 out of 86 on weekdays. This was followed by 3-6 hours for 26 out of 86 people on weekends and 6-8 hours for 24 out of 86 on weekdays. There was considerably a shorter number who fell in the category of having a screen time between 0-3 hours (4 out of 86 on weekends and 10 out of 86 on weekdays)

The excessive amount of time that they spent on the screen was a cause of concern and worry for many (58.1%), 23.3% were indecisive as to whether the number of hours that they spent using the screen worried them or not while for 18.6% it was a no. This depicts that as the lifestyle patterns for many changed and their mode of education or work switched to online methods it instilled nervousness and concern in them for their health especially hampering eyes and body posture.

Then the focus of the questions was shifted to their sleep patterns. Majorly 39.5% slept for 6 to 8 hours, closely followed by 32.6% that slept for 5-6 hours. 20.9% between 8 to 10 hours, 4.7% for less than 5 hours and just 2.3% for more than 10 hours. When it came to rate their sleep quality in terms of having a sound and regular sleep 37.2% gave it a rating of 3 (neither bad nor good), 33.7% a rating of 4 which is poor, 18.6% a 2 which is good, 8.1%

gave it a rating of 5 which is extremely poor and just 2.3% gave it a rating of 1 which is excellent. It simply shows that the sleep quality for many was affected due to various factors like online learning, work from home, staying indoors, etc.

Next set of questions focussed on the individual's eating habits. In this a vast majority of 48 out of 86 respondents answered that they noticed a change in their eating habits, for 22 did not change it at all and were solidly stuck on their option to choose so, 16 were not sure whether or not they changed this aspect of their lifestyle pattern or not. To add to each one's concern and further support our research that it is affected many, more in a negative way rather than a positive way, a whopping 61.6% compromised on the number of meals while working/learning from home. Therefore, 35.7% consumed only 2 meals a day, 23 out of 86 consumed 3 meals a day while 19 did not skip any of their meals, 4.3% had just one meal a day.

The last two sets of questions were directed towards their physical activity like exercise and their stress levels. 30 out of 86 respondents indulged in physical exercise occasionally, 17 exercised 3 to 6 times in a week, 16 responded 1 to 3 times in a week, 12 respondents did not indulge in any sort of physical exercise at all and 11 out of 86 indulged in keeping themselves fit on a daily basis. This shows that for many, the pandemic caused a switch in their fitness routine and increased the amount of laxity in them due to various factors like not being able to step out of a confined space, long hours of work and Covid-19 as a health concern in general.

When it came to rate their stress level 32.6% rated it as high, 30.2% gave it a neutral rating which is neither low nor too high, 15 respondents gave it a rating of 2, 10 gave it a 5 rating which is extremely high while only 7 people gave it a low rating. This is in accordance with our research that supports the fact that there was an increase in the stress levels during

the pandemic, people were afraid of contracting the disease along with fearing the loss of loved ones, it served as a cause of concern for many.

Recommendations

The following are some of the recommendations that one can follow in order to improve their lifestyle patterns:

- Notice the habits which are resulting in your deteriorating lifestyle pattern: Unless you know what is causing disruption in your lifestyle, you cannot attempt to change it. For instance, excessive consumption of caffeine might be the cause for a poor sleeping schedule.
- Keep a record: You can track your progress through various gadgets and mobile applications, which help you to stay focussed and let you know when you are straying away from your goal.
- Dietary: Consume nutrient-rich foods like fruits, vegetables, legumes, nuts and whole grains which boost immunity and prevent malnutrition. Control your intake of Salt, sugar and fats and avoid sugary beverages. Consume 2.5 to 3.5 litres water daily to remain well hydrated and limit the usage of alcohol and smoking as much as possible.
- Physical Exercise: The recommended level of physical exercise is 150 minutes moderate aerobic activity or 75 minutes vigorous cardio per week. Along with cardio, strength training is recommended for building muscle mass and strength.
- Sleep: According to the WHO, an average adult requires 7 to 9 hours of sleep, however, in practicality it varies for person to person and is largely dependent on the person's physical activity, health condition, mental exhaustion and the quality of sleep.

- **Meditation:** Meditation is the habitual process of training your mind to focus and redirect your thoughts, thus increasing self awareness and attention span. It helps in reducing blood pressure, managing insomnia, depression and anxiety.

Conclusion

The Covid-19 pandemic has turned people's lives upside down, for some in a positive manner but for the majority in a negative connotation. To conclude, these numerous changes that have taken or are taking place in the individual's lifestyle including eating habits, sleep patterns, physical activity and mental well being, may have long lasting repercussions and effects on one's physical, emotional, mental, and social health and thus lead to more problems and issues to deal with in their life apart from the ongoing stress, anxiety, feelings of loneliness, etc., all that comes as a challenge to battle social distancing, staying in a confined place whilst being healthy (mentally and physically) and safe at the same time.

A lot of inequality was showcased as the realities of the pandemic set in. It was easier for some to cope and deal with the crisis while for the rest it proved to be a testing time. We as individuals and a community should try and help and uplift the others around us even if it is in a small way in order to flatten the curve between the rich and the poor thereby aiming to lead a healthy lifestyle through this health crisis and beyond.

As witnessed in the results of the survey, when it came to bringing a change in any aspect of their lifestyle patterns, the response of the individuals was quite interesting. Some (61.6%) wanted to improve on their physical activity and fitness while the others on their eating habits (47.7%) and sleeping patterns (46.5%) yet others on their mental well being (41.9%). This concludes the fact that almost all of their lifestyle patterns were haywire and that they wanted to improve on some aspect or the other after the mandatory lockdown period caused due to the pandemic.

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IMPACT OF COVID-19 ON VARIOUS SECTORS AND PROPOSED SOLUTION FOR RECOVERY THROUGH SUSTAINABLE DEVELOPMENT GOALS

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Abstract

This paper performed top to bottom investigation analysis of the COVID-19 outbreak and intensity based on its impact on various sectors all over the globe. The examination has been upheld by assortment of visual portrayals, for example, line diagrams, heat guides, and reference charts to approve the investigation. This research have used the latest extended dataset (22 January 2020 to 4 April 2020). A few enterprises like travel and the travel industry, entertainment world, aeronautics industry, and so forth, which have been influenced because of the flare-up, will be examined in the paper. The COVID-19 emergency has additionally featured the weakness of a few of our essential frameworks, including medical services, social assurance, instruction, esteem chains, creation organizations, monetary business sectors, mass travel frameworks and environments. The world is confronting an uncommon multidimensional emergency that requests rational arrangement reactions. This makes the Sustainable Development Goals (SDGs) considerably more significant today as they mean to change the foundational conditions that propagate the weaknesses of our social orders and economies. Thusly, reasonable recuperation, lined up with the SDGs, requires cross-sectoral activities and components to oversee unavoidable compromises among short and long haul needs, and between financial, social and natural arrangement objectives. This research paper aims to present a policy coherence roadmap, which can support governments in strengthening mechanisms for ensuring a sustainable recovery from the COVID-19 crisis that does not come at the cost of progress towards the SDGs. The paper will cover the effects of COVID-19 on assorted areas and propose some reasonable objectives to ascend through this emergency.

Keywords: COVID-19, analysis, global impacts, visualization, solutions

Introduction

COVIDS are zoonotic, which implies that they are communicated among creatures and individuals. The virus originally was distinguished in Wuhan. The irresistible illness isn't confined to Wuhan city any longer however has spread across the globe, having an effect in practically every one of the mainland's, bringing about great many passing's. Further, it has affected a few enterprises like the worldwide inventory network, eatery business, the travel industry, online business, and so forth While a few analysts state the source of the COVID to bats, it has likewise been ascribed to the creature and fish market. Since the root isn't known, understanding the irresistible illness is a test. What is more troublesome is building up an immunization for the equivalent. Along these lines, breaking down the worldwide pandemic is an absolute necessity. While the flare-up is a couple of months old, the weightiness of the circumstance has prompted a few examination chips away at the equivalent, which will be

talked about in this paper. Coronavirus has flipped around the world. Everything has been affected. How we live and interface with one another, how we work and impart, how we move around and travel. Each part of our lives has been influenced. Albeit the world is in lockdown, governments, disease transmission specialists, school administrators, business visionaries and families around the globe are as of now arranging the subsequent stages: how to securely resume schools and organizations, how to drive and go without communicating or contracting contamination, how to help those generally influenced by the emergency – the large numbers who have lost their vocations or their friends and family, how to guarantee the all-around genuine disparities don't crumble further. Choices made now and in the coming months will be the absolute most significant made in ages. They will influence individuals all around the globe for quite a long time to come. It is basic that administrations settling on those choices approach the best data accessible.

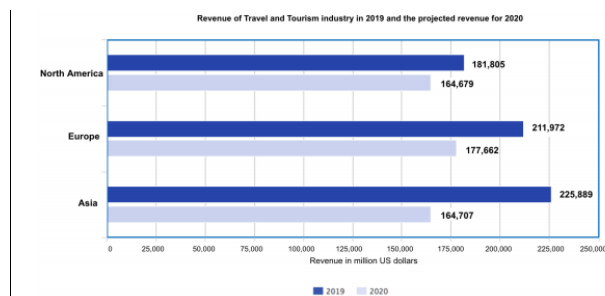
Material and methods

While the datasets have been taken from Statista, the information have been amassed from solid sources, for example, the World Health Organization (WHO), OpenTable, The Hollywood Reporter, Official Airline Guide (OAG), RaidióTeilifísÉireann (RTE) Media administrations, and so forth. Primary Source – Data assortment through an organized survey. Secondary Source – Books, Journals, Newspaper, Internet and so forth. The charts show what the pandemic has meant for certain enterprises on the worldwide scale. The information was gathered, pre-handled and cleaned, certain segments were gotten from different sources, and different information representation procedures were utilized to get the accurate data. The research did an extensive work on data which was derived from various primary and secondary sources and was validated and extracted.

Findings

Global Impacts of the COVID-19 Outbreak

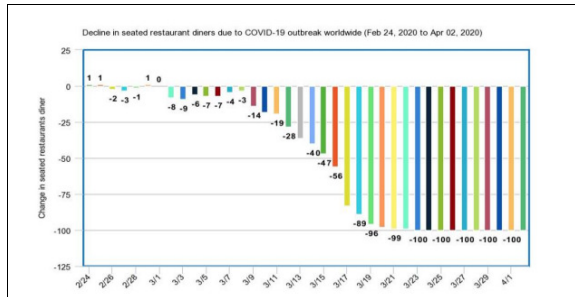
Tourism Industry



The figure portrays three landmasses that have been influenced the most because of the COVID-19 episode: North America, Europe, and China. As is apparent from the chart above, there is a decrease in worldwide income for the movement and the travel industry because of the COVID-19 flare-up. A structured presentation has been used to show the correlation between the incomes for the years 2019 and 2020. We can see that the decrease is 9.41% percent for North America; and for Europe, the decay is 16.18%. Asia saw the greatest decrease in income, which is assessed to be 27.08%, and hence has endured most in the instance of the travel industry. The evaluations depend on IATA's estimate with respect to the general impact of Coronavirus on the flight business. As the interest for flights began

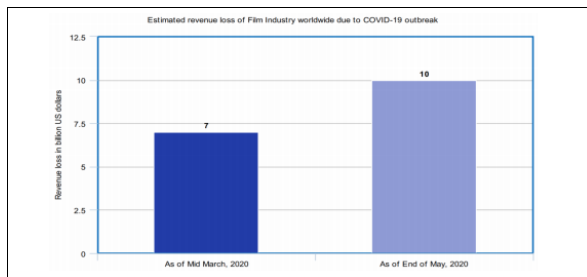
diminishing, the quantity of relaxation trips additionally declined prompting a misfortune in income.

Restaurants and Leisure



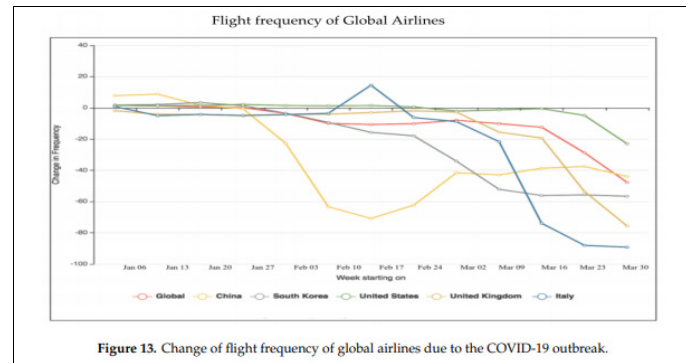
The Figure portrays the effect of COVID-19 spread over eateries on a worldwide scale. The (COVID-19) pandemic has made critical harm the worldwide café industry. Because of proportions of social distancing and general alert openly puts, buyers have been eating out less and less. This has likewise prompted less staff in the eateries, subsequently risking the positions of a few group working in the cafés. As per the data, the decrease of situated burger joints in cafés overall brought down to 56% on 16 March 2020 and was right down to 100% before the finish of March.

Entertainment industry



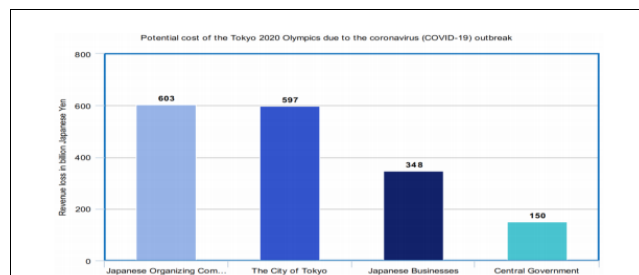
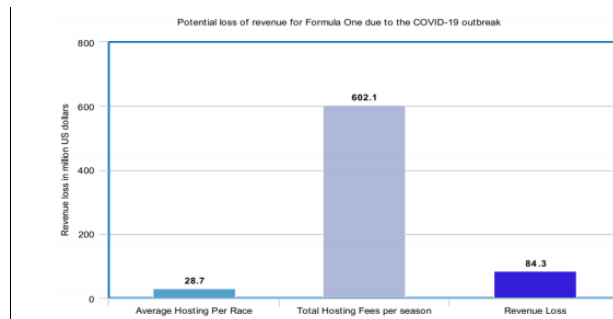
The figure portrays the effect of COVID-19 spread over media outlets on a worldwide scale. The worldwide entertainment world has endured an income deficiency of seven billion U.S. dollars as of the centre of March 2020 worldwide because of the COVID-19 episode. With theatres shutting, film debuts being deferred, screenings dropped, and box workplaces shut, it is assessed that the Film business may lose ten billion dollars in income before the finish of May 2020. The worldwide entertainment world has endured an income deficiency of seven billion U.S. dollars as of the center of March 2020 worldwide because of the COVID-19 flare-up. With theatres shutting, film debuts being deferred, screenings dropped, and box workplaces shut, it is assessed that the Film Industry may lose ten billion dollars in income before the finish of May 2020.

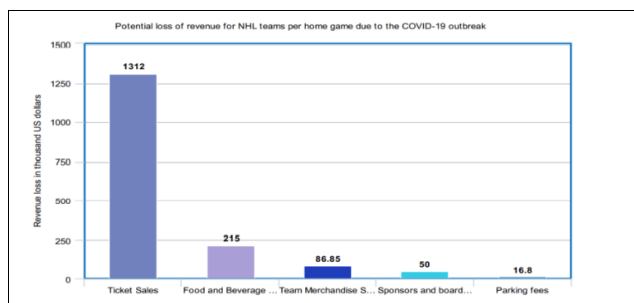
Travel Industry



Travel Industry being perhaps the biggest business on the planet, the movement business has effectively endured a colossal shot because of movement limitations and dropped trips for both business and joy. The worldwide entertainment world has endured an income deficiency of seven billion U.S. dollars as of the centre of March 2020 worldwide because of the COVID-19 episode. With theatres shutting, film debuts being deferred, screenings dropped, and box workplaces shut, it is assessed that the Film Industry may lose ten billion dollars in income before the finish of May 2020. The effect of the COVID-19 episode has seen changes in the recurrence of flights everywhere on the world. Since various flights are considered, the research have utilized the line diagram to portray the adjustment in flight recurrence of worldwide carriers. As is found in the diagram over, the week beginning from March 9, 2020, the quantity of booked flights overall was somewhere near 10.1%. The Chinese flying arrived at a top in the week beginning 17 February 2020, with flight numbers somewhere around 70.8%. At the finish of March 2020, Italian flying went somewhere near over 80%

Sports industry





The COVID-19 flare-up has essentially affected the games business. The COVID-19 flare-up effect caused extreme long haul harms to the games business. As the infection spread, an expanding number of matches and occasions were delayed or dropped. A portion of the striking games are the Olympics, Formula One races, and the National Hockey League. The accompanying figure depicts the effect of the COVID-19 episode on every one of these games. Numerous expert alliances across the globe suspended their seasons and occasions were dropped. The Olympic Games that were at first expected to occur in Tokyo toward the finish of July 2020 have been deferred by in any event a year. Despite the fact that there is no authority choice with respect to retraction of the occasion, the occasion might be under genuine danger because of the COVID-19 episode. In the event that the occasion were to be dropped, the city of Tokyo stands to lose a potential 597 billion yen that it has put into facilitating the occasion. Clearly, the expected loss of income from the consolidated facilitating charges across the entire season could add up to more than 602 million U.S. dollars. This sum is paid by the individual host countries. Among a few expert classes across the globe that suspended their seasons, the National Hockey League in the United States is likewise accepted to be influenced because of the COVID-19 flare-up. It is assessed that for each home game that is dropped because of the pandemic, groups may lose a normal 1.31 million U.S. dollars in ticket deals alone

Proposed solution

The solution for this pandemic is organized by the over eight key components of strategy soundness and gives bits of knowledge on the best way to utilize these core values for getting sorted out a supportable recuperation. These components are commonly steady and keeping in mind that endeavours should be made in every zone to guarantee a sound reaction for a feasible recuperation, there is nobody size-fits-all way to deal with upgrading PCSD. Every nation should decide its own institutional components and sequencing of activities as per their distinctive public real factors, limits, and explicit settings. This brief is in no way, shape or form exhaustive, it ought to be viewed as a beginning stage for reflection. It is trusted that this brief can assist governments with thinking about fundamental components and capacities with regards to getting sorted out a maintainable recuperation.

1. Build political responsibility and administration at the most significant level - to shape the public discussion and backing recuperation procedures lined up with the SDGs, and to assemble entire of-government activity and situate recuperation measures towards practical turn of events.
2. Adopt a vital long haul vision – to settle on educated decisions and thinking about the results of the present choices, and building flexibility against the drawn out stuns that will influence the economy, society, and climate.

3. Strengthen arrangement combination - to adjusting frequently unique monetary, social and natural needs for recuperation.
4. Ensure entire of-government coordination - to distinguish and address strategy divergences and clashes between measures for recuperation and accomplishment of the SDGs.
5. Engage subnational levels of government properly – to adjust needs and advance composed activity at various degrees of government for practical recuperation.
6. Engage key partner adequately – to guarantee that various voices are heard and work with all applicable entertainers to recognize difficulties, set needs, adjust activities and prepare assets for recuperation.
7. Analyse and survey strategy impacts – to consider the impacts of homegrown recuperation measures on worldwide reasonable turn of events.
8. Strengthen observing, announcing and assessment frameworks - to advise the plan regarding rational and feasible recuperation systems and change recuperation measures considering possible negative impacts on manageable turn of events.

Conclusion

The exploration played out a broad investigation on the COVID-19 outbreak. The heat maps created stated that few Asian nations and European nations have most extreme instances of COVID-19. The exploration not just centred around drawing perceptions from chart plots yet additionally examined the worldwide effects of the pandemic. The flare-up has asserted lives as well as influenced a few businesses everywhere on the globe. A few ventures endured because of the COVID-19 flare-up, which eventually influenced the worldwide economy. Since the businesses are interconnected and reliant, it is important to comprehend the effect of a pandemic on one industry to expect which different enterprises may likewise be influenced. Later on, there is a need to play out a risk assessment for the COVID-19 outbreak. The exploration likewise proposed a couple of manageable objectives to ascend through these ramifications and build up the economy. Additionally, later on, the research wants to notice the patterns of a few different businesses that may have been affected by the flare-up like the style business, land, and the store network industry.

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LOSS OF JOB DURING COVID-19 AND ITS IMPACT

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ABSTRACT

COVID-19 has vigorously spread all over the world, and due to that many sectors in India are widely impacted. Due to this covid 19 many people have been affected and may have lost their jobs. The firms couldn't open their company and hence there was no profits earned and they couldn't afford to pay all the employees. So, they had to remove few of them. The people who have been removed from their respective jobs had a huge impact on their lives.

INTRODUCTION

Millions of people around the world are coping with job loss caused by the coronavirus disease 2019 (COVID-19) pandemic. Whether it's temporary or permanent, unemployment can lead to stress, anxiety, depression and other mental health challenges. COVID-19 pandemic has left many people jobless, and they have experienced many emotions and troubling thoughts. During this period

people felt loss of identity, unappreciated, and moreover were not clear what to do next. They were worried about how to take care of them and their family. Covid-19 has some pros and cons on job, unemployment, ...

METHODOLOGY

The present study is based on primary survey as well as secondary sources. Secondary information has been collected from different research paper, govt. data sources, CMIE etc. The researchers have done an online primary survey. In primary survey, questionnaire was prepared in google form and shared the link through various WhatsApp. The researchers have asked people who have lost their job to filled the google form. The sample size is 45 people, who have lost their job in Mumbai and even outside Mumbai. The questionnaire consists of various questions regarding their experience during this lock down period, suggestion for the same was used to collect the information from the respondents. After collecting the data, through online survey, analysis is done with the help of percentage and graphs are prepared to present the data in effective manner.

OBJECTIVES:

- 1) To find out the nature of job, lost during covid-19
- 2) To find out kind of problems people are facing to get a new job, after loss of job

Pros and Cons of Covid-19 and loss of job: Since last one year, we have seen huge number of people lost their job due to lock down across the world. Covid-19 has pros and cons both on people, and related to their job. Some of the pros are: i) Many people whose job have been lost have started to do agriculture in their villages causing an increment in the agricultural sector ii) This losing of job has given people leisure time to spend with family, friends iii) This has given them an opportunity to start their own business iv) They even have ample time to start a new hobby or to develop hobbies which they could manage to practise in their busy life v) It is also a good time to meditate, do yoga and to heal themselves.

But covid-19 has major impact on the people and their family members those who have lost their job. Some of the cons of covid-19 and loss of job are as follows: i) It will bring a huge imbalance in their financial condition ii) People who don't have a habit of saving have a huge

problem iii) It may take a lot of time to find a new job iv) There may even be a hurdle to satisfy basic needs.

Loss of Jobs during Covid-19, different part of the country:

Covid-19 triggered a new crisis in Indian economy. The job crisis The Covid-induced lockdown in a way just shut down fully functional factories and took the hands-off machines at manufacturing facilities across industries. Several companies, many of them start-ups, have laid off employees as the business environment become harsh.

Different reports show impact of covid-19 and loss of jobs in India. According to the report published in economic times around 41 lakh youth lost jobs due to the COVID-19 pandemic in India. Construction and farm sector workers account for the majority of job losses, according to a joints report by the International Labour Organization (ILO) and the Asian Development Bank. (The Economic Times, August, 2020, 05:31PM IST) According to the report, published PrajnaFoundation,NGO and Hansa Research, in December 2020 around 69 per cent of the total respondents said, that they faced difficulties in paying their house rent, and 57% of the total respondents said they migrated out of Mumbai due to lost of job (Mumbai Live Team)

An estimated 12.2 crore people have lost their jobs due to the Covid-19 pandemic. Almost 75% of the 12.2 crore people were small traders and wage-labourers. (India Today Web Desk, New Delhi, August 21,2020 14:17 IST)

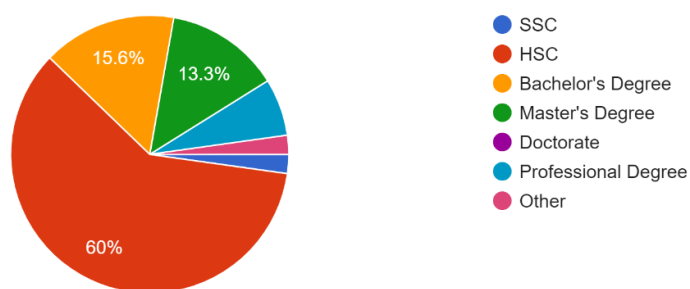
Aviation industry in the country badly impacted, many Bengaluru firm laid off their employees on immediate basis citing on covid crisis. According to CMIE there were 86 million salaried jobs in India during 2019-20. In August 2020 the count was down to 65 million, the deficit of 21 million jobs is the biggest among all types of employment. (CMIE-Report)

FINDINGS- PRIMARY SURVEY

According to the primary survey the maximum no of people are from HSC 60%. 15.6% are from bachelor's degree while only 13.3% are from master's degree. None were from doctorate, professional degree and other.

Highest Degree Of Qualification

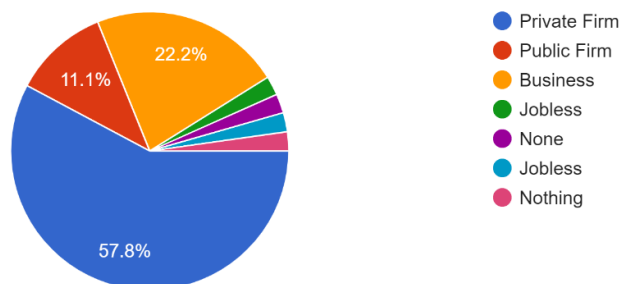
45 responses



The people who have lost their jobs have different nature of job as people from all sectors have been affected. 57.8% are from private firm. 11.1% are from public firm. 22.2% are business firm.

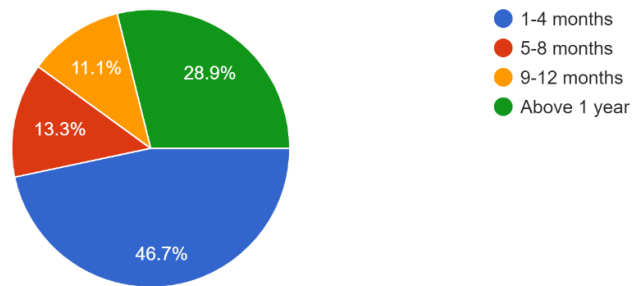
Nature of Job

45 responses



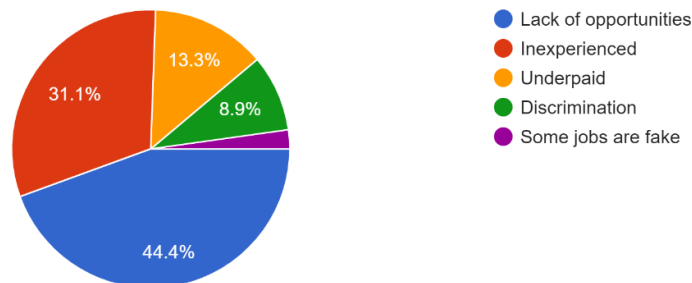
46.7% people have been unemployed for over 1-4 months. 28.9% are unemployed for more than a year. 11.1% have been unemployed for 9-12 months . 13.3% have been unemployed for over 5-8 months .

How long have you been unemployed
45 responses



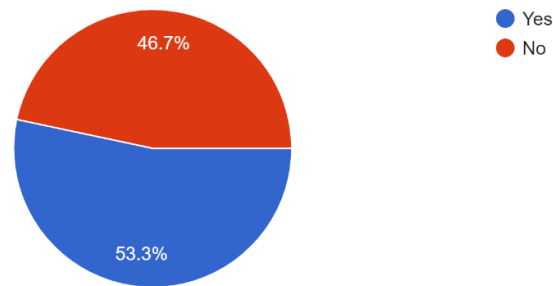
The major issue faced while finding a new job was lack of opportunities. Next comes the problem of inexperience which also may be because of lack of opportunities. 13.3% were facing the issue of being underpaid and 8.9% due to the discrimination of various factors.

What kind of problems do you face while finding a new job
45 responses



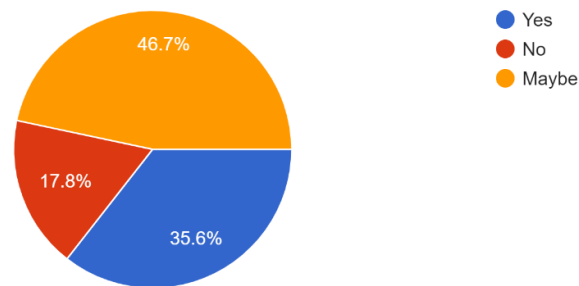
There is also a chance that the lack of opportunities which our country is facing is due to the foreign people getting all the job opportunities. More than 50% people think that people in India lack job opportunities because of foreign people. While 46.7% disagreed with this.

Do you think people lack opportunities because of foreign people
45 responses



People have lost their job but some are adamant about not selecting any other type of job other than they are currently doing. 35.6% people were ready to settle for another job during this pandemic. But 17.8% are not likely to do any other work other than what they are currently doing. 46.7% weren't sure whether then can settle for a different job.

Would you like to settle for another type of job than the one you are currently doing?
45 responses



SUGGESTION

We also had a question in which we asked what are their suggestions regarding the loss of job during covid-19. They had their suggestions that people should be not removed during such a crisis as it may affect their financial situation. Some even suggested that more job opportunities should be created so that no one is unemployed. Also, that government should

create more job opportunities and at least give minimal salary so that no one will suffer during this pandemic

CONCLUSION

There has been tremendous impact on the loss of job during covid-19. Many Indian companies have been affected by this covid and they forcefully had to remove their employees.

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- 2.<https://www.mumbailive.com/en/civic/praja-foundation-report-card-2020-57-percent-people-leave-mumbai-due-to-job-loss-60980>
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CHALLENGES FOR EDUCATION DURING PANDEMICS

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Gupta Sadhana

Ujgaonkar Yash

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Abstract

Education provides us knowledge of our society and environment and hones our skills to change them for the better. Education also helps us to develop our own perspective of looking at our lives, prepares us to have our own points of view and form our own opinions on different facets of life. Any willing person can have access to immense data and information nowadays through different websites and e-based platforms. But, can information be transformed into knowledge without education? Only education can train us to interpret different issues and events in our lives. In short, education helps us to acquire knowledge, skills, values and attitudes to make informed decisions, lead meaningful lives, and undertake active roles in contemporary society. Since the beginning of 2020, we have been facing a crisis of enormous proportions. The COVID-19 pandemic has been wreaking havoc across the globe — including India — upsetting our lives and livelihoods. Therefore, all the enrolled students in schools, colleges and universities of India have been unable to go to their institutions for almost a year due to the restrictions imposed to check the spread of the novel coronavirus since the middle of March 2020. This has hurt students immensely.

Methodology

For this review, online learning is defined as learning that takes place partially or entirely over the Internet. This definition excludes purely print-based correspondence education, broadcast television or radio, videoconferencing, videocassettes, and stand-alone education programs that do not have a significant Internet-based instructional component. Data and information presented in current study are collected from various reports prepared by national and international agencies on COVID-19 pandemic. Information is collected from various authentic websites. Some journals and e-contents relating to impact of COVID-19 on educational system are referred.

The present research paper focused on the following objectives:

- ! Learning conducted totally online as a substitute or alternative to face-to-face learning
- ! Studies comparing an online learning condition with a face-to-face control condition
- ! To know the difficulties faced by students during pandemic.
- ! To know whether quality education was provided or not.

Introduction

We Are Passing Through A Very Tough and Unpredictable Phase in Our Life. COVID-19 Has Changed Substantially, The Way We Live. Many Newly Emerged Burning Issues Stare at Us. In Live With COVID-19 Era, Many Alternatives Will Be Forced to Develop to Substitute the Old Style of Functioning of Man – Machine and Knowledge Delivery. Field of Education Too Cannot Insulate Itself from Such Alternative and Drastic Changes Are Taking Place in The Educational Field Too at a Rapid Pace. Every Challenge Opens Up A New Opportunity! Higher Education Has Many Possibilities and Challenges During Keep Social Distance Period. The lockdown has compelled many educational institutions to cancel their classes, examinations, internships etc. and to choose the online modes. Initially, the educators and the students were quite confused and didn't understand how to cope up with the situation of this sudden crisis that compelled closure of the educational activities. But latter on all realized that the lockdown has taught so many lessons to manage with the emergence of such pandemics. Thus, COVID created many challenges and opportunities for the educational institutes to strengthen their infrastructure.

Findings

We are living amidst what is potentially one of the greatest threats in our lifetime to global education, a gigantic educational crisis. As of March 28, 2020, the COVID-19 pandemic is causing more than 1.6 billion children and youth to be out of school in 161 countries. This is close to 80% of the world's enrolled students.

1] Positive impact of COVID-19 on education

- a] Move towards Blended Learning: COVID-19 has accelerated adoption of digital technologies to deliver education. Educational institutions moved towards blended mode of learning.
- b] Reduced costs: Online education can be a good cost saver as most of the reading or reference materials is quite accessible online.
- c] Interactive session: Online classes, which are interactive in nature, would garner more attention and interest from students.
- d] Rise in use of Learning Management Systems: Use of learning management systems by educational institutions became a great demand.
- e] Rise in online meetings: The pandemic has created a massive rise in teleconferencing, virtual meetings, webinars and e-conferencing opportunities.

2] Negative impact of COVID-19 on education

- a] Not easily accessible: In a country like ours where a large portion of the population still struggles with poverty, using technology as a method to educate children will not be easy. Many people do not have access to required devices and internet connection, especially in villages.
- b] Excess exposure to screen time: Online classes can lead to increased exposure to screens for children, which can affect adversely.

c] Unprepared teachers/students for online education: Not all teachers/students are good at it or at least not all of them were ready for this sudden transition from face-to-face learning to online learning.

d] Increased responsibility of parents to educate their wards: Some educated parents are able to guide but some may not have the adequate level of education needed to teach children in the house.

e] Educational activity hampered: Classes have been suspended and exams at different levels postponed. Different boards have already postponed the annual examinations and entrance tests. Admission process got delayed.

Migration process/ digital transformation

The global acceptance of social distancing policy, as announced by WHO as a measure to curb the spread of Covid-19, has forced schools to close their doors, and this has caused unexpected disruption of traditional teaching and learning method. Some schools ran distance education programs prior to the emergence of Covid-19 pandemic, and this actually assisted some of these higher citadels of learning in their migration process. After the announcement of physical closure of schools by the governments as a means of curtailing the global and community rapid spread of the pandemic, the only option available for universities to adopt is online learning. The crisis-response migration process of students and faculty members can also be viewed from the level of their digital competence and availability of information on online learning.

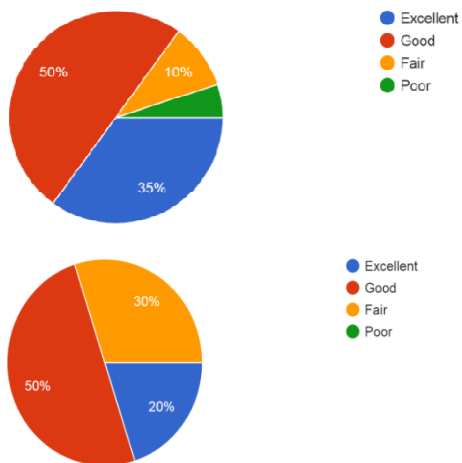
Stages/Levels/Procedure for the closure of schools, universities as per the rises in COVID 19 Cases increases.

Level Levels are determined by the presence of the following indicators	Campus Access Control	Curriculum Program	Community Events	Field Trips - Sports
Level 2 Reported cases in Senegal	Members of household restricted from Campus if family member traveled to designated countries	Regular school program Support students who have to stay at home	After-school activities continue as normal Review use of campus by outside groups on a case by case basis	Field trips and sports tournaments scrutinized on a case by case basis
Level 3 Many cases in Senegal Students, families, and staff reported with virus	Previous restrictions and... Non-community members screened before access, visitors arriving for business purposes are screened at exterior gate No other visitors to campus	Regular school program for students who attend school Activate the use of online learning system to provide work for students who elect or are compelled to stay at home Review of activities program Activities that engage outside visitors are canceled	Activities with large audiences, 1,000 people, are canceled. All other rentals and activities may be canceled. Events will be reviewed on a case by case basis	Field trips and sports tournaments are canceled.
Level 4 Many incidences of cases with school community Spread of virus around Senegal Government closes schools in Senegal	Consider school closure	Full implementation of online program if school is closed	All community events and rentals canceled	Field trips and sports tournaments are canceled.

Data analysis

1] Experience with the education technique

2] Quality of education during pandemic which was adopted for learning

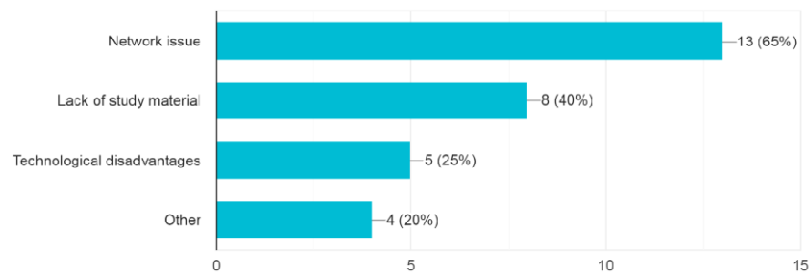


3] Need of online education even

4] Online education technique after the pandemic was beneficial



5] Difficulties for online education during pandemics



Conclusion

Online education has been on the fringe for a long time. The COVID-19 pandemic made it the mainstream. We conducted a survey to know the opinion of undergraduate students in a university in India on different aspects of online education during the COVID-19 pandemic. We found that the students considered online education a viable alternative under the current circumstances. We however think that there is scope for improvement. Professors should try to make online education better acceptable among students. Techniques like flipped classroom, case studies, and gamification may be introduced in online education and their effects may be studied. The COVID-19 pandemic has led to adoption of online education on a large scale around the world for the first time. COVID-19 has impacted immensely to the education sector of India. Though it has created many challenges, various opportunities are also evolved. The Indian Govt. and different stakeholders of education have explored the possibility of Open and Distance learning (ODL) by adopting different digital technologies to cope up with the present crisis of COVID-19. India is not fully equipped to make education reach all corners of the nation via digital platforms. The students who aren't privileged like the others will suffer due to the present choice of digital platforms. But universities and the government of India are relentlessly trying to come up with a solution to resolve this problem. The priority should be to utilize digital technology to create an advantageous position for millions of young students in India. It is need of the hour for the educational institutions to strengthen their knowledge and Information Technology infrastructure to be ready for facing COVID-19 like situations.

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Psychological stress due to Covid-19 by economical, study and family relationship:(Covid-19 “Rise of depression”)

By: Aravind. C

Abstract:

The corona virus pandemic hasn't discriminated; it has impacted all layers of society. The ultimate aim of this survey is to know the people mental health, economic status, educational levels, family relationship findings. Also, it brings a solution to overcome of this pandemic. This finding may help us to improve our lifestyle in a great manner. The survey was taken from different profession criteria and different age group. On the basis of study, we are coming to know that people are mostly affected by economical problem and leads to depression, when compared to before pandemic. Educationally, student was didn't like to attend online mode of teaching. Even students thought were went down due to lockdown. And student was undergoing stress due to lockdown. However, most of the people were reconnected with their family members and started to spend much time with their family. And even they recommend as a remedial measure for stress bursting. Though people were worsly affected by lockdown due to this pandemic.

Methodology:

We done an easily communicable google form for certain sets of questions under some criteria. The we circulated it through various groups and we got about 124 responses in a short period of time. About 15 questions were raised to the participants on various category. They are economical, education and family status. This are the main places were people used to get depressed.

Procedure:

Demographic details were collected from participants, i.e. name, gender, age & profession. Based on different aspects, the questions were raised.

Aim & Objectives:

To find root cause of depression due to Covid-19 & getting better solution for it.

Introduction:

The corona virus pandemic hasn't discriminated; it has impacted all layers of society. The ultimate aim of this survey is to know the people mental health, economic status, educational levels, family relationship findings. Also, it brings a solution to overcome of this pandemic. This finding may help us to improve our lifestyle in a great manner.

Findings:

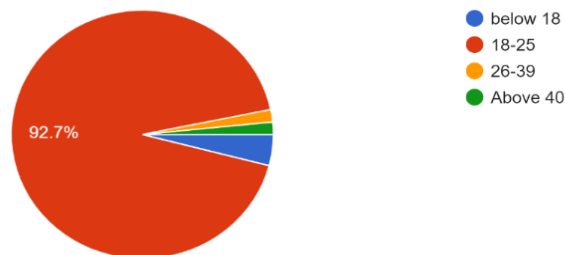
The various findings were based on participants

1. Demographic details.
2. Economic levels.
3. Educational findings.
4. Family status.

1. Demographic details:

The participants of this research are mostly grouped under age from 18-25. i. e is nearly 92.7%. Among them 93.5% were students. Male relatively high when compared with female participants.

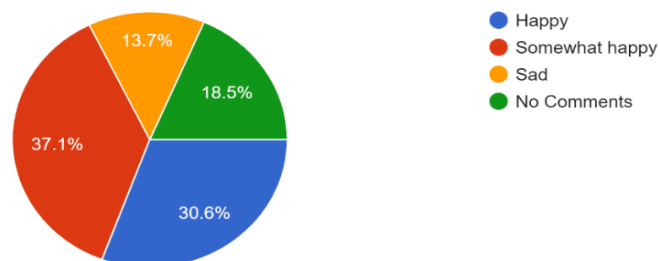
Age
124 responses



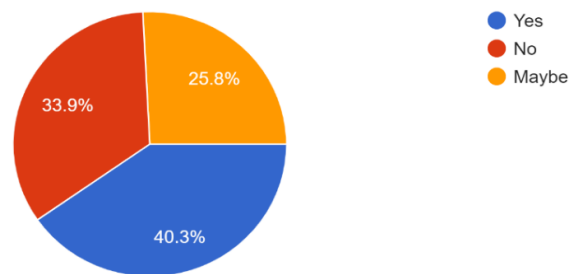
2. Economic levels:

Participants of this survey had responded that they are relatively happy with lockdown at 1st time. But 13.7% population of the survey aren't happy with lockdown. The consecutive lockdown made people under went stress. It is due to various cause & one of them is capital.

What is your attention during the first time lockdown?
124 responses

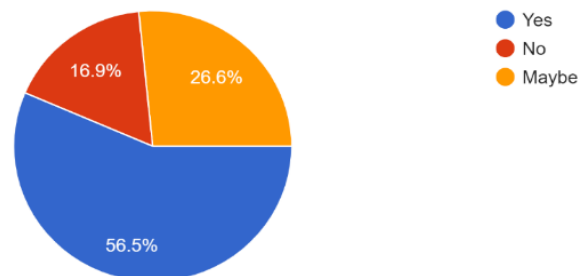


Did you found any psychological stress during this pandemic related to the economical state
124 responses

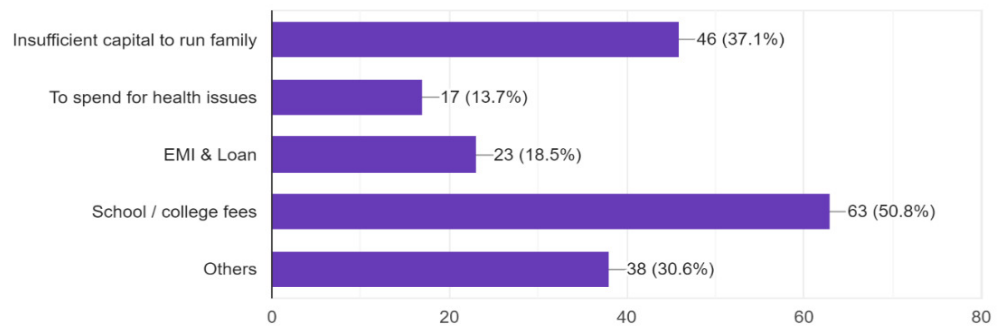


Nearly 56.5% of the persons were faced economical problems and 26.6% of people face relatable economical situations. And their main economical cries were insufficient capital to run family, EMI, Loans and majorly about educational fee (50.8%). About 40.3% of them are hit by economical stress and 26% relatively.

Did you faced any economical related problems during lockdown?
124 responses



What was the main economical crisis was found by you or your family?
124 responses

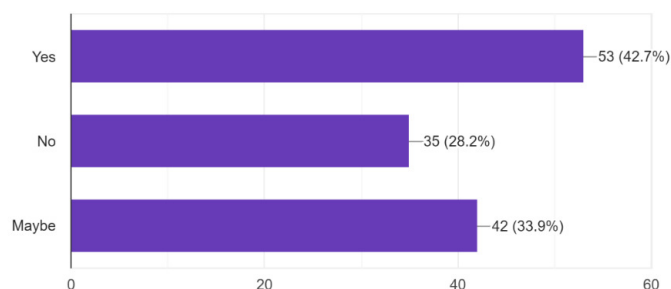


3. Educational findings:

Surprisingly about 53.7% of participants were agreed with the way online mode teaching and 46.3% are against it. About 42.7% of students are went stress by thinking about their carrier gets offed down due to this pandemic. But when we raised a question regarding stress due to online class, we found an inverted answer i.e. 53.2% students under went depression.

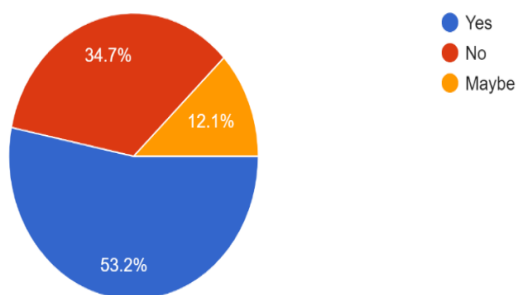
Did you feel that your career was spoiled by this lockdown?

124 responses



Have you find any kind of stress due to online class?

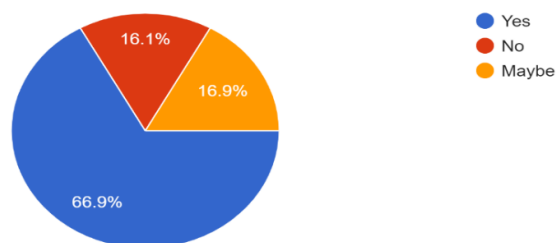
124 responses



4. Family status:

A great positivity towards our research work is about 67.5% people were get closed to their family members and friends. Almost 74.8% people spent time with their family members. But 15.4% people aren't get connected with people. This may due to migration cause due to strict lockdown.

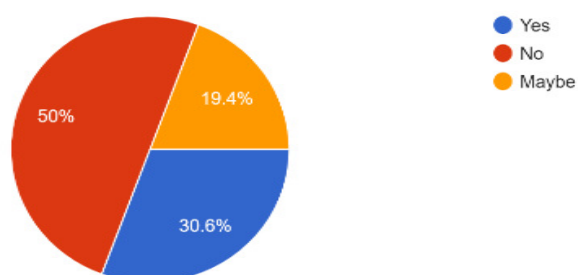
Did this pandemic made you to had close relationship with your friends or family?
124 responses



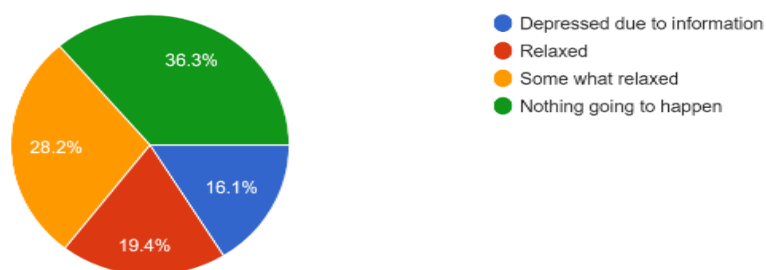
Result:

However, 30.6% people are still in depression due to this pandemic. And most of them are not agreed with another round of lockdown. Meanwhile most of the people are get relaxed with the vaccination.

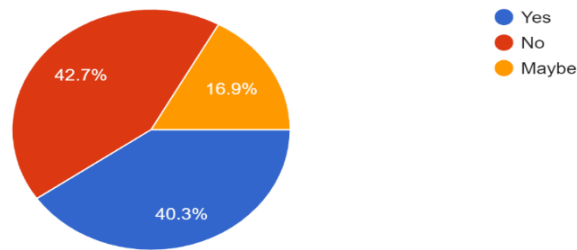
Are you still in the state of depressed due to this pandemic?
124 responses



Upcoming of COVID Vaccine: Have you depressed or relaxed?
124 responses



Are you agree with another lockdown?
124 responses



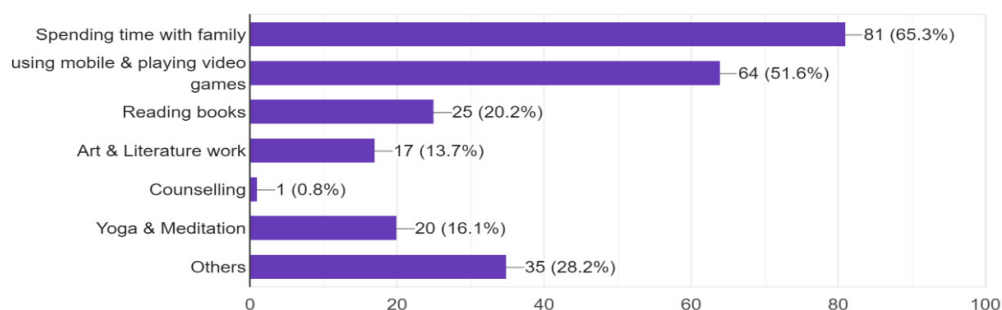
Conclusion:

We conclude that Covid-19 hits people with a great stress an teaches many kinds of lesson to our humanity.

Recommendations:

About 65.3% of the people accepted to get rid off from depression by spending much time with their family. Also 51.6% suggest to use mobile for social connection with their friends and by playing video games. Most of the people spent their time in a valuable works by doing fine art & literature. Encouragingly 20.2% people use to spent time to read books. Few people went Yoga practice and meditations.

What was your effort to overcome this pandemic stress
124 responses



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Reaching out in Covid-19" Social, Economic and Psychological

Dimensions of Human Life during the pandemic

By : Piyush Rane & Niteshkumar Jaiswal

Student of MSc Data Science at, K.E.S. Shroff College.

Abstract:

As we all are very much familiar with the impacts of Covid-19 on world. There were many problems faced by people during pandemic. This research paper describes information about the Covid-19 effects on India. Basically, research was done to describe the impact on society economy and human psychologic during pandemic. The different ways were used to do the research like use of newspaper, books, research papers, etc. This research paper will give you brief about the conditions of the people in India. Problems were faced by everyone as some of the services were forcefully stop which lead to economical and psychological problems. Peoples were not taking Covid-19 seriously in beginning but later they realize the impacts. Lockdown were called as cases were increasing which affected the poor people who were not financially good. The schools, colleges, holy places were closed to avoid the crowd. Medium of examination, lecture and meeting were taken online. People who came from their native place were not comfortable in urban area. There was dispute as China was trying to create problem on border which affects the social life in North regions of India. It was announced that this will perhaps be India's worst recession since independence. Because countries introduce measures to restrict movements as part of efforts to reduce the amount of men and women infected with COVID-19, more and more individuals are making huge becomes the daily routines. Consumption of fuel and electricity were reduced as transportation, office, shop, etc. were closed by government. Website like dimensions was used to summarize the

context based on the data gathered by it. There was no vaccine available for Covid-19 people were afraid that if they test positive they will die which create fear, anxiety and stress.

Objective of the research:

This research is basically descriptive type mainly focus on social, economics and psychologic effects of the Covid-19 on Indians. Objective of this paper is to describe the problems faced in terms of Social Psychology and Economics during pandemic. Research was done on Indians by reading news articles, websites, case study, research papers, etc.

Introduction:

Covid-19 virus may easily affect who having respiratory problem and especially who all have been old older than 60. The majority of the affected peoples had reached India from different part of the world, as like of carrier. Owing to this, India made several precautionary measures to mitigate/neglect the disease in beginning stage, nevertheless , the denser population of country will never be simple to control the same for long time (community spread), if government will not incorporate the experienced strategies. This article will give insights about COVID-19 on Indian.

Typically the COVID-19 pandemic inside India is area of the worldwide pandemic associated with coronavirus disease 2019 (COVID-19) caused simply by extreme acute breathing syndrome coronavirus a couple of (SARS-CoV-2). The first case of COVID-19 in India, which usually originated from China, was reported upon 30 January 2020. India currently has got the largest number regarding confirmed cases within Asia, and offers the second-highest number of confirmed situations in the planet after the United States of America with more compared to 10. 3,000,000 reported cases associated with COVID-19 infection in addition to more than 154, 000 deaths since February 2, 2021. The per time cases peaked mid-September

in India along with over 90, 500 cases reported each day and possess considering that come down to be able to below 15, 1000 as of 2021 January.

The society is several individuals involved in persistent social connection, or a big social group sharing the same spatial or social territory, typically susceptible to the same political authority and dominant cultural anticipations. Psychology is the science of mind and behaviour. Psychology includes study regarding conscious and unconscious phenomena, as well as experience and thought. Psychologists seek an understanding of the emergent properties of brains, and all the range of trends linked to those emergent properties, signing up for this way the broader neuro-scientific number of researchers. As a social science, it should understand individuals and groups by establishing general rules and researching specific cases. In this field, an expert practitioner or researcher is called a psychiatrist and can be classified as a social, behavioural, or cognitive scientist. Specialists attempt to be familiar with role of emotional functions in personal and social behaviour, while also going through the physiological and natural processes that underlie cognitive functions and behaviours. Psychologists explore behaviour and emotional processes, including belief, cognition, attention, feelings, intelligence, subjective encounters, motivation, brain operating, and personality.

A good economy is an area of the production, distribution and trade, as well as consumption of services and goods by different agents. In general, it is defined 'As a social domain that emphasize the methods, discourses, and materials expressions associated with the production, use, and management of resources. The economy is the consequence of a set of processes that involves its culture, values, education, technical evolution, history, interpersonal organization, political structure and legal systems, as well as its geography, natural resource endowment, and ecology, as main factors. These factors give context, content, and set the conditions and parameters in which an economy functions. Financial agents can be

individuals, businesses, organizations, or governments. Economic transactions occur when two groups or parties agree to the worth or price of the transacted good or service, commonly expressed in a certain currency.

Literature Review:

Since the COVID-19 declared a pandemic, Indian Government, knowing the very fragile situation of its healthcare system, invoked the Epidemic Diseases Act, 1897 and as a result educational institutions and many commercial institutions were shut down. India was one of the first countries in the global arena to have shut down its borders to prevent the transmitting of the virus through international passengers. Upon March 22, 2020, PMOI Narendra Modi requested a 14-hour self-imposed lockdown. This was followed soon by nationwide lockdown which was primarily about to be raised by 14 April, but inadvertently pressed till 3rd May because of the gravity of the situation. The Oxford COVID-19 Government Tracker published in the report based on data from 73 countries that India lead the list on acting more stringently than other nations. From the second lockdown, certain relaxations happened including enabling listed monetary activities in ‘green zones’ or places which are at a very low risk of COVID-19. Deccan herald (2020) India has become a hotspot of the huge informal sector. 90% of the working population in India still works in the casual sector; a sizeable portion includes auto-drivers, taxi drivers, migrant labourers, landless agricultural labourers, and so forth working at the informal sector has a fair share of problems. There’s no job security, no sick leave, no paid leave, overall, puts the worker under very bad conditions. The particular outbreak of COVID 19 made many poor communities in various places of the whole world face very challenging socio-economic and sustenance consequences. This particular papers targets to analyse this socio-economic-psychological impact to determine how the pandemic is causing various problems to the impoverished. The study points out

there how it is hard on the indulgence to adhere to the restrictive steps of social remoteness or the lockdown. Immediate strategies that minimize the pandemic impact on the livelihood and the socio-economic activities of the poor are recommended. The research opens future research about more specialised programs for the indulgence during any future lockdowns.

The particular COVID-19 pandemic has impacted education in any way levels in various ways. Institutions and teacher educators had to quickly react for an unexpected and ‘forced’ changeover from face-to-face to remote control teaching. They also had to create learning environments for student teachers doing their preparation in the light of the requirements of instructor education programs and the conditions in which both colleges and schools experienced to work. This particular paper provides a review of the materials on online training and learning practices in teacher schooling. In total, 134 empirical studies were analysed. On the internet training and learning practices related to social, cognitive and training occurrence were recognized. The results highlighted the need for an extensive view of the pedagogy of online education that integrates technology to aid teaching and learning. Colleges, schools and different educational institutions possess progressed and designed to Learning Management Systems (LMSs), wherever software application tracks, reports, administers and files materials shared together with the students. This teaching and examination system facilitates a well-balanced approach to imparting knowledge and a simple grading of typically the candidates. Range education students face problems in the process in the online examination. A lot of the learners who had difficulties during the assessment system for length education sent emails reporting their difficulties for the officials. The government informed the Rajya-Sabha on data on the number of deaths of migrant workers after the announcement of lockdown in March 2020 were still being collected from States, but Maharashtra had reported 17 “accidental” deaths. In response to a question by Shiv Sena MP Priyanka Chaturvedi and Congress MP Phulo Devi Netam, Labour

and Employment Minister Santosh Kumar Gangwar said in a written reply: “As per information received from the States/Union Territories, no loss of lives of migrant workers are reported from Assam, Arunachal Pradesh, Delhi, Meghalaya, Himachal Pradesh, Punjab, Kerala, Nagaland, Manipur and Andaman and Nicobar Islands except 17 accidental deaths in Maharashtra. Information from the remaining States/Union Territories is being collected and will be laid on the table of the House”. In Maharashtra, migrant workers on their way home were run over by a train as they slept on the tracks near Aurangabad on May 8, 2020.

Along with COVID-19 coming into the picture, the Native Indian economy is going through a major slowdown, which was evident over the recent quarters even before the turmoil struck. In the next quarter of the existing financial year, our economy grew at a six-year low rate of 4.7%. With all these problems hitting the world of work from multiple directions, companies are finding it difficult to sustain in this environment. They are forced to take tough decisions such as cutting down the salaries, giving pink slips to employees and opting for other cost-cutting measures. The outbreak has presented new roadblocks for the Indian workforce and especially for the daily wage and contractual workers.

Gold price of India during lockdown on April 2020 the 24 carat gold price was Rs.42,157 which gradually got boost after lockdown was call by PM Narendra Modi. Price of gold reached its highest value (i.e. Rs.52,827) between September 2020 and October 2020. The price remain between Rs.50,000 and Rs.48,000. The average of price from April 2020 to March 2021 comes out to be Rs.48,335.0832. Profit has been taken by selling the gold between August 2020 and October 2020. Now the price of gold is drastically falling now the recent price of gold is Rs.44,880 which means that the price fall of Rs.7,947 from mid of September 2020.

Research was done on overall total of 403 individuals completed the study. Of the total participants, 110 have been males, 291 have been females and a couple of preferred not to be able to disclose their intercourse. The mean age group of the members was found to get 28.95. Through the sample, 139 had been students, 51 have been teachers, 31 have been researchers, 34 have been mental health specialists, 33 were health professionals (Doctors plus Nurses), 35 had been in a corporate job while typically the remaining 80 have been others (e. g., homemakers, not utilized, retired, businessman, etc.). The mean values of stress, anxiety and depression for males were found to be 12.65, 9.91 and 10.81 respectively, with 9.26, 8.78, 9.99 standard deviations. For females, the mean values for stress, anxiety, and depression were found to be 13.44, 10.57 and 10.96 with 9.72, 8.77 and 9.76 as their respective standard deviations. The mean values of females were found to be higher than males. However, no significant difference was observed. Males and females did not differ significantly on stress ($t = 0.73, p = 0.46$), anxiety ($t = 0.69, p = 0.50$), and depression ($t = 0.12, p = 0.90$). Both males and females reported mild stress, moderate anxiety, and mild depression.

Conclusion:

Service sector was not been able to provide their proper service. Cancellation or postponement of large-scale sports and tournaments. Avoiding the national and international travelling and cancellation of services. Disruption of celebration of cultural, religious and festive events. Social distancing with our peers and family members. Closure of the hotels, restaurants and religious places. Postponement of examinations. Government as well as its agencies have got claimed that India's economy will be on the path to an obvious "V-shaped recovery". Sharp rise in unemployment, decrease in government income, collapse of the tourism industry, trade tensions with China affected economy. People who did not have or

were unable to get enough supplies of daily essentials were most affected by the lockdown. Even though levels of stress and depression were found to be moderate, severe anxiety issues which could be attributed to the current situation were evident.

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IMPACT OF COVID-19 ON SOCIAL MINORITIES AND WOMEN

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Abstract :

In the wake of the 2019 novel coronavirus (COVID-19) pandemic and the psychological consequences that will follow, it is critical to acknowledge and understand the unique vulnerabilities of lesbian, gay, bisexual, transgender,[2] and women's mental health.

It is well established that LGBTQ persons face social disadvantages and mental health disparities, which may be exacerbated as a result of COVID-19 pandemic trauma and social isolation measures.[2] Also in the case of women there is an increase in domestic violence, harassment, molestation and rapes which affect the mental health of women badly. This results in depression, suicidal thought, trauma, etc.

This commentary highlights social, and individual-level challenges among LGBTQ populations and women in the context of COVID-19 and proposes prevention recommendations to mitigate the psychological ramifications of COVID-19 pandemic-related trauma.

This study will consist of a primary survey using questionnaire methods and secondary data from various sources.

Keywords

Sexual minorities, Women, Psychological abuse, Covid-19

Importance of study:

This study focuses on LGBT community whose life is largely neglected and effect on them due to covid - 19 pandemic. Women who are always considered as powerless as compared to men. Their position has been further degraded in the wake of covid - 19 pandemic. The cases of domestic violence, molestation, harassment which were already touching the top of the mountains has further increased during this lockdown.

Literature review:

(Hindustan times): Delhi is ranked 1 among 19 cities in the country for crimes against women, the latest NCRB data has revealed.

(American Psychological Association): United States has witnessed LGBTQ persons face social disadvantages and mental health disparities because of covid 19 pandemic trauma and social isolation.

(Rhea Mathews): India, witnessed the multi-layered effects of covid 19 have been exacerbated for women and girls.

Aims:

To understand the mental health of women and LGBT community, their acceptance in society.

Objectives:

- To prepare questionnaires and conduct primary survey.
- To manage and analyze the surveyed data.
- To study what are behavioural changes during lockdown in women's and LGBT.

Methods:

The survey was conducted among people in India from 15 to 30 years. Data collection was carried out by online survey for which a questionnaire was created using Google forms. No statistical formula was used in our study. This questionnaire contained inquiry regarding quantitative and qualitative questions. We forwarded the form link to our contacts from various in different.

Findings:

Out of total responses, 41 % males, 41% females and 18.1% were LGBT.

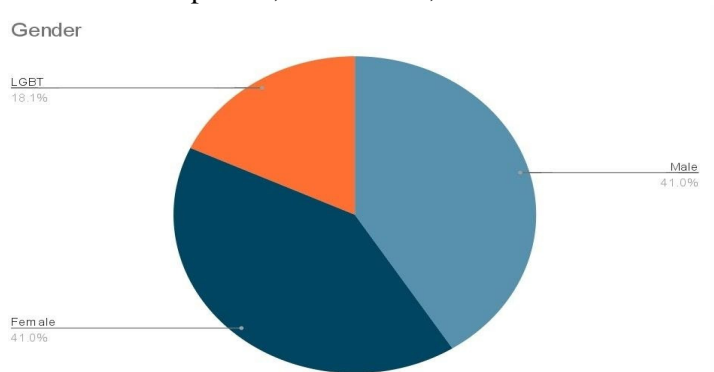


Figure 1: Gender percentage

Greater than 50% respondents were from 15-20 years of age. Out of total responses 9.6% belongs to bisexual and 18.1% belongs to LGBT community and remaining responders are heterosexual.

The majority of the respondents had realized their sex orientation before lockdown. 22.2% of respondents saw behavioral changes in them out of which 18% were LGBT.

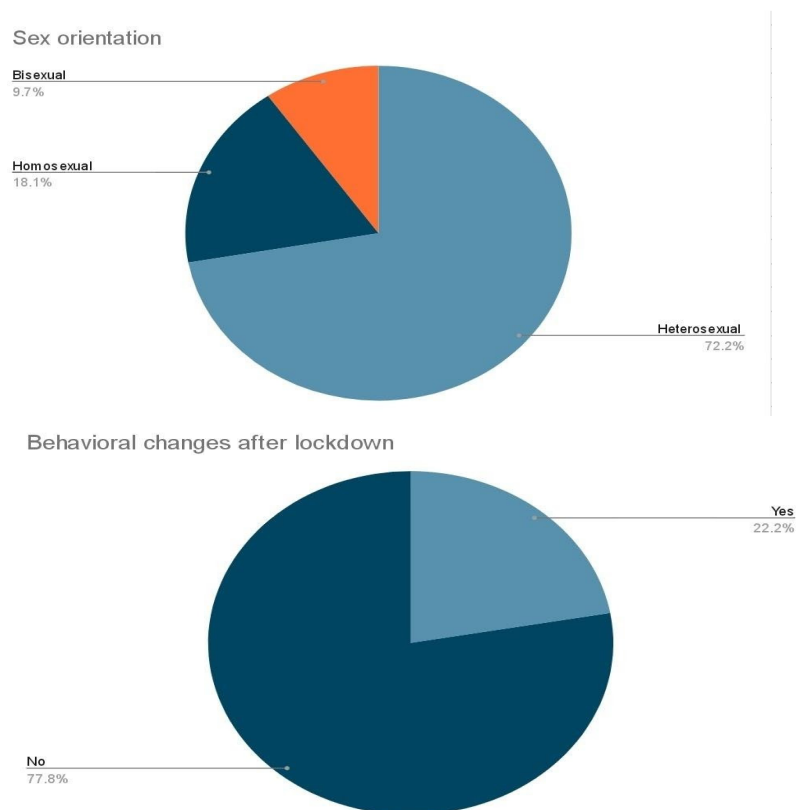


Figure 2; Sex orientation

Figure 3: behaviour changes during lockdown

The responses on behavioral changes were both positive and negative. In a conservative society like India which has a long history of persecutions against the group, life was always difficult to LGBT with extreme isolation, stigma and atrocities. The majority of them are hidden which creates big hurdles in conducting studies and planning targeted intervention [3]. The inequality in health care and social life disadvantages strata of the society has been emerged at this time never before Lesbian, Gay, bisexual and transgender being one of the deprived section are been greatly threatened by this pandemic and social consequences. The changes in behavior of LGBT included one of the respondents who was female started building interest in girls and self identified her sexuality as bisexual during lockdown. While other respondents mentioned that his ability to speak in public got lowered during the pandemic and is finding it difficult to express himself to others. Before lockdown it was already difficult being a LGBT to express himself but during lockdown difficulty level increased for him causing anxiety and stress. They started ignoring things and were becoming more rude.

There were also some positive responses like wake up early in the morning and doing things they love to do, becoming more career oriented. Some of them became more patient and inbuilt self control in themselves than before lockdown.

The mental health burden for being sexual minorities and psychologically stressed is already high for LGBT Socio Economic constraints resulting from covid-19 lockdown meager access to mental health care and unfavorable home environment may further aggravate the psychological toll.

The covid-19 pandemic has created general distress. Although the focus has been initially more on physical health but mental health also cannot be ignored and its concern has risen quickly during lockdown. In survey we asked respondents that do you feel there is an

increase in domestic violence, molestation, harassment etc around you during lockdown. 26.4% respondents feel that there is an increase in domestic violence whereas 43.1% respondents feel that there is no increase in domestic violence and 30.6% bewildered about the same.

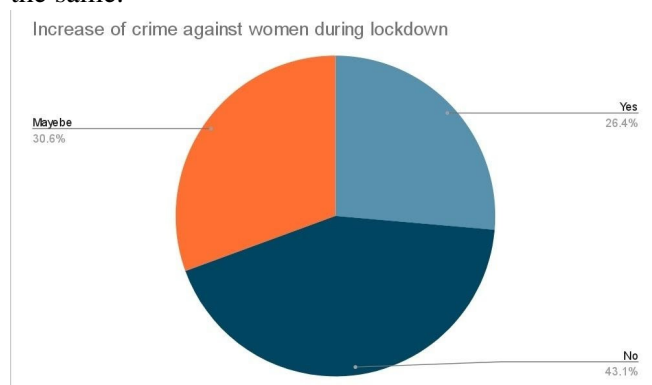


Figure4: increase in crime against women

Multilayered effects of COVID-19 have been exacerbated for women and girls.[1] Nearly 70% of working women's hold insecure jobs and earn less as compared to men holding the same position. Due to rise in unemployment rates and limited access to social protection, they are not able to bear the economic crisis and thus fall below the poverty line. Due to economic crisis and recession in companies women are losing their jobs which results in loss of financial independence thus women bound to relationships and there is an increase in their vulnerability to experience, exploitation and abuse. Along with restrictions in movement women have limited decision making capacity further threatening their safety and autonomy at home.

Psychological abuse is often a precursor to violence in relationship that is basic need, causing harm using coercion, manipulation or guilt to have sex and making offensive statement about once sexuality. Covid - 19 has increased domestic violence, intimate partner violence, harassment, molestation and complications in reporting and seeking help. Women are going through chronic stress as they are unable to seek temporary refuge from outside spaces or excess to private spaces. If women undergoes abuse from a partner and love synchronously they learn to associate love with abuse, they often rationalize, justify or minimize the abuse and are less likely to report it.

Delhi recorded 12,902 cases. The data showed that Mumbai has reported 6,519 crimes against women's last year. Maharashtra ranked 1st in rape cases living behind Madhya Pradesh which had 37 rape cases, Uttar Pradesh 34 Assam 26, Karnataka 23 and Telangana 20. Mumbai ranked first in sexual harassment, the city saw 16 casses of sexual harrasment in public transport followed by Pune, Delhi and Hydrabad. Mumbai ranked 2 in molestation cases having 2069 cases of assault or criminal force on women with intent to outrage her modesty following Delhi that had 2326 cases.[□]

CONCLUSION:

This study revealed the increase in the rate of crime against women (Molestation, Harassment, Rapes), a. Women also undergo psychological abuse such as intimate partner violence complications in reporting and seeking help. The effects of economic crises on women's personal and professional life.

This study explains the behaviour changes on LGBT during lockdown. The difficulties faced by them in expressing themselves increased in lockdown. They faced inequality in healthcare and social life disadvantages.

Providing few recommendations in solving problems of LGBT and Womens.

Recommendations-

1. We can make domestic violence shelter as an essential service, increase resources for LGBT and groups on the frontline of response.
2. Providing them with safe spaces to report abuse with the benefit of anonymity.
3. To start services online and create social networks for survival.
4. Increase awareness and advocacy campaigns.
5. Provide and expand inclusive social protection for caregivers to mitigate the effects of overload of unpaid care work.
6. Prioritise sexual and reproductive health care services and legal aid.

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Healing Yourself

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Abstract:

We should be grateful to the Lockdown. It has taught us the meaning of life and its purpose, reminded us what we are, deep down to our bones, minus our hypocrisies. Over the past few months our primary aim has been to stay alive, do things that keep us from killing ourselves. Lockdown was an opportunity to slow down in this fast-changing world and to appreciate what truly matters: family, friends and the connections made over the course of our lives. But it was equally important to keep your heart, mind and body stable and healed. During lockdown, we all have gone through emotional pains and mental breakdowns. We all have had experienced such situations and overcome through it. From the trips we were dying to go on to just being able to walk across the graduation stage in front of family and friends, self- isolation caused many of us to feel as though we have missed out on so many great opportunities. May this paper help you find place within where you know your own self-worth, the part of you that is pure love and self-acceptance.

‘If we are willing to do the mental work, almost anything can be healed’

Key words: Coronavirus, pandemic, healing, lockdown, changing, loving yourself, negative and positive.

Objectives:

1. To know news ways of healing yourself.
2. To understand self-love, self-worth and accepting yourself the way you are.

Introduction:

lockdown hasn't been the kindest to most people. For many, anxiety is high and you may have slipped out of your old healthy routines and self care habits. Being truly healthy isn't just about eating all the right things and spending half your life in the gym. Emotional, mental, and social health is all a vital part of true holistic wellness too. This is why spending time exercising your selfcare muscles is just as important as exercising your real ones, perhaps even more important!

Following are the situations faced by people during lockdown:

My Body Doesn't Work:

It hurts, bleeds, aches, oozes, twists, blows up, limps, burns, ages, can't see, can't hear, is rotting away, and so on. Plus, whatever else someone have created.

My Finances Don't Work:

They are nonexistent, seldom there, never enough, just out of reach, go out faster than they come in, won't cover the bills, slip through my fingers, and so on. Plus whatever else someone have created.

My Relationships Don't Work:

They are smothering, absent, demanding, don't support me, always criticizing me, unloving, never leave me alone, pick on me all the time, don't want to be bothered with me, walk all over me, and so on. Plus, whatever else someone have experience.

My Life Doesn't Work:

I never get to do what I want to do. I can't please anyone. I don't know what I want to do. My needs and desires are always left out. Nobody cares what I want to do. I have no talent.

There are even more situations through which people are going. Now, a question arises that 'How to overcome and heal yourself through it?'

No matter what the problem seems to be, there is only one thing you can work on is 'loving Yourself'. Love is a miracle cure. Loving ourselves works miracles in our life. Having a great respect for ourselves and a gratitude for the miracle of our bodies and our minds. "love" is an appreciation to such a degree that it fills your heart to bursting and overflow.

Throwing up our hands in horror at what we may call the mess of our lives and just giving up are the ways many people react at this point. Others get angry at themselves or at and also give up. Giving up is not a solution. But fighting for yourself is! Whatever you give out comes back to you. The more you give out anger, the more you are creating situations for you to get angry.

Make a decision to change yourself!

Changing yourself is the first step to heal yourself. We all want to change our lives, to have situations become better and easier, but we don't want to change ourselves. We would prefer that they change. In order to have this happen, we must change inside. We should change our way of thinking, change our way of speaking, change our way of expressing ourselves. Only then the outer changes will occur.

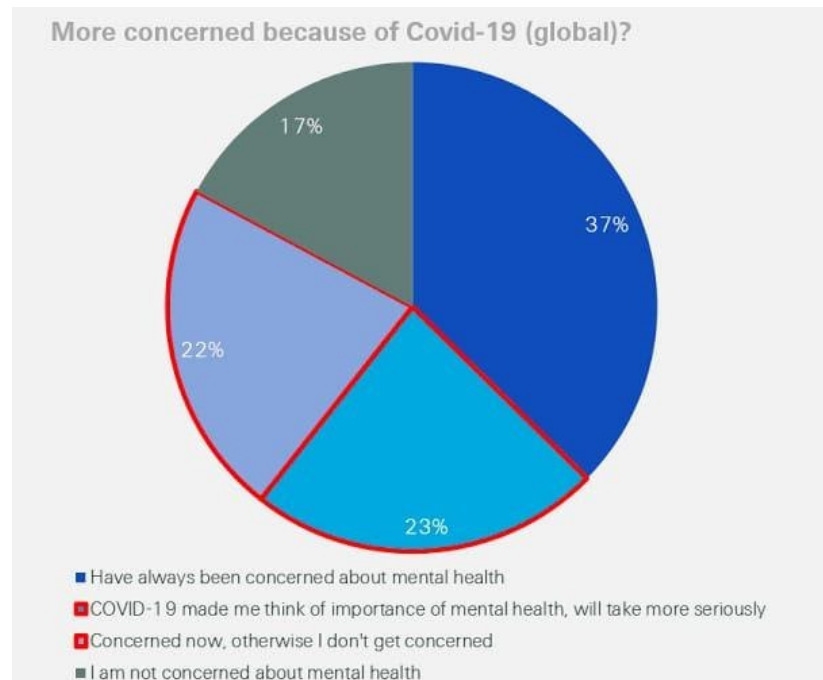
The mental work you do is just like cleaning a house. Go through your mental rooms and examine the thoughts and beliefs in them. The one you love, polish and shine them and make them even more useful. You will notice that some things need replacement and you get around them as you can. Some are like old clothing they are no longer suitable. These you either give away or toss it into the trash and let them go away.

There is the spiritual approach, there is the mental approach and the physical approach. Holistic healing includes body, mind and spirit. You can begin in any one of these areas as long as you eventually include all the areas.

Controlling Your Mind:

There is an incredible power and intelligence within you to constantly respond to your thoughts and words. As you learn to control your mind by the conscious choice of thoughts, you align yourself with this power. Dump your old thoughts, there is nothing you can do to them except live out the experiences they caused. Your current thought, the one you are thinking right now, is totally under your control.

Findings:



The above pie-diagram shows the number of people (in percentage) concerned about mental health during COVID-19.

Conclusion:

Healing yourself starts with loving yourself. We are responsible for all the experiences. Every thought we think is creating our future. The point of power is always in the present moment. Everyone suffers from self-hatred and guilt. It is only a thought and a thought can be changed. We create every so-called illness in our body. Resentment, criticism and guilt are the most damaging patterns. Releasing resentment will dissolve even cancer. We must release the past and forgive everyone. Self-approval and self-acceptance are the keys to positive change. When we really love ourselves, everything in our life works. When you ignore such problems, you are giving them an opportunity to grow. Fight with them when they are on an initial stage. Start doing the activities which you love and definitely you will overcome through the problems.

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FEAR OF LOSING LOVED ONES DURING PANDEMIC

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ABSTRACT

Humans are social animals who needs proper society to thrive. Within society there are various levels in which they mingle starting from strangers, acquaintances, friends which goes on eventually to various levels. At the same time humans also have various fears, out of which a common fear is present in every existing human being without a doubt, which is, the fear of losing our loved ones. In the following article we look a step further into the fear of losing our loved ones due to the existing crisis, Covid 19. Covid 19 is an ongoing global crisis which causes respiratory illness eventually succumbing to death after stopping from respiratory systems from functioning. No one would ever wish to see their loved one or even their enemy in such a situation especially after seeing people from not a particular region, but all over the world lose their loved ones for more than a year and what makes it worse is that covid 19 continues to take lives and the situation is yet to be contained despite efforts from physicians globally. With the statistics taken we have got greater level of understanding about the community people and their fear of losing their loved ones has increased . This fear as resulted mostly due to the faster spreading of the disease and also with their economic condition. Also mentioned in the article is how people have changed due to the rising misunderstandings between family members due to covid 19, as not everyone has the luxury of working from home as some people needs to physically present such as doctors, how loves have been affected and along with who are the most vulnerable to the hazardous bacteria.

METHODOLOGY

As mentioned above this deadly virus is airborne and can travel from one person to another person for a distance of more than 6 feet and even if people aren't present in the surroundings, this virus can be suspended on surfaces and can be active for a prolonged period of time. Statistics are an important part of this article and in order to provide awareness about this and to understand the people's melancholy they were going through the pandemic without being with their loved ones who would have comforted them during their loneliness, internet was put to a great use and using its advantages an online survey was made and sent to various people especially teenagers and adults in order to gather the necessary information and for learning about the community. These statistics collected may also be a great use for the study of a community's mindset.

INTRODUCTION

Humans are social animals who need proper society to thrive. Within society there are various levels in which they mingle starting from strangers, acquaintances, friends which goes on eventually to various levels. At the same time humans also have various fears, out of which a common fear is present in every existing human being without a doubt, which is, the fear of losing our loved ones. [1,2]

In the following article we look a step further into the fear of losing our loved ones due to the existing crisis, Covid 19. Covid 19 is an ongoing global crisis which causes respiratory illness eventually succumbing to death after stopping from respiratory systems from functioning.[3,4]

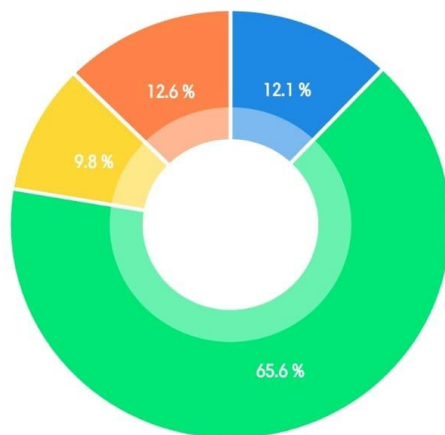
FINDINGS

From the study done with a questionnaire, we have got a great response of 215 and it is found that people around the age of 18 - 23 years have undergone a tremendous physiologically stress comparing the other age group people that is 141 out of 215. It also states that the might be their change in community by changing locations.

2. What is your age?

PIE CHART

- below 18 - 26
- 18 - 23 - 141
- 23 - 30 - 21
- above 30 - 27



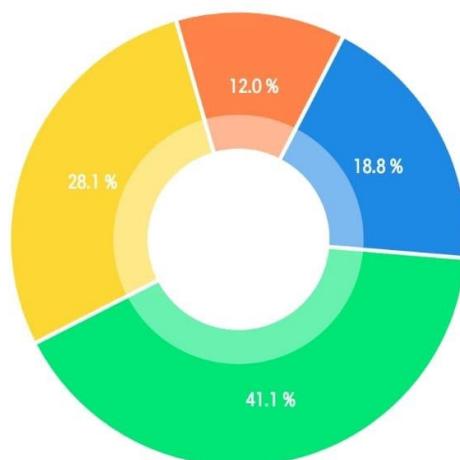
On the other hand, majority of the people who are above the age of 24 year are primarily concerned about the financial status and their career which could be affected in a negative way. It was also noted that almost 95 Of the people out of 215 had fear of losing their loved ones, 95 people out of 215 worry about their family and friends getting affected by the infectious disease. 43 of them are troubled by their

financial situation for managing themselves and their family with their low income whereas 10 out of these 215 fear about themselves falling a victim in covid 19.

9. Did social media increase your fears of losing your loved ones?

PIE CHART

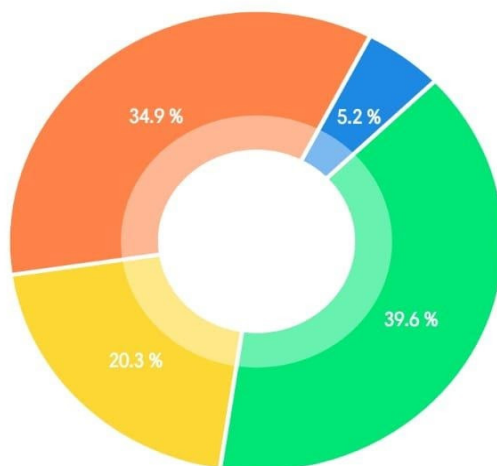
- yes - 36
- no - 79
- may be - 54
- I don't know - 23



11. What was your biggest fear during the Pandemic?

PIE CHART

- myself getting affected by COVID 19 - 10
- my family/ friends getting affected by COVID 19 ...
- Effect of the Pandemic on your financial status - ...
- the Pandemic's effect on my carrier and educatio...



RECOMMENDATIONS

As there are a lot of people who fear about themselves their family and their loved ones to be affected by this prevailing disease, it is recommended that they follow personal hygiene and also ask others to do so. It is also recommended to stop exaggerating the information that

are spreading through social media without any true investigation. It is also suggested that providing counseling to the family members and people around us for the improvement of the mental health of the people who are at great fear of losing their loved ones. [5,6,7]

CONCLUSION

As per the information collected through the questionnaire it can be seen that the people who are sure about their personal hygiene and health are relieved for the fear of themselves and also their loved ones by spreading awareness. We would suggest you to spend some valuable time with your loved ones each day and keep treasure those moments so that our stress and worries are reduced.

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SOCIAL ISOLATION AND TRAUMA DURING THE PANDEMIC

By : Vijaya S. Gupta FY(Banking and Insurance)

Srijai K. Pillai (FYBCOM)

Aishwarya S. Poojari FY(Banking and Insurance)

Abstract:

In this research paper we are going to discuss about the impact of COVID-19 on the Mental Health of Human Beings all around the world. COVID-19 has taken a severe toll on the mental health of several people. Major concern is the effect of social isolation because of social distancing on the mental health of vulnerable people, regardless of the Age and Gender. From losing the loved ones to being denied proper psychological treatment because of lockdown, and fear of life-threatening disease the pandemic for sure has had big negative psychological impact on the helpless population. People had always shied away from the topic of psychological impact on human beings. Even in the woke and developing year of 2021, mental health is considered as taboo. When testing the virus, finding the cure and preventing transmission attracted most of the global focus, very few organizations have shaded light on the rise of psychological problems. There always has been a stigma surrounding the Mental Health, which is why people hesitate to share their experience with others. The stigma of being “normal” suppresses large number of population from speaking up about mental illness and psychological problems. Hence there’s still a wall of enigma between the people and issues related to mental health. Since, the psychological impact on human beings during pandemic is not hugely talked-about, we have conducted a small survey on “Social-Isolation and Trauma during Pandemic”.

Methodology/Procedure:

To investigate the impact of Social Isolation and Trauma on the vulnerable population, we designed and implemented a small survey on 2nd March 2021. Wherein people of different age groups volunteered and filled out the Google Survey Form. The age group ranged from 16 to 60. The questionnaire were based on their current Lifestyle, Employment Status, and their Mental Health. In these Survey we also asked for their kind suggestions/recommendations for the people who are suffering from because of Social Isolation and bad Traumatic Experiences.

Through this web survey we got to know that people are well aware of their degrading Mental health and Trauma. They are trying to come up with new solutions so as to cope up from the difficulty and defeat the obstacles of their day to day life which is Mental Illness. Traumas can be debilitating and lead to irrational thoughts and fears that interferes with your daily life. Fear,

anxiety and worry is experienced by everyone from time to time, but it is considered as a big deal when it affects you on daily basis and creates obstacles.

Aims/Objectives Of The Research

The Main Aim of our research is to find out the impact that Lockdown and Pandemic had on this population. Humans are complex in nature so their way of dealing with Self isolation and Trauma varies from person to person. Through this Survey we got to know that current status of people's mental health and the positive and the negative effect it had on their personal and social life. It also helped us to know about how their mental and physical health and employment status also had a big impact on the people's psychological beings. According to some reports, it is proven that there is an increase in the rate of domestic violence, rape cases and child abuse which are some of the severe traumatic experience people suffer during pandemic. One of the main objective of this survey was to get to know about the particular age group which was affected the most mentally by Social

Isolation and Trauma and to know about the outlook through which to they found the solution to deal with it on a long run.

Introduction:

COVID-19 pandemic has put a lot of severe complications in the current time on people's physical as well as mental health. As we all know that first case was found in Wuhan city of China, further it has spread worldwide till now as pandemic. Numerous number of common people have been affected by this disease, causing innumerable deaths per day. The government has put down various precautionary measures in front of people by making lockdown, social distancing, self isolation etc. As a result of which, people came in contact with severe mental health disorders like depression, anxiety etc.

Because of degrading mental health, people have started consuming alcohol, sleeping pills, and other addictive consumeries on a large scale in recent times. These practices may lead to some life threatening fatal diseases along with Mental stroke, Schizophrenia etc. From a latest research it is stated that, rate of rape and domestic violence are increasing and child abuse has also increased, because of which people are traumatized and face severe mental issues and panic attacks. So from this it is mandatory to perform various mental health surveys by government to put an end to this issue. Psychiatrist/Therapist should be conscious about people's mental health problem. Medicine such as SNRIs, TCAs, MAOIs, SSRIs, and Zoloft has however have reciprocal actions for depression. So therefore it is important to take care of such patients who had come in contact with such illness.

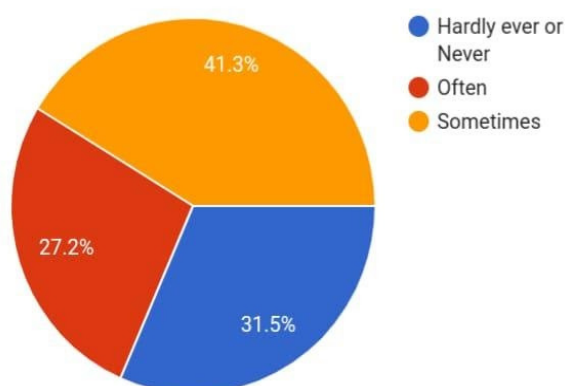
Findings

A total of 92 people participated in the survey with the varying age group from 16 to 60 with the majority of them being Females up to 62% and Males being 32.6% and 5.4% of people didn't prefer to say their gender. Through the survey we noticed that the most active participants were the people of the age group of 17 and 18 and least active participants in the

survey being people from 50 to 60. 81.5% of people believe that the world is suffering from “Mass Trauma” and it’s also a sign that people’s mentality towards Mental Illness has changed which also bridges the gap between the one suffering from psychological problems and the much needed help. According to their responses we also got to know that 18.5% of people were suffering from mental burnouts because of the death of their closed ones, while 47.8% of people were under severe stress due to their closed ones being infected by COVID-19. Self-Isolation took toll on most of the people with 41.3% of them not having anyone to share their problems and emotional baggage with. Lockdown has proved to worsen the anxiety of people with 25% of people suffering from Anxiety Disorder and 27.2% of people being diagnosed with Depression. 65.2% of people who participated in the survey were students and according to the reports it’s proved that pandemic has made the vulnerable students it’s greatest prey. As much as it is believed by some that pandemic has had major positive impact on the population, the graph says something else with 70% of people being more stressed than usual in the pandemic. People have also mentioned that during the last few months of pandemic, their degrading Mental Health has also interfered in their personal and work life. Because of the drastic destructive change that pandemic has brought along, people seem to be most worried about Education, Economy, and Health of their Family members. The survey ends with 57.6% of them stating that their Mental Health has worsened in the course of Pandemic.

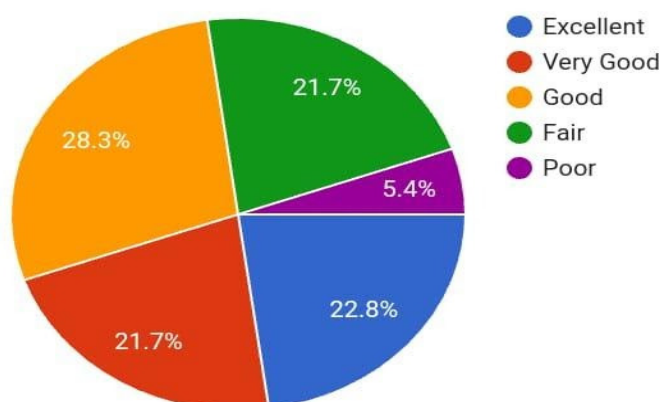
How often do you feel that you have
no one to talk or you feel left alone?

92 responses



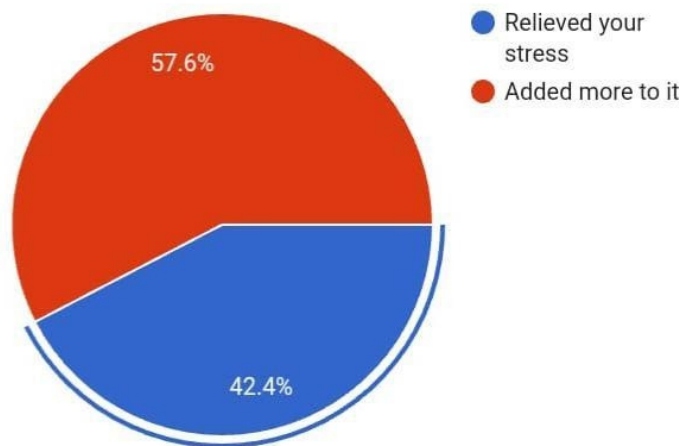
Overall how would you rate your
mental health

92 responses



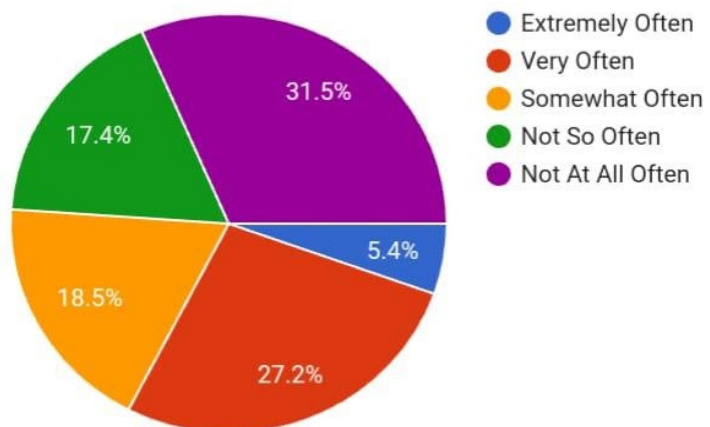
Did lockdown

92 responses



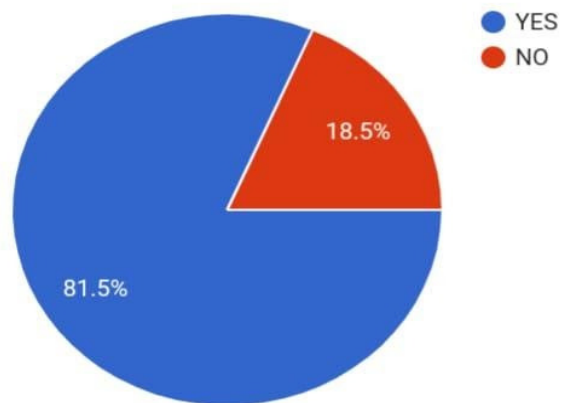
During past few months how often has your mental health interfered with your personal and work life?

92 responses



Do you think world is experiencing
"Mass Trauma " from COVID-19 due
to self-isolation?

92 responses



Conclusion:

Social Isolation and Trauma has had a drastic negative effect on the mental health of defenseless population during this life threatening period of pandemic. COVID-19 pandemic has sparked fear in the minds of thousands. Social distancing and the Trauma caused due to the loss of loved ones can easily take a toll on people's mental health and make them restless. Pandemic has proven to be more harmful for the people with pre-existing neurological/mental disorder. There is a chance of severe outcome when it comes to teenagers and old age people. People can suffer from severe traumatic experience because of the fear of their loved ones being in jeopardy, loosing employment or any other situation which bothers them at personal level. In such situations it is better if they open up about their distress and worries to the people the trust the most. Mental illness is still considered as a stigma by some. Affected people are often said to be victims of witchcraft or possessed by evil spirits. Society blames

the patients themselves for their condition. This mind-set needs to be changed. At such times, as a member of the society, the least we can do is reach out to the people in need and offer them help. But, until and unless the person does not help themselves in such situation, no one can ease the pain they might be feeling at that time. So, if a person is suffering from severe trauma or mental issues, they should see their physician and therapist. Trauma and depression are medical problems and it is not 'just in your head'. No one deserves to suffer this way, no matter how bad they feel about themselves.

Recommendation:

Mental health plays a very crucial role in human lifestyle. It has been affected in today's COVID-19 period on a daily basis, and has created obstacles in the work life, personal lifestyle and relations.

So it is very important to take preventive measures and care to fight from this major issue during this COVID-19 period.

Here are some safety suggestions/recommendations for mental health:

1. The very first thing is that, we should limit the usage of internet media, television, radio, etc, which shows toxic information about the COVID-19. It can be harmful and cause fear in mind.
2. We must try practicing Yoga, Meditation, Deep breathing, Exercises, Pilates (stress relieving exercises), Boxing, Running etc.
3. Maintaining a proper diet which contains all the multi nutrients such as carbohydrates, proteins, vitamins, omega-3, fatty acids, etc in a proper proportion which can be useful for proper functioning of brain cells.

4. Eating healthy snacks whenever we are hungry can also heal our mental health. For example, try eating fruits, boiled eggs, and roasted nuts instead of consuming salty packed foods and biscuits, we can also take fresh juice and tea instead of having energy drinks and soft drinks.
5. Dark chocolate is also very good for mental health for proper brain function. It has a large amount of cocoa extract which is also known as cacao. Cacao is a type of antioxidant which is loaded with flavonoids, which helps in reversing the bad affect of mental health.
6. If you ever witness domestic violence or child abuse, make sure to inform it to the police or any helplines, because ignoring a crime equals to being the criminal.
7. Make sure to reach out to the people, who have witnessed traumatic events, so that it will be little easier for them to cope up with the experience
8. If someone has major mental issue, make sure to visit a Therapist/Psychiatrist to resolve this issue.
 - Here are some helpline numbers-
 1. Substance Abuse and Mental Health Service Administration (SAMHSA): 1-800-662-HELP(4357)
 2. National Helpline Network: 1-800-SUICIDE(784-2433)
 3. National Suicide Prevention Lifeline: 1-800-273-TALK(8255)
 4. National Youth Crisis Hotline: 1-800-448-4663
9. Last and the most important thing is we should always think and stay positive and happy. Involve yourself in activities like painting, watching favorite television show, reading, walking in a park, health and skin care routines, decluttering space etc.

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Fear of losing the loved ones during the Pandemic

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Abstract

Death is almost always a complicated event, in a time of covid-19, the complexities seem to multiply. Due to the virus or other modes of death occurring at this time, the absence of loved ones has moved the people into grief or sadness. Grieving the loss of a loved one while managing with fear and anxiety in this pandemic was tough. Strict limitations or restrictions caused by Social distance, Self-Isolation and Distanced relationships potentially increased the chances of Bereavement disorder. Many relationships like Family relationships, Friendships, Acquaintanceships and Romantic relationships have been affected. The study seeks to analyze the effect of Covid-19 among Human Relationships in the pandemic.

Introduction

The COVID-19 pandemic has lifted the way how the society functions, including care for the sick, dying, and bereaved. Many doctors and clinicians were involved to handle such critical situation. The conversation between family and the patients was totally changed. The death and the fear of losing loved ones is considered to be the most powerful stressor in everyday life with adverse mental and physical health outcomes. Every relationship is a little schizophrenic. Human Tendency is to grow closer to the person with whom they share the same bond. Fear can easily be a part of any relationship as it is an adaptive emotion that serves to mobilize energy to deal with potential threat. The virus is still spreading at the highest speed and millions of people faced the death of their loved ones. Pandemic as now adapted the experiences of loss, grief, and bereavement at the population level. The pandemic had changed the way of traditional grieving method. This paper discusses about the emotions and feelings expressed when losing the affectionate people.

Review of Literature

- SeyedeSalehe Mortazavi, Shervin Assari, AmiraliAlimohamadi, Mani Rafiee, Mohsen Shati et al [1], has stated the experience of the loss of the closed ones, which is naturally one of the most difficult events in a everyone's life, has turned into a new concept and confront for survivors and mental health professionals during the coronavirus era.
- Gaetan Martens, Lotte Gerritsen, Stefanie Dujindam, ElskeSalemink, Iris M.Engelhard. et al [2], has conducted online survey (N = 439) three days after the World Health Organization (WHO) declared the coronavirus outbreak a pandemic (i.e., between March 14 and 17, 2020). Fear of corona virus questionnaire (FCQ) consisting of eight questions including different dimensions of fear and an open-ended question. They found four predictors for the FCQ in a simultaneous regression analysis: health anxiety, regular media use, social media use, and risks for loved ones ($R^2 = .37$). Furthermore, 16 different topics of concern were identified based

participants' these were open-ended responses, including the health of loved ones, health care systems overload, and economic consequences.

- Francesca Ingravallo et al [3] stated that, Death as a social process has been disrupted for those dying in hospital and for those dying at home. For e.g., The country Italy, funerals are forbidden and cemeteries are not available for people. For families, a paucity of contact with loved ones, along with the absence of after-death rituals, make the grieving process very hard. Today, strategies to increase communication between patients and family has to be adopted. Providing patients in hospitals with mobile phones and electronic tablets could be a first step. Increasing the interactions that a patient has with their family will probably not prolong their life, but might give them a hope to stay strong. This will enhance the emotional burden on affected families and health-care workers
- Nicola Montemurro et al [4], stated In March 2020, the World Health Organization (WHO) declared that Coronavirus disease 2019 (COVID-19) a pandemic, pointing to over 110 countries and territories around the world where the coronavirus illness is present. Infectious disease outbreaks like COVID-19 and other public health events, can cause emotional distress and anxiety. These feelings of distress has occurred even in people not at high risk of getting sick, in the face of a virus with which the common people may be unfamiliar. Other researchers has revealed a profound and wide spectrum of psychological impact that outbreaks can inflict on people. New psychiatric symptoms in people without mental illness have occurred. Suicidal cases were reported not only in India but also in other countries. Many nurses too have died due to fear of spreading COVID-19 to patients.
- Violeta Cardenal, M. Pilar Sanchez-Lopez & Margarita Ortiz-Tallo et al [5] The purpose of the paper was to study emotions and the styles that emerge with more force in the stressing situation of losing a loved one and to determine whether there are significant. The results revealed an introversion, a disorganized lifestyle, anxiety, anger, and mal-adaptive strategies among the people. This configuration was more pronounced within the group of widowed people due to their notable isolation, lack of motivation, and powerful emotional reactions of depression, which, along side their high rate of negative coping behaviors are risk factors for depression, mood disorders, and anxiety as well as avoidant or depressive personality traits.

Objectives of the research paper

- To describe what factors affects fear of losing loved ones
- To overcome the unhealthy fear
- To embrace the emotions.
- To focus on what we can control

Research Methodology

The research is descriptive in nature. The study comprised of Secondary Data. Secondary data was referred from published articles and research papers.

- **To describe what factors affects fear of losing loved ones:** The anxiety/fear of losing someone we love is called thanatophobia which means someone is afraid of death of their closed ones. Scared of losing someone is more personalized. Some people are solely afraid of losing a partner, family member, friends and the closed ones. Factors such as anxiety, depression, long distance relationships, fear of death can play major part during pandemic.

- **To overcome the unhealthy fear:** Try to control things which can be controlled, always remember that many things in life are out of control, including fear of failure and many more. Spend some amount of time alone with yourself, it will give you a positive energy. Relax and deal with fear and have the necessary confidence to conquer fear. Keep a faith that you can deal with all of the level of anxiety it must be difficult to carry on if it happens. Talk to someone who is close to you by social media platform via voice calls, video call or in person if possible. However, you must have faith in yourself how strong you are.
- **To embrace the emotions:** As we are going through this Coronavirus pandemic, many of us are feeling a kind of same emotions that is Fear. This fear seems to be very real and true. But as we go through this fear, we have two choices- either to embrace it or to walk and run away from it. The best is to choose to embrace fear and go through them and face it bravely as running away from it will make us more paralyze. Our emotions make us feel good sometimes about ourselves and interact with our inner self. We need to accept the hurt, the sadness and the sorrow. We need to face fear and anger too. These emotions keep helping us engaged and step up forward. They help us move on. The goal is not to overcome the fear or turn it off instead it is to feel it and ride it forward. Sense of fear makes you realize the weakness and mould it up into strength. Use the fear to bring back your energy and aliveness. Let the fear motivate you and make you to take an effective action.
- **To focus on what we can control:** Try to do things which are under control rather than losing hopes. Realise that you cannot control everything. There are many people in the world those who are facing such situation. Stay healthy by eating well, sleeping well, do things which makes you happy. Try to think about the solution of every fear rather than being worried about it. Throughout our lives, we will be called upon again and again to let go of those we love at some point. This letting go may be on several context or for various reasons like move away, sometimes a friendship may end through conflict or a spouse or a partner may die. As we move from one stage of life to another, we are grieving what was and making room for what is next so instead of grieving all the day, we can maintain our day-to-day activities and having a healthy routine that can have a positive impression on thoughts and feelings.

Findings

It was observed in the study that,

1. Death is an uncertain event, in many cases the individual's most difficult fear is facing and coping up with this scenario. In this coronavirus era keeping everyone happy including family and loved one's is fear of difficult.
2. Reality becomes a trigger to anxiety and the immediate stress-relievers like circle of support that would be available in normal times friends, colleagues, extended family is also blocked up due to pandemic. But the only thing by which people can stay connected is via social media platform. Video calling, voice calling, sharing pictures can keep the bond constant yet not smooth.
3. For everyone is grieving at some or other place, but talking about the deaths of loved ones will only burden their friends struggling with their own challenges and fears. To acknowledge this as death is not the end, it's important we share our stories openly and allow others to do the same to maintain mental illness and positive environment.
4. If it is not possible to attend funeral ask any adult whether it's possible for the funeral to be recorded and showed online so that you can still be feel a part of it. Talk and try

to find other options instead being alone. Decide with friends and family, make a plan to get together in the future to remember your loved ones that died.

5. It was also observed, 30% people in relationships are likely to experience mental health problems.

Conclusion

As a conclusion we found that Corona virus outbreak have made people face the worst situations ever. People are frustrated, upset and in depressions as they are in some or other fear of losing their loved ones. An incomplete goodbye, rituals, Funeral at the time of death have moved more people in grief. Their death was so sudden which would have made them feel overwhelmed and unprepared. But the thing is, everyone has to face the death one or other day, grieved is a natural process and response to loss. Better to overcome the situations will make you stronger. Try to be bold and don not fear or afraid of any of your emotions as each one of them gives us different experiences. Perhaps, it will make you feel isolated from the normal activities but try to handle the situation. Dealing with the fear and loss of a loved one in these pandemics are really distressing. Losing someone during the pandemic by COVID-19 or by other causes will bring major challenges in life. There will be some harsh events and some moments in future that will trigger your memories for sure but try to understand the situation and try to heal with time. As the days pass, you will learn to live with your loss and heal, and slowly you will move on.

Recommendations

- 1.A social service group can be formed to provide mobile devices to patients in the covid ward for a particular time slot so that they can be in contact with their relatives as not everyone in the ward is carrying mobile devices with them. This can reduce fear in the minds of the patients.
- 2.If it is not possible to attend funeral ask any adult whether it's possible for the funeral to be recorded and showed online so that one can still be feel a part of it. Talk and try to find other options instead being alone. Decide with friends and family, make a plan to get together in the future to remember your loved ones that died.
- 3.To acknowledge that death is not the end, it's important we share our stories openly and allow others to do the same to maintain mental illness and positive environment.
- 4.Allow yourself to take time and some personal space. Don't pretend as if you haven't been wounded instead find ways to work out through the feelings and thoughts triggered by thoughts.

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COVID 19 – Rise of Depression

By : Dhruvi A. Mehta

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Abstract

The uncertain situation of COVID 19 lockdown caused increase in depression among people across the globe. The present study discovers the impact of COVID 19 on Psychology of people and causes of depression in Mumbai with sample respondents of 150. The present study also aims at analyzing the pre COVID 19 and post COVID 19 depression. The results of study shows that during COVID 19 lockdown people had experienced some symptoms of Depression such as feelings of anger, irritable, anxious and tense. They get emotional disorder due to be in self isolation, hopeless mood, Sadness which results in major symptoms of depression. The lockdown had created financial pressure on people which make situation more worsen. Such rising depression is leading to more suicidal thoughts among people. As to reduce the increasing depression among people India need to focus on mental well being of its people. Thus, there is need to increase the number of mental health care professional.

Keywords: COVID 19, Depression, Psychological Disorder, Mental Health and Emotional Disorder.

Introduction

The spread of noble Coronavirus across the world created an environment full of scares and tension. To stop the spread of corona virus all the nations were under Lockdown. The lockdown results in closure of all the economic activities. All the public were asked to stay home and to take safety precautions. All across the world people were feeling threat of being

caught by Coronavirus made them more stressed. In this situation Indians were the one who were more worried may be due to the India's population and crowds. The people who never seat at home for long were supposed to be in the four wall of the home. Self Isolation was required for people who get affected from COVID 19. Thus people had experience mental pressure due to COVID 19. The closure of economic activities made people more worried to fulfill their basic need.

With increasing cases of COVID 19 created fear of loosing life among the people. But besides that the COVID 19 lockdown leads to loos of many people's jobs, shutdown of business, restrictions on going out of home, restrictions on people's usual enjoyable activities created feeling of depression among people. Depression is a feeling were people loss it's interest in doing their regular activities. During COVID 19 people started feeling low from time to time as the number of COVID cases were increasing which make them more depressed. COVID 19 given rise to lots of negative thoughts among people which makes them more depressed.

Objectives

1. To discover the impact of COVID 19 on Psychology of people.
2. To discover the relationship between the COVID 19 and Depression.
3. To analyze the different causes of rising depression among people during COVID19.
4. To analyze the Pre COVID 19 Depression and Post COVID 19 Depression.

Research Methodology

This study has a sample of 150 respondents from Mumbai city, which is selected at convenience to discovers the impact of COVID 19 on Psychology of people and causes of depression. Data has been collected using primary and secondary method of data collection.

Primary data was collected through the structured questionnaire of Google forms and the secondary data was collected from various journals, articles, newspapers, magazines and websites. The collected data were further analyzed by using simple statistical tool like percentage. For this study questionnaire was prepared to satisfy the objective of research paper.

Scope

The present study aims at discovering the impact of COVID 19 on Psychology of people and relationship between the COVID 19 and Depression. It also aims to analyze the different causes of rising depression among people during COVID19. It also focuses on analyzing the Pre COVID 19 Depression and Post COVID 19 Depression.

Limitations

The primary data collected for study is limited to the Mumbai only. Primary data may get biased and may influence by the behavior and mood of the respondents of whom survey is conducted.

Hypothesis

H0: There is no relation between COVID 19 and Depression.

H1: There is relation between COVID 19 and Depression.

Review of literature

Usama Rehman, Mohammad G. Shahnawaz, Neda H. Khan, Korsi D. Kharshiing, Masrat Khursheed, Kaveri Gupta, Drishti Kashyap, Ritika Uniyal (2020) Covered a Study on “Depression, Anxiety and Stress Among Indians in Times of Covid-19 Lockdown”.

Their study has explore the levels of anxiety, stress, and depression in the Indian population which indicate that students and health professionals need special attention because of their higher psychological distress.

Data Analysis of the Study

A. Demographic Profile of the Respondents

Gender: Among all the respondents there was 66.7% of Females and 33.3% of males.

Age Profile: The majority of Respondents are between the age of 26 to 35 that is 53.30%. The 19.30% of respondents were between the age of 36-45. The respondents above the age of 46 were of 14.70% and respondents between the age of 14-25 are of 12.70%.

Occupation: In case of Occupation, 34% were salaried, 18% were working woman, 14.7% were Housewife, 12% were Students and 7.3% respondents were having other occupation.

B. Afraid of Increasing COVID cases

The increasing COVID cases was making situations worse than anything. As in the month of March no vaccine or confirmed treatment was there for COVID 19 people across the world were afraid. In India with high population people were spread of corona virus was quite fast.

Sr.no.	AFRAID OF COVID 19	PERCENTAGE
1	Yes	100%
2	No	0

Table No. 1 Respondents Afraid of COVID 19

Findings: Respondents were asked whether they were getting afraid of increasing number of COVID 19 cases. 100%of respondents said YES, they were afraid. This

shows that so much of afraid of being affected to COVID 19 had developed the depression symptoms as it was harming their mental health.

C. Adoption of Self-isolation during COVID19

To limit the spread of COVID 19 people were forced to adopt self-isolation at their home, to maintain social distancing with other people and quarantine themselves if they are tested positive of COVID. People were required to adopt self-isolation at home if they had mild symptoms of COVID 19 or even if they are ill. During home isolation people were required to stay away from family members and pets, need to wear a mask if they are near others, they need to avoid sharing dishes, glasses, bedding and other household items.

Sr.no.	ADOPTED SELF ISOLATION	PERCENTAGE
1	Yes	100%
2	No	0

Table No. 2 Adoption of Self-isolation by Respondents

Findings: Respondents were asked whether they were forced to adopt self-isolation because of COVID 19 or not. 100% of respondents said YES, they were forced to adopt self-isolation. Thus, when people were forced for adopting self-isolation it was contributing to their depression. Isolating ourselves from the society and people is one of the most common signs of depression. As more the perfusion is alone more, he gets depressed.

D. Different feelings experienced by people during COVID 19

The prolonged situation of COVID 19 had generated experience lots of mix feelings. Out of all the worries during COVID 19 lockdowns people had experienced feelings of being Tensed all time, feeling of anger, some Irritable situation and Anxious nature.

Sr.NO.	FEELINGS EXPERIENCED BY RESPONDENTS	PERCENTAGE
1	Anger	25.30%
2	Irritable	16%
3	Tense	44.70%
4	Anxious	14%

Table No.3 Feelings Experienced by Respondents

Findings: Respondents were asked about their feelings during the COVID 19 lockdown. Among all the respondents 44.70% of respondents were Tense, 25.30% were Anger, 16% were feeling irritable to situation and 14% people were anxious. More people were tensed just because they were dealing with an uncertain situation. People were giving pressure on their brains too much for all things which was not in their control which can cause a mental tension to them. A lot of anger, irritability and anxious feelings cause to be more stressed which make difficult to get relax for a person. All this feeling in mix is mood disorder which leads to add in depression of person.

E. Emotional well-being of people during COVID 19

People were keeping them self Physically safe from COVID 19 but their emotional well-being was becoming worsen. The people's concern about their lives and families lives was making them more sad. The social distancing, quarantines and self isolations were leading to the feeling of being alone or an empty. The uncertain situation was leading people to lose hope to live or for their bright people. But out of these negative thoughts there was attachment to family being at home. Even that family Attachment was making them more depressed of what if any one of family member will get affected ? these mix emotions was harming people from their inner selves.

Sr.NO.	EMOTIONAL WELL-BEING	PERCENTAGE
1	Family Attachment	24%
2	Sad	18%

3	Hopeless	38.70%
4	Feeling Empty	19.30%

Table No. 4 Emotional Well-being of Respondents

Findings: the respondents were asked about their Emotional Well-being during COVID 19. The majority of 38.70% of Respondents said Hopeless, 24% said Family Attachment, 19.30% of respondents said they were feeling empty which includes the majority of people above the age of 46. The 18% of respondents were having sad emotions. COVID 19 Lockdown given a outlook to people being hopeless. One such emotion leads to loss of interest of person from its planned activities this lead to major depression. Family Attachment was there during COVID 19 lockdown but such emotion was harmful as people get more depressed by constant fear and worries for family's safety. People had feeling of sadness and empty during COVID 19 lockdown which made them more depressed.

F. Financial Pressure

The COVID 19 lockdown results increasing financial burden on people. As there was restrictions on opening of business, offices etc. Leads to economic loss to people. Many People lost their jobs or they were provided with half salaries. As people started taking COVID 19 precautionary measure it amounts to increased cost of medicine and sanitation expenses. All this had added to expenses of people with less income which creates financial pressure on people.

SR.NO.	FINANCIAL PRESSURE	PERCENTAGE
1	Yes	75.30%
2	No	24.70%

Table No.5 Financial Pressure Experienced by Respondents

Findings: The Respondents were asked whether they experienced Financial Pressure or not. The majority of respondents that is 75.30% said they had experienced financial

pressure. 24.70% of respondents said they had not experienced any financial pressure.

In such situation person's mental health get affected. Long term financial pressure gives a thought of Self harm or suicide to person which is last step of depression.

G. Stress Level

COVID 19 had made situation very stressful. Virus High risk to older people, people with chronic disease, to children and teens made them stressed. Pressure on people's professional life and personal life during COVID 19 made them more stressed.

Sr.no.	STRESS LEVEL	PERCENTAGE
1	Yes	100%
2	No	0

Table No. 6 Stress level Experienced by Respondents

Findings: the respondents were asked whether they experienced stress during COVID 19 or not. 100% of respondents said YES, they had experienced stress. Many people faced difficulty in coping up the demands in front of them during COVID 19 and this uncontrollable situation was making them more stressed. This long-time situation has raised the depression of people.

Testing of Hypothesis

1. Table No.2 which shows the 100% had adopted Self isolation during COVID 19. Which causes a loneliness among people and led to rise depression.
2. Table No. 3 which shows negative feelings experienced by people such as anger, tense, irritable and anxious during COVID 19. These feelings rise the symptoms of depression to person who faces less depression.
3. Table No. 4 which shows peoples disorder of emotional well-being due to COVID 19.

4. From the above points, the null hypothesis (H0) There is no relation between COVID 19 and Depression is rejected. The alternate hypothesis (H1) There is relation between COVID 19 and Depression is accepted.

Analysis of Pre COVID 19 and Post COVID 19 Depression

- **Pre COVID 19 Depression**

India's broader economic, socio-cultural and political realities come together and form cocktail of stress and uncertainty, emotional turmoil leaves individual to attempt suicide as final act of their depression. As per the WHO report India is the most depressed country in the world with 6.5% of the population is suffering from mental illness and depressions. The average suicide rate in India is 10.9% for every lakh people and majority of people who suicide is below the age of 44 years. Nation's unemployment rate, uncertainty of future and stress that comes from being part of India's huge informal economy, domestic violence, poor social status of woman, etc. are the cause which led people to be depressed.

- **Post COVID 19 Depression**

As millions of people were getting affected due to COVID 19 people were forced to have an uneasy adjustment in their daily routines and life. All this changed circumstances results in Psychological disorder for people ranging from depression and went till the step of suicide. COVID 19 lockdown's prolonged uncertainties led people to get more depressed. People who were having less symptoms of Depression earlier have moved to the moderate and severe depression symptoms. Thus, Depressive symptoms are higher than they were before COVID 19 lockdowns hit. People had bear higher economical and social costs was obviously high but besides that emotional cost of living during COVID 19 was more high than anything.

A study by International journal of Mental Health System shows that there is 67% increase in Suicidal behavior during COVID 19 due to depression from the analysis of online news reports. With series of all lockdowns, anxiety, job cuts, health worries and the constant unstable environment, stress levels are keeping depression all-time high.

Conclusion

The COVID 19 had results in Psychological disorder among people. People had experienced the feeling of Anger, Irritably, Anxious and Tense which had developed the symptoms of Depression among people. The COVID 19 lockdown has cost the emotional well-being of people as they experienced hopeless, Sad and empty feelings due to adoption of self isolation which has raised their level of depression.

Recommendations

There is need to increase the number of mental health care professional in India. The less costly depression counselling should be given to the depressed people so it can be affordable to everyone.

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A STUDY ON THE JOB SATISFACTION, STRESS AND STRAIN CONFRONTED BY PRIVATE COLLEGE TEACHING FACULTIES IN THE COVID ERA WITH SPECIAL REFERENCE TO PALAKKAD REGION

By: Ms. Smrithi. N

Dr. M. Mahesh Kumar

Abstract

College Teachers are the most important group of professionals for our nation's future. Therefore, it is astonishing to know that even today many of the college teachers are feeling stressed and exhausted and at times dissatisfied with their jobs. Job satisfaction among college teachers is good not only good for themselves but also for the society as a whole. It increases productivity and classroom performance in the college. Teachers are the source of guidance in all the crucial steps of students in the academic life and their personal life. When the teachers are satisfied in their job then only they can efficiently and effectively interact with students and give good inputs to get the best output. This study was undertaken to identify the factors which impact the level of satisfaction of college teachers in Palakkad region, Kerala. The study is focused mainly on five objectives. The data collected for this study is through primary source i.e, personal interview in the form of questionnaire from a sample of 80 college teachers from private colleges of Palakkad region. The tools used for this study is percentage analysis. The research shows that during covid time they were the ones who worked the most for the futures of the students and they feel proud being a teacher. Most of the colleges have taken good safety measures for the teachers to prevent the health issues mainly covid issues.

KEYWORDS: College teachers, private colleges, job satisfaction, job strain, job stress, safety measures.

Objectives of the study

1. To study the satisfaction level of teachers online classes during covid era.
2. To analyse the job stress and strain faced by teaching faculties during pandemic situation.
3. To find out the safety measures taken by colleges for the teaching faculties at college in this covid 19 situation.

Research methodology

The research is both descriptive and analytical in nature both primary and secondary data are used in the study and the information needed for the study were collected from 100 samples. The primary data was collected through discussions and questionnaire from the private college teachers of Palakkad region, Kerala. Convenient sampling method was used for collecting data. Books, journals, websites were referred from secondary sources. The statistical tool used for the analysis is simple percentage method.

INTRODUCTION

Teachers are the pillars of society, who help students to grow to shoulder the responsibility of taking their nation ahead of others. They desire security, recognition, new experience and independence. When these needs are not fulfilled they become tensed, dissatisfied, exhausted and their ideas, creativity will become stagnant. Job is not only a main source of income but also an important component of life to be active and lively. Work takes away a large part of worker's day and also contributes to one's social standing. Because of workers central role in many people's life, satisfaction with one's job is an important component in overall wellbeing.

Stress is a term commonly used to describe feelings of tensions or exhaustion usually associated with work overload or overly demanding work. Stress is natural phenomenon in an individual's daily life. . Stress refers to the strain from the conflict between our external environment and us, leading to emotional and physical pressure. In the workplace, it can serve to enhance an individual's motivation, performance, satisfaction and personal achievement. In other words, stress is considered to be any pressure which exceeds the individual's capacity to maintain physiological, psychological and/or emotional stability. Some people have high levels of tolerance for stress and thrive very well in the face of several stressors in the environment. On the other hand some individuals are not able to perform well except when subject to a level of stress that activates and energizes them to put forth their best efforts (Sekaran, 2004). This shows that individual differences may cause some to interpret these stressors as positive stress or Eustress (which stimulate them), while other experience negative stress or distress (which detracts from their efforts).

According to Robbins and Sanghi (2006) "Job satisfaction is collection of feelings that an individual holds toward his or her job." The same was contributed by Masud Ibn Rahman (2008) "Job satisfaction is defined as a general attitude toward one's job. It is in regard to one's feelings or state-of-mind regarding the nature of their work." In this global world, job satisfaction has been an important issue. It is very crucial to the long-term growth of any educational system around the world. Job satisfaction in this context is the ability of the teaching job to meet teachers' needs and improve their teaching performance. Knowledge, skills and competencies occur when one feels satisfied in one's behavior. Therefore, satisfaction is needed in the behavior of a college teacher if he/she has to perform productive activities in the college.

Findings

The study reveals that all the private college teachers are almost satisfied with their online classes in this panic situation but the main dissatisfaction is the lack of interaction from students and network issues while taking classes. The time duration of class hours and completion of syllabus is a hectic task. Students are not taking online classes seriously and the number of absentees is also a major issue. The effort and the time needed for online class preparation is a real constrain faced by teachers and it also results in health issues. At times they feel that the efforts that they put in are of no use due to the network issues. Almost all the teachers are highly satisfied with the Covid 19 protocols and safety measures followed by the colleges. Social distancing, sanitizers, masks, hand wash, temperature checking are also provided and ensured between the staff of the colleges.

Conclusion

The job of teachers is considered as the most important, valuable, respectable profession which creates all other professions in the world but the strain and pain taken by them for the future generation is not so small and at times it's been ignored by the society. But still they are satisfied with their job in this pandemic situation but the main this dissatisfaction is the lack of interaction from the students and network issues which will really affect their studies and the future. The students should take the online classes more seriously which inturn will have a better result and also makes the teachers effort worthy and useful. Without the support of students and parents of the students, teachers will not be in a position to give the maximum from them in this pandemic situation.

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A STUDY ON JOB SATISFACTION, STRESS AND STRAIN OF MEDICAL REPRESENTATIVES IN COVID ERA WITH SPECIAL REFERENCE TO TRICHUR REGION

By: Sruthi. N

Dr. S. Ramasedhu

Abstract

Job stress can be harmful physical or emotional responses, that is associated with a job or while performing a work. It can be said as the stress from incapability of doing a work, inadequate resources. It is a mental tension or more like an emotional imbalance in the minds of an employee especially related with the work nature. When an employee gets tired of with the nature of work or the pressure from higher authority. The most commonly seen job stress are pressure on achieving targets and the compulsion on impossible.

This study aims to find out the stress faced by medical representatives and to analyse the difficulties faced by them especially at the time of covid era in achieving targets and on field works. It also focuses on the satisfaction level of employees on job, financial and non-financial benefits received. By studying these facts helps in getting a clear image on how difficult is the job of medical representatives and what how do they work on achieving goals.

Keywords: Medical Representatives, stress, strain, covid era.

Objectives of the study

1. To study the job stress and strain of medical representatives in field work.
2. To know how co-operative are doctors and hospitals with medical representatives in covid era.

3. To measure the satisfaction level on financial and non-financial benefits received from the company.

Research methodology

The research is both descriptive and analytical in nature. Both primary data and secondary data is used in this study and the information required for the study were collected from 120 samples. The primary data collected is through discussions and questionnaire from medical representatives in Trichur Region. Convenient sampling method is used for data collection. The secondary data were collected from published works, websites and books. The statistical tools used for analyzing the data are simple percentage analysis.

Introduction

Satisfaction is a state of mind that one receives or feels while doing or getting something. It is a positive feel that motivates and stimulates a person to do something or to do it with more passion, care and accuracy. Employees' satisfaction level depends on various elements. Both financial and non-financial elements constitute the satisfaction level. But, when an employee is stressed out with his work, it really affects the satisfaction level and thus resulting in work efficiency and effectiveness. An employee's efficiency and effectiveness contributes to the survival and growth of a company. Thus retaining the employees are really important for a company to even exist rather than survival or growth. The established and experienced employees can contribute to a great extent in operational and administrative areas of the company. It is that a satisfied employee do work hard for both individual and companies benefit, thus contributing to the profitability of the company. But a stressful employee, who feels exhausted with peers and authority would only contribute minimum and just for their existence alone.

The scenario which the world is now going through is really a tuff situation of viruses affecting the human life. The corona virus has made the world to a stand still for a couple of months affecting the common men to a great extent and for others too. Here are many who lost their job and on the other hand who lost their life. The pandemic situation the nation going through is a challenging one. And to work in this situation is so difficult and that too of hospital staffs are unavoidable. The same way, unnoticed category of employees who directly and indirectly deal with medicine are also facing problems in their field work. The jobs of medical representative is referred too here, it is really a difficult job with lot of stress, strain and pressure. Thus, this study aims at analyzing the satisfaction level of medical representatives on their work. The stress and strain confronted by them on field work. The focus is also given to analyse how cooperative are doctors and hospitals with them especially in covid era. As the present scenario is really a challenging one foe medical representatives to visit doctors and hospitals. The study not only emphasis the above mentioned elements but also their satisfaction level on salary, incentives and other non-financial benefits.

Findings

The study reveals that all the medical representative have opined that they are undergoing really a tuff and difficult situation now because of covid 19. The pandemic situation have changed their work pattern to a great extent and resulting in such a stressful and strainful fieldwork. The target pressure on pandemic era have no change compared to pre covid days. It remains unchanged or has become more says employees. The doctors and hospitals are co-operative to some extent as they are helpless in this situation. Employees really face a lot of challenges in meeting doctors. They meet doctors at car parking after waiting for a long time, which results in health issues like back pain, body pain etc. Some employees are satisfied with the salary package, incentives and non-financial benefits provided by the company but there are many who are dissatisfied with the same. Medical representatives do not have a

fixed working hours and they do face recognition problem with mask by doctors, which in turn is an issue faced by the employees. Working on this pandemic era is really vulnerable in being corona positive says employees. Many agreed that field visit resulted in corona positive in them and it is also inferred that some companies provide paid leave on corona positive days and some do not. Employees are satisfied that covid era has not affected their salary package but dissatisfied that it has affected their incentives and other non-financial benefits.

Conclusion

The job of a medical representative is really hard and in this present scenario of covid it has worsen. It is found that employees face stress and strain in field work which results in dissatisfaction towards their work and working culture in covid era. Pandemic situation has changed their work pattern and leaving them in a difficult situation in meeting doctors and achieving targets. Most of them are satisfied with the financial and non-financial benefits received from the company.

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TRAPPED AT HOME: A STUDY OF THE SHADOW PANDEMIC DURING LOCKDOWN IN INDIA

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Abstract

This paper titled “Trapped at Home: A Study of the Shadow Pandemic During Lockdown in India” is an attempt to study the social, psychological and legal repercussions of the domestic violence during the lockdown imposed due to COVID-19. The paper attempts to bring out various reasons for domestic violence and traces its historical presence. The introduction to the study explains the relation between domestic violence and the ideology of ‘patriarchy’. The findings have been deliberately divided into three chapters to explore each area independently and carefully. The first chapter aims to bring out the social and psychological impact on the victim of the shadow pandemic. The second chapter analyses and understands the legal remedies provided to the victims during the lockdown. The third chapter is a testimony of the grave violence supplemented with numerical data. Overall the paper aims to bring out the various impact of domestic violence on the victim.

Keywords: *patriarchy, domestic violence, lockdown, social and psychological impact, legal remedies.*

Aims and Objectives

This study is presented with an aim;

1. To understand domestic violence in relation with patriarchy.

2. To study the social and psychological impact of domestic violence on a victim.
3. To understand domestic violence as a global pandemic.
4. To find out whether effective measures in form of legal remedies were provided to the victims or not.
5. To understand the various obstacles faced by the victim.

Introduction

“Domestic Violence is any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.”

-The United Nations Declaration on the Elimination of Violence against Women (1993)

Domestic Violence is not a recent concept and has existed for many years now. Precisely speaking, Domestic Violence is as old as the ideology of ‘patriarchy’. A civilization is widely ‘patriarchal’ (ruled by the father) and therefore it is male-centred and controlled in such a way as to subordinate women. Though Domestic Violence is an ancient practice, studies on the same are very recent. The feminist theory suggests that “patriarchy is the ultimate cause of all abuse against women”. The treatment of women in the hands of ‘patriarchy’ can be traced back to Code of Hammurabi (early second millennium, BC). Hailing male superiority, one of the laws suggests “if she was not careful, but was a gadabout, thus neglecting her house (and) humiliating her husband, they shall throw that woman in to the water.” Patriarchy is so prevalent in Hinduism that Manu declares, ‘a virtuous wife should serve her husband as if he were a god, whether he be of evil character or lustful (loving another woman) or devoid of good qualities.’ Due to gender inequality and patriarchy, domestic violence has historically been a global issue. In fact, domestic violence is a product of deep-rooted patriarchy. In a

country like India where patriarchy is worshipped and many women are a prey to this social evil, initiatives like “lockdown” due to the on-going pandemic has resulted in a more worsened and deteriorated condition for the victims of shadow pandemic as they have to live with their perpetrators in the same four walls of the house. This paper is an attempt to understand the social, psychological and legal effects of domestic violence on the victim during the lockdown imposed due to COVID-19.

Findings

Chapter-1: The social and psychological effect of domestic violence.

The patriarchal value is deep-rooted in the minds of the society and thus the attitude of men and women towards this social stigma needs to be explored. The surge in the complaints of domestic violence received by NCW during lockdown can be traced back to a survey conducted by the National Family Health Survey in 2015-2016. The survey states that 49% of women believe that a husband can beat his wife, while it was recorded that 42% of men feel justified in beating their wives. This gloominess that women hold prevents them from filing a complaint against domestic violence.

During lockdown the injustice done was unbearable for many women but the restricted mobility was a hindrance in registering complaints. International studies have shown that women are more likely to face violence when confined with little or no support of law enforcement agencies due to the lockdown (Campbell et al., 2017; UN News, 2020). The victims had to live with their perpetrators in close confinement and social isolation due to which there was little scope of freedom available for the victim. In such case of distress, social support has been found to both mediate and/or moderate the relationship between intimate partner violence (IPV). A study conducted by Mahapatro and Singh (2019) revealed that women who were supported by their parental family moved on to engage in active

copying. A woman is more likely to inform her natal family about her trauma but the restrictions imposed by the lockdown resulted in unintended consequences.

Domestic Violence is not just a harm restricted to physical injury but also mental degradation. The trauma has a deep effect on the victim's psychology. As a consequence of controlling behaviour by the abusers, mental distress increases and may range from heightened stress, frustration, and anger to severe depression and post-traumatic stress disorder (Fulu et al, 2013). Depression and anxiety are another serious illnesses associated with domestic violence. Domestic violence also manifests deep psychological violence in the form of controlling behaviours such as denying financial support, making them vulnerable for contracting the infection by restricting soap or sanitizer, or controlling communications by not allowing mobile phones. Narinder Singh Rawat, a consultant at the Government of India's NITI Aayog views that increased "interaction time" as one of the significant reasons for an increase in domestic violence (Rawat,2020). This "increased interaction" time resulted in constant contact of the victim and the perpetrator and the latter taking an advantage of harming more gravely and restricting the victim's mobility to gain formal or informal support. The psychological impact of the victim worsens when non consented coercive intercourse is done by the intimate partner. All these abuses intensely affects the victim.

Chapter-2: Understanding the legal remedies provided to the victim.

Injustice anywhere is a threat to justice everywhere.

-Martin Luther King

The United Nations (U.N.) Secretary General Antonio Guterres called out for a "ceasefire" on April 6, 2020 due to the "horrific global surge in intimate partner violence". The human civilization at large functions on the patriarchal ideology and so countries all over the world

have reported a drastic surge in domestic violence. When we understand that the shadow pandemic is a serious hindrance to the growth of humankind just like the on-going pandemic, then we must also take measures to curb the same. Many countries have successfully constrained the shadow pandemic with commendable measures. In several parts of Europe, domestic violence is approached as an ‘essential service’. Due to the lockdown imposed, there were several restrictions associated with mobility and this resulted in constant contact of the victim with the perpetrator. Understanding the issue, the governments of various countries used strategies like ‘pop-up services’. In Argentina and France, grocery stores and pharmacies accommodated the ‘pop-up counselling services’. In France, 20,000 hotel rooms are made available to women who cannot take shelter in their own homes. In Spain, no lockdown is imposed on women and they are allowed to escape their abusive home and locate themselves in a safer abode. Women in Spain also used the code word “mask 19” to alert the pharmacy shops about their traumatic experience with their abusers. Canada and Australia have announced special funds for violence against women as part of their national plans. Vulnerable women in Yukon are being provided with free cell phones with free internet services to stay safe and inform any kind of abuse.

Discussing the steps taken to prevent domestic violence in India, we see that several NGOs petitioned the court regarding the severe issue and the courts then issued directions to the state to provide protection to women and children victims. The Delhi Court on 18th April 2020 directed the Delhi government to take actions in order to curb domestic violence and provide protection to the victims during lockdown. The government in its reply said that a helpline number has been introduced; once the victim calls on the number the tele caller will register the complaint and schedule a conversation with the counsellor. Similar was the decision taken by the Karnataka High Court as well. Unfortunately the method was not found effective as the perpetrator constantly monitored the victim. Like France and Spain, Jammu and Kashmir

High Court took suo moto action on domestic violence cases and on 18 April 2020, offered a slew of directions that include creation of special funds and designating informal spaces for women such as grocery stores and pharmacies where women could report abuse when not with the perpetrator. The Tamil Nadu government appointed several protection officers under the Domestic Violence Act 2005. These officers shifted some women in dangerous situations to shelter homes. The UP government under the title 'Suppress Corona not your voice' has initiated a special helpline for the abused women. Once the victim lodges a complaint, a woman police officer is sent to probe into the matter. The aim of the initiative is that a victim should not suppress her voice and register fearlessly. Besides, the NCW chairperson claims that ASHA and Anganwadi workers and other frontline health workers are a constant support and an abused woman can report to these workers as well. The number of domestic violence complaints received by the NCW has doubled from 123 to 239 from March 23 2020, to April 16, 2020. Understanding the situation several states like Chennai and Delhi appointed temporary protection officers. A few lucky women have got their problems sorted but a majority is still in crisis and thus the initiatives introduced by the Government are commendable but has several loopholes which needs to be addressed.

Chapter-3: Discussion on National Family Health Survey-5 (NFHS-5).

The spread of coronavirus this year has increased incidents of domestic violence.

India's public health system must view domestic violence as a public health concern and respond to it on an urgent basis. We must act now and not merely react each time the evidence stares at us.

-Poonam Muttreja, Public Health Expert and Executive Director of Population Foundation in India.

The National Family Health Survey-5 was conducted in 6.1 lakh sample households involving household-level interviews. According to the NFHS-5 about 44.4% women faced domestic violence in Karnataka, about 40% in Bihar, 39% in Manipur, 36.9% in Telangana, 32% in Assam and 30 % in Andhra Pradesh suffered spousal physical and sexual violence. A total of seven states and UTs out of the 22 surveyed reported an increase in domestic violence faced by women aged 18-49 years in NFHS-5 as compared to NFHS-4. These seven states/UTs include Assam, Himachal Pradesh, Karnataka, Maharashtra, Sikkim, Jammu and Kashmir and Ladakh.

The fifth National Family Health Survey (NFHS) also reveals that on a national scale only an average of 42.6 % of women have ever used the Internet, contrary to an average of 62.16 % of men. In urban India, this average grows to 56.81 % of women and 73.76 % of men. However, when it comes to rural India, the figures are much worse: only about 33.94 % of women have ever used the Internet, compared to 55.6 % of men. Numbers don't lie! The rise in the domestic violence cases and minimal resource of reporting the grievance proves the failure of the three pillars of our democracy.

Conclusion

One of the first radical feminist to insist that the roots of women's oppression are buried deep in patriarchy and the sex/gender system was Kate Millet in her famous work "Sexual politics" (1970). Marilyn French asserts that sexism existed even before classicism and racism. This ancient ideology of 'patriarchy' is the root cause of all evils. The lockdown due to the on-going pandemic gave the so called "men" to showcase their "machismo" by hitting, abusing, sexually torturing and mentally mutilating women. The victims went through unimaginable distress--- physical and psychological. There were various measures taken by the Government but none of them were really found to be helpful.

Understanding the very nature of the Indian society, the Government must act at policy level and not on temporary basis. The mental agony that the victims of domestic violence have been going through is not temporary and the government needs to take serious action against it. Countries like France have shifted the victims to hotel rooms, and here the victims are being advised and requested to adjust with their perpetrator. We as a society need to take cognizance of this serious issue and interrogate the responsible government. “Justice delayed is justice denied” and if the three pillars of our democracy are not able to help the distressed citizens then it is a failure of the world’s largest democracy.

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PANDEMIC A PURIFIER

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The world is swept by the pandemic known as Coronavirus. If I search the history of epidemics, there were few in the 19th century but the 18th century was flooded with it. It was Spanish flu and other pandemics which have crippled the world apart from World War I and II

The effect of Coronavirus is immense, the places which have been bustling with people like pubs and bars everywhere have been closed

Nature has stepped in, the morning chirping of birds can be heard without a honk of cars

I personally believe that apart from crippling the day to day life, it has also provided us with a boon. You might be thinking that how it has imparted us with boon.

It has given us a few priceless things :

Fresh air to breathe

Freedom from constant noise pollution

Clean atmosphere

Recently, I have read that the mountain range is visible from Jalandhar. It means that the atmosphere and environment are clean and the black which has darkened our brain and skin is also gone.

Pollution and greenhouse emissions have also fallen on the continent.

Is it passing by change or long-lasting impact on the environment

The arguments can be seen on both sides. Though the current situation is seen as the reduction in the pollution levels up to 40 per cent, and also a substantial reduction in the travel.

But will it be long-lasting or it is going to bounce back.

Many scientists believe that historical epidemics have reduced carbon emission levels. One of the prominent scientists says ” Black death from Europe in 14th Century, smallpox from South America in the 16th Century and arrival of Spanish conquistador has left an impact of the change in CO2 level.

Less Industrial Activity

Previous reductions were due to less Industrial activities and in the current, they will see a drop of 0.3 % in carbon dioxide emissions due to Covid19 pandemic. It is seen that the global economy will also grow. It has also seen the cancellation of mass events.

Lessons To Learn

One of the important lessons to be learnt from coronavirus that digitalisation is extremely beneficial. As the pandemic advocated social distancing as the norm, it also is seen that it will inculcate some new habits like the reduction of food waste, stockpiling's and maintaining social distancing.

One more aspect of the COVID 19 is community spreading and the speed and extent of spread.

It shows that climatic change threats should be treated on an urgent basis or it can cause the wildfire on the Earth. Either we need to stop or the conditions will stop us.

Even the top businesses are counting the cost and estimating the losses, still, it is time left to heal Earth.

" I feel Earth needs time to heal as we have reaped so much out of it. Now the time has come that we need to sow the seeds as n of healthier environments, which bring lastly effect. This is what I learnt about the topic " PANDEMIC PURIFIER"

Lockdown and Crime

By : Tanya Sharma - FYBA
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Abstract

This paper highlights the chain of events pertaining to the crimes in India that occurred during the lockdown due to Covid-19 pandemic. In a peculiar situation like pandemic, we see fear and panic take over people's senses and normal functioning. As citizens were occupied with coming to terms with the situation at hand, less attention was paid to the crimes that occurred during the same period. Compared to the crime rate prior to 2020, there is a remarkable decline in primitively committed crimes. Credit goes to restriction of movement during the lockdown which reduced the contact between the offender and susceptible victims. As the country was battling the exponentially increasing cases of Corona, it was plagued by another virus, felonies committed by criminals. The economic impact of the pandemic left countless citizens jobless, causing them to rely on erroneous means to earn their livelihood. Significant hike was registered in cases of domestic violence and cybercrimes among a few others. Ignorance towards these crimes due to the perception that it would not affect them personally, exposed people to them and caused them to be future victims. We conducted a survey to get a better understanding of the common man's perspective towards these crimes. The purpose of this paper is to enlighten people about the lesser known strains that accompanied the lockdown and to throw light on the atrocities faced by some individuals.

Key Words: lockdown, crimes, domestic violence, cybercrimes.

Objectives Of Our Study

- 1.To get a better understanding of crime rates in India during the lockdown: As COVID-19 came to India, we found that there are several crimes which were reduced greatly, for e.g. robbery; whereas some crimes increased in numbers, for e.g. domestic violence. Following an increase in movement restrictions across the nation, there were fewer people on the streets, causing an eventual decrease in street crimes.
- 2.To know the reason for committing certain crimes: As mentioned above, decrease in movement in the country due to the lockdown, there were fewer people wandering on streets. Some people lost their jobs because of this pandemic which led to personal frustration and conflict. People, who used to go out for work, were laid off and this forced them to stay at home. Even with a higher rate of unemployment among women during the lockdown, we saw a surge in domestic violence against women, majority of which were committed by the men of the house. While some were engaged in domestic violence, others found an abode in the dark webs of the internet where they committed cyber fraud to earn easy money.

3.To know the perception/reaction of people towards crimes: Through the survey that was conducted, we wanted to know people's opinion on specific crimes and the reasons behind some being at a higher rate than the others.

Introduction

India announced the first case of COVID-19 on January 30, 2020, and the numbers have steadily increased since then, albeit at an alarming pace in the final days of March. The world's largest democracy has been in the midst of the world's largest national lockdown since March 24, 2020.

The lockdown placed to tackle the Covid-19 pandemic has had far-reaching effects. The lockdown is an effective way to stop the spreading of the disease This research paper analyses the impact of lockdown on criminal activities in India. This is very challenging with added difficulty for larger sections of the society. Many households in India, especially in slum areas find it difficult to follow social distancing ; the daily wage earner must earn daily money to keep the family alive, and people with mental health illnesses face severe issues.

Domestic Violence:

Stay at home orders had contrasting effects on different crimes. Domestic violence crimes, for example, increased as a result of lockdown because the crime is committed indoors and suspects and victims are trapped in the same space for longer periods of time. According to police, cyber fraud increased in Delhi during the lockdown as gangs and individuals threatened people with fake work letters, KYC authentication, and fake social media profiles. According to police records, the highest number of cyber crimes were registered between May and August of last year, averaging about 4,000 cases per month.

Other major criminal offences like Hathras case, a 19-year-old Dalit woman was allegedly gang-raped by four upper caste men in Hathras district, Uttar Pradesh, India, on September 14, 2020. She died in a Delhi hospital after a two-week fight for her survival. Initially, it was claimed that one of the defendants attempted to murder her, but the victim later identified four defendants as having raped her in her testimony to the magistrate and Agrima Joshua case in which she received rape threats for insulting Maratha warrior king Chhatrapati Shivaji Maharaj in her stand up comedy performance were reported during lockdown.

An increase in the cases of child sexual abuse, molestation, domestic violence, cyber crimes and harassment faced by teachers and students due to online lectures was observed.

A police station received an average of 0.7 criminal cases per day before the lockdown, but this figure dropped to 0.5 after the lockdown was imposed. An activist pointed out that many cases go unreported as the victim is reluctant to speak out of fear and the lockdown. "There will be many more cases as most women face multiple threats while reporting such cases either in their houses or locality," she said.

Cybercrimes:

According to data shared by police, maximum cyber crimes were reported between May and August last year — around 4,000 cases each month. In January 2020, 1,480 cyber crimes were reported against 4,188 cases in May. In April, the cases stood at 3,372, in June at 3,239 and in July at 4,103. Over 1.49 lakh people were cheated using fake websites. Many bogus

sites with poor credibility surfaced to take advantage of people who had increased their use of digital platforms for shopping. Under normal circumstances, the public wouldn't have generally used those sites for shopping. It wasn't the street criminals who migrated to online frauds instead the existing online fraudsters who scaled up their operations and came up with new ideas of cyber crimes.

Cyber crime units have analysed that 62% of them were online financial frauds, 24% were social media harassment that included morphing photos of people and sexual harassment, and the rest 14% were other crimes such as hacking, identity theft and data theft. Further analysis of cases pointed to regions from where certain kinds of cyber criminals operated. The Mewat region, for instance, was found to be a hot spot of cyber frauds duping people by sending fake messages through fake social media profiles. From north and northwest Delhi and NCR towns such as Noida and Gurugram, fake call centres were being run which cheated people by offering tech support in the name of reputed software companies. In north Rajasthan and south Bihar, fake websites on government schemes were mostly tracked.

Barring government offices and private firms, at least 165,000 individuals were targeted in 12 cases termed as 'mega frauds' by the police. Among these was the case in which free solar panels and laptops were being offered using a fake website by misusing the Prime Minister's name. While only three persons arrested for this alleged fraud, their website had garnered more than 1.5 million hits in two days and over one lakh persons were duped. The cyber crime unit was also kept busy through the year blocking "objectionable content" on social media platforms. The police requested platforms like Twitter, Facebook, Instagram, Tiktok and YouTube to block as many as 278 accounts this year. Unemployment, cash crunch, spare time and easy availability of tools attributed the spike in cyber crimes during and after the lockdown. Since the prerequisites for cybercrime are minimum such as knowledge of computers, internet connection and a mobile phone, it is easy work with a rewarding pay and easy getaway.

Lt. Gen. Rajesh Pant, India's National Cyber Security Coordinator (NCSC), told the Economic Times that cyber criminals had launched thousands of "fraud portals" related to the coronavirus. As these phony sites are quite sophisticated, virtually indistinguishable from their genuine counterparts, these sites have lured thousands of Indians eager to contribute to the fight against coronavirus into making donations. A case had been filed against an unidentified cybercriminal after he attempted to sell India's renowned "Statue of Unity" for more than Rs.30,000 crores, alleging the proceeds would be sent to the Gujarat state government to help fund its battle against COVID-19. Although the authorities quickly foiled the absurd scheme, the brazenness of the plot accentuates how the coronavirus crisis has aggravated an already difficult challenge faced by the subcontinent.

Findings

We conducted a survey of 50 respondents. The respondents were between the age group of 15 to 45 and above. . Out of these respondents 82% were females and 18% were males. Most of them neither witnessed any crime during lockdown nor were a victim of it but most of them agreed that the rate of domestic violence, cybercrime and child sexual abuse was increased during lockdown. And many of them were not sure if crimes are being reported during the pandemic and whether the ones who are suffering are getting support from their families or not. Respondents put forth the view that with the cases of molestation and abuse against health care workers and the police, people have become insensitive toward the situation.

Respondents had a strong view about changing the laws against various crimes in a peculiar situation like pandemic.

Conclusion

With the outbreak of the virus in India in 2020 and the imposition of the countrywide lockdown in March, crime rates declined pronto. Correlation between mobility and crime is evident as the lockdown imposed restriction on the movement of the people which lead to decrease in crime. Components like unemployment, desperation to survive and lack of available options succumb to petty ways to earn a living. While traditionally observed crimes like robbery, smuggling and kidnapping declined. There was a surge in domestic violence against women and children and cybercrimes. Added pressure on the police force and law was very taxing. Increase in crime rates caused fear in the mind of the citizens who were already burdened with pandemic calamity. Terrible blow on the economy due to the pandemic was multiplied due to these crimes. We also recognize that there are various types of crime not addressed here that are also important and will have been facilitated by conditions relating to the pandemic.

Recommendations

1. The most important solution of minimizing crimes is to report them when it happens. There are some people who avoid reporting crimes because they think that it will demean them in society. In our survey, we found out that 34% people think that the crimes have not been fully/properly reported and there were 46% of people who had confusion with regard to reporting the crime.
2. With the increase in domestic violence during this lockdown, we can as a society on the whole, try to educate people and spread awareness about sexual harassment and the right ways to channelize one's frustrations instead of considering family members as an easily available option to do so. We can also extend our hands to support women and convince them to stand up when something wrong happens with them.
3. The existing laws in our country offer a great leeway to criminals who commit such heinous crimes. We should work on changing the laws and enforcing more stringent ones which will create fear in the minds of prevailing and future criminals. In our survey we found great support from the participants in favor of discarding the traditional laws and the creation of better, more appropriate laws.

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LOCKDOWN: FINDING YOURSELF

By: Manishika Koshlesh Singh

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ABSTRACT:

There was a lockdown that changed everyone's life. In this life of lockdown we all had our own experience. Some people were forced into months of unbroken solitude and some people went through a lot of difficulties but at that time there were some people who were trying to use that time to find out themselves, because earlier we never get time to meet ourselves in everyday's busy life and because of that we don't know much about ourselves. Hence, it became very important that we first find out ourselves and this lockdown helped many of us to find out ourselves.

The entire purpose behind my research was to know about, how many people have spent this lockdown period with themselves, how many people have understood themselves and how many of them were able to find themselves in those times.

I pleased to present the Research Paper of "Lockdown: Finding Yourself". This research paper is covered the entire positive changes that come in human life during this lockdown period. I'm very sure that this research paper will be very useful for the readers because by reading it not only they'll know that how to find out themselves but also they'll understand that how to deal with bad times and not to get depressed and also should take the time in positive way.

Keywords: Lockdown, Positivity

Introduction:

On 24th March 2020, the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days and then as the situation got serious, the period of lockdown also increased. The covid-19 pandemic has disrupted nearly every aspects of positive as well as negative impact on human existence and the Positive Side of Lockdown was that people started finding themselves in that period of time.

Objectives:

- To shed light on the perceptions and experiences of people's during the lockdown.
- To know how many people tried to make some good changes in their lives during the lockdown.
- To know how many people were there who started to find themselves during the lockdown period.
- To know that which method they adopted to find themselves.

Research Methodology:

For the research the information was gathered by both primary and secondary data. The Primary data was gathered through the Google Form and the secondary data was gathered through various journals and articles published online and some of the secondary information was also collected through information provided on internet.

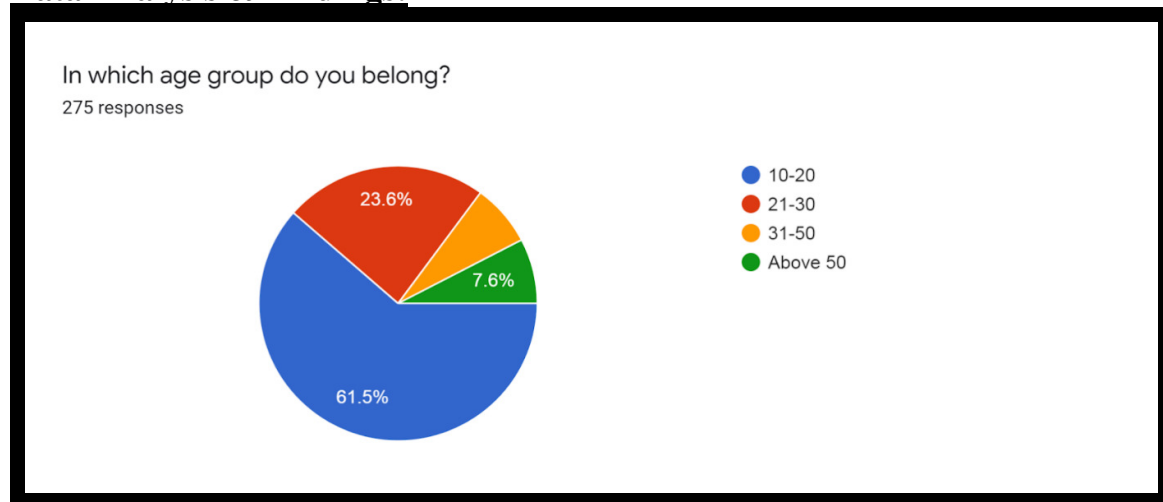
Over 275 people in Dombivli have been surveyed to prepare this Research Paper.

Procedure:

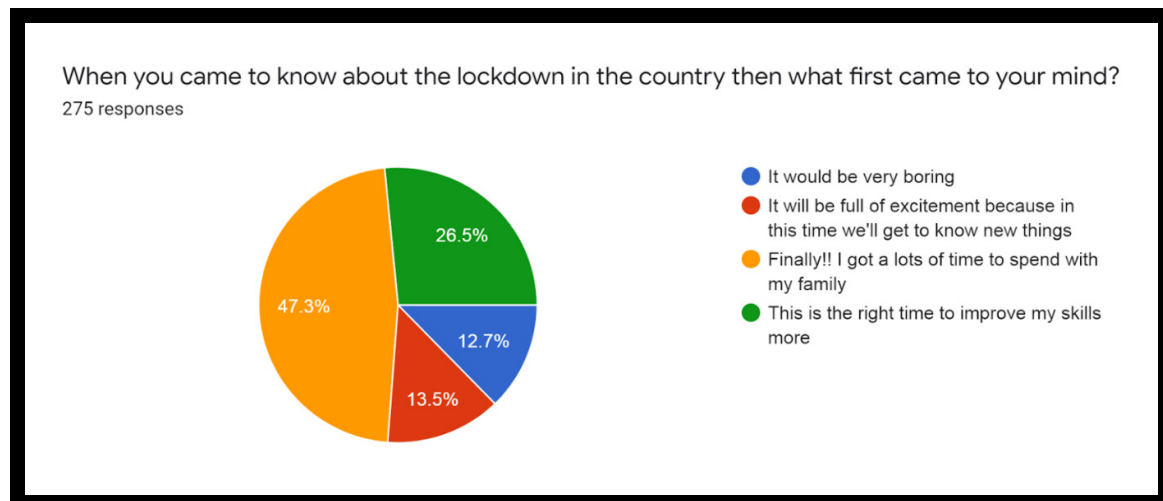
To collect information for this survey the Google Forms had been created and forwarded to my Friends and Relatives the online survey was done with the help of Google Forms where the questions are uploaded and their response has been taken into Google Sheet. Google Form's questions were related to positive changes people had made in their lives during the lockdown period. The Google Form was linked with Google sheet to store responses given by responders.

The responses were further got converted into pie charts. With reference to the responses which was received the findings has been written.

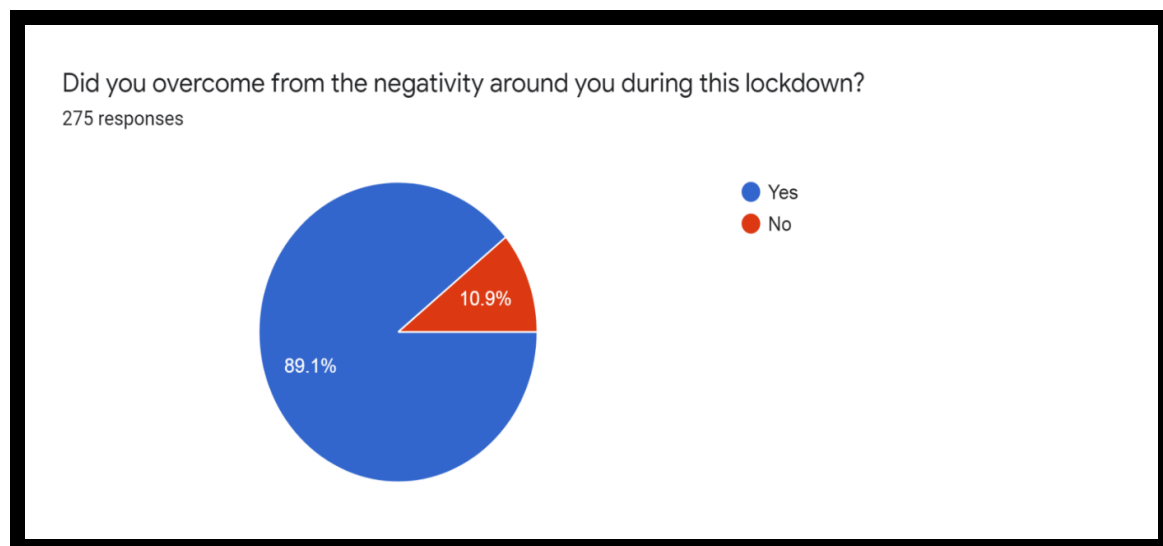
Data Analysis & Findings:

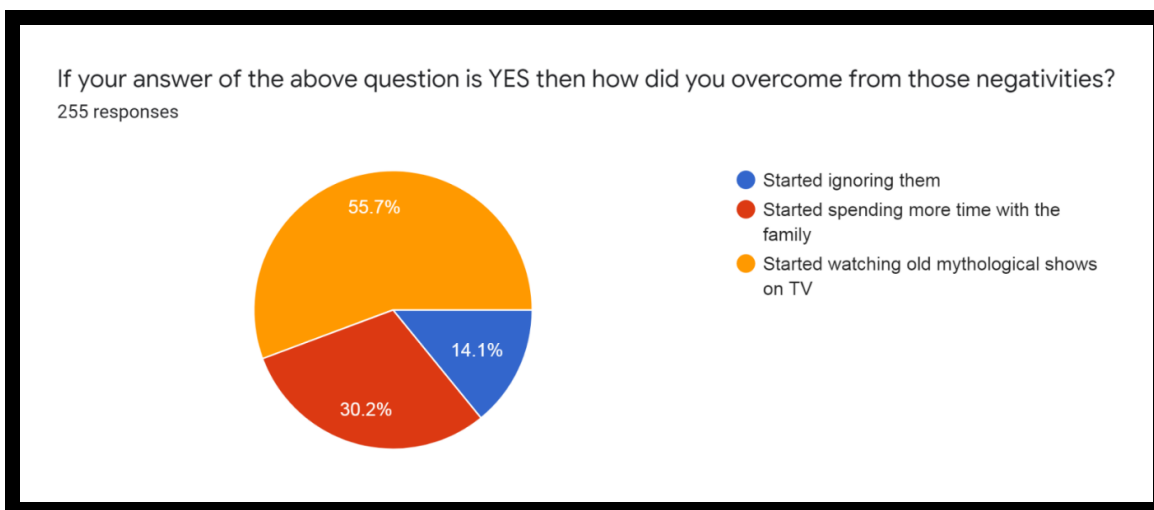


According to the survey, out of 275 respondents, the largest segment of participants i.e. 61.5% were from the age group of 10-20 years old followed by 23.6% from the age group of 21-30 years old, 7.3% were from the age group of 31-50 years old and 7.6% were from the age group of above 50 years old.



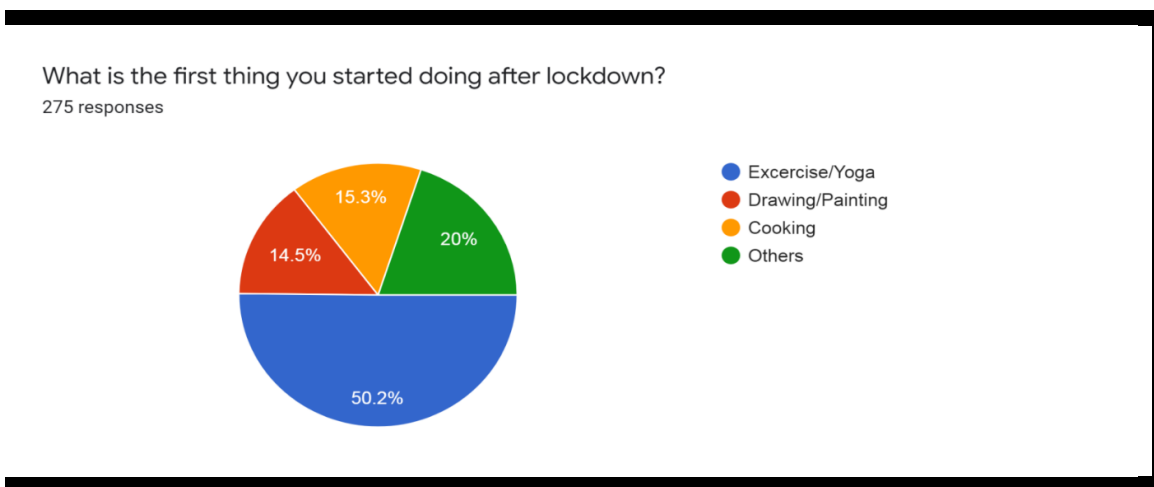
The above chart shows that when the responders came to know about the lockdown in the country then the first thing which came to the mind of 47.3% of the responders that “finally now they got a lots of time to spend with their families”. “This is the right time to improve my skills” were the thought of 26.5% of the responders. “It will be full of excitement because in this lockdown we’ll get to know new things” were the thought of 13.5% of the responders. “It would be very boring” were the thought of 12.7% of the responders.



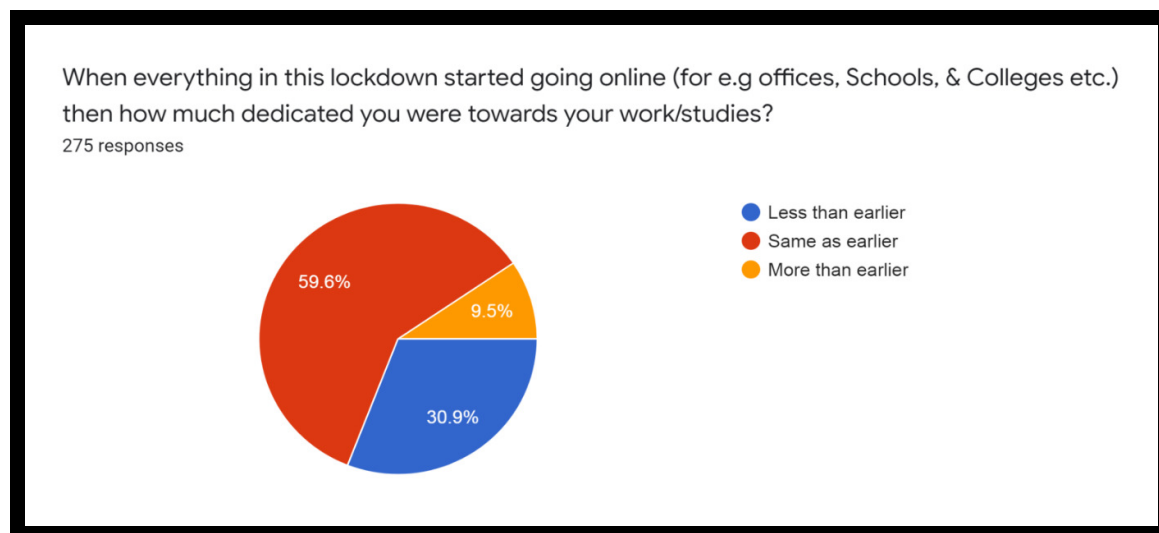


The above both chart shows that 89.1% of the responders overcame from the negativity around them during the lockdown period. But there were also 10.9% of the responders who were not able to get out from that negativity.

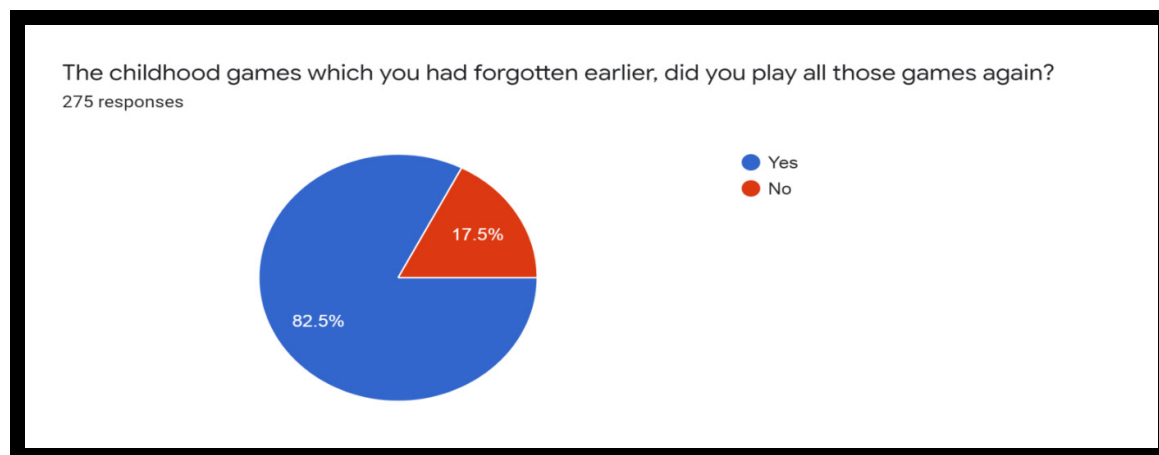
Now, the responders those who were able to get out from the negativity 55.7% of them started watching old mythological shows on TV (for e.g. Ramayana & Mahabharata). To overcome from those negativities 30.2% of the responders started spending more time with their families & 14.1% of the responders started ignoring them.



The above chart shows that after the lockdown 50.2% of the responders started doing Exercises/Yoga. 15.3% of the responders started cooking. 14.5% of the responders started doing Drawing/Painting and remaining 20% of the responders started doing some other activities.



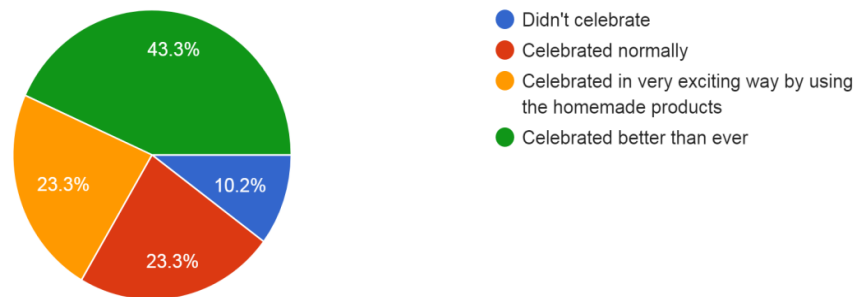
The above chart shows that when everything in the lockdown started going online (for e.g. offices, school & colleges etc.) then 59.6% of the responders were dedicated towards their work/studies same as earlier. But there were 30.9% of the responders who were less dedicated towards their work/studies than earlier & 9.5% of the responders were dedicated more than earlier toward their works/studies.



The above chart shows that the childhood games which everyone had forgotten earlier, 82.5% of the responders play all those games again during the lockdown period but there were also 17.5% of the responders who did not play their childhood games.

How did you celebrate your special days in this lockdown?

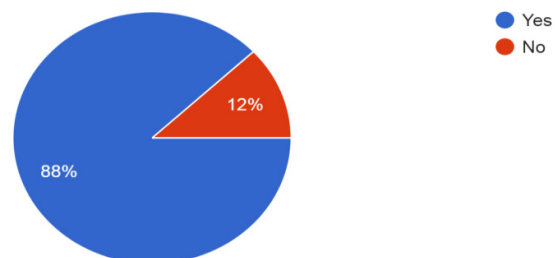
275 responses

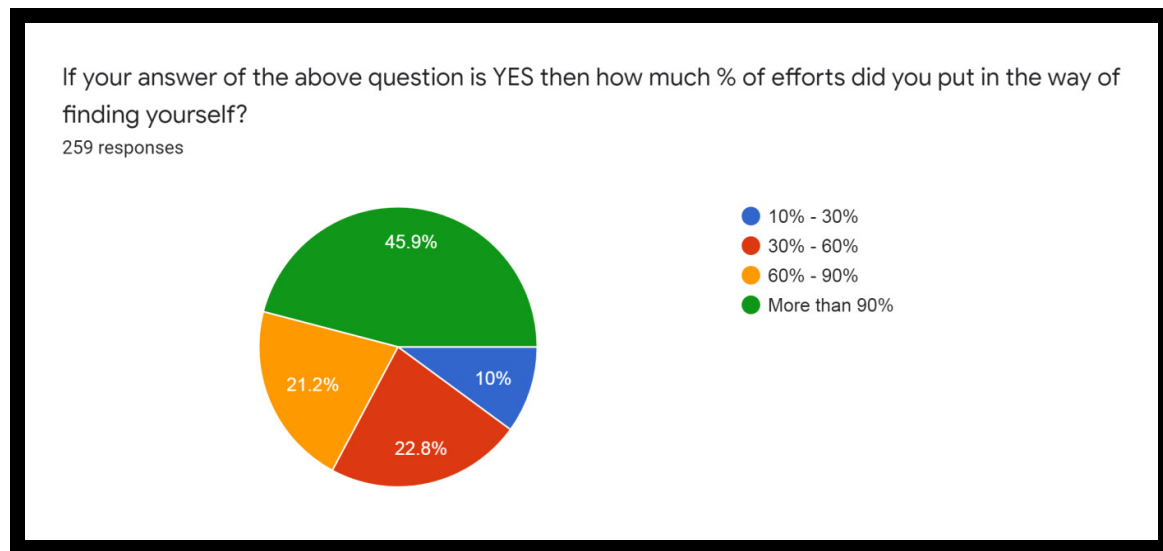


The above chart shows that during the lockdown period 43.3% of the responders celebrated their special days better than ever. 23.3% of the responders celebrated normally and another 23.3% of the responders celebrated in very exciting way by using the homemade products. Remaining 10.2% of the responders didn't celebrate their special days.

In the busy life of everyday, many a times we forget something about ourselves and it gets left behind over the time, so what do you think 'were you able to find yourself in this lockdown'?

275 responses





The above both chart shows that in the busy life of everyday, many a time we forget something about ourselves and it gets left behind over the time. But in this lockdown 88% of the responders were able to find themselves. There were also 12% of the responders who were not able to find themselves.

Now, the responders those who were successful in finding themselves 45.9% of them had put their more than 90% efforts in the way of finding themselves. 22.8% of the responders had put their 30% to 60% efforts. 21.2% of the responders had put their 60% to 90% efforts and remaining 10% of the responders had put their 10% to 30% efforts.

Survey on 'lockdown: finding yourself'

Questions Responses 275

What did you know about yourself in this time of lockdown, which you never knew before?

275 responses

that I need no friends to entertain or spend time. We can entertain ourselves and by spending a lot of time with family made us realise a lot of things which every teenager should.

In this lockdown i am cooking variety of new foods

There is nothing anything which i can't do.. And i also got to know who is real with me

Before lockdown I could do many things but now I'm just sleeping n wasting my time

Self Confidence improve

That I have some creativity in myself

Survey on 'lockdown: finding yourself'

Questions Responses 275

What did you know about yourself in this time of lockdown, which you never knew before?

275 responses

I started to read mythological stories

I can dance also

I got to know that I'm a techno savvy

I can make my career in cooking

I am so funny

I am a very selective

Good Dancer

I can also cook

I am good speaker

Survey on 'lockdown: finding yourself'

Questions Responses 275

What did you know about yourself in this time of lockdown, which you never knew before?

275 responses

My worth

I started cooking in this lockdown.Before this lockdown I didn't know how to cook but I improvement my cooking skills.I also started drawing and painting as it's my hobby.I found myself in this lockdown.

Stand alone is makes uh more strong

Being alone makes you strong and can think better about things

I understood that i love cooking very much. As well as i am to conscious about my fitness.

OTHER (84)

At the last I asked to the responders, “What did you know about yourself in this time of lockdown, which you never knew before”?

The answers of the question shows that responders got to know a lot of new things about themselves which they didn't know before the lockdown and only due to this lockdown they were able to find themselves in the true sense.

Conclusion:

Everyone knows that how the world has changed due to Novel Coronavirus and it has made a great impact on lives of people as well. The biggest thing which happened in all this was

‘Lockdown’. If the news of the news channels to be believed, then it can be said that at that time only negative events occurred in the life of the people. But if we look carefully then there was not everything exactly like that. At that time there were some people who used that time to give their life a ‘new direction’. Lockdown brought a lot of changes in everyone’s life. Many of the people started slowly and gradually ‘finding themselves’ in the lockdown period. They did everything which they couldn’t do earlier in their daily busy lives.

They started spending more and more time with their families, started watching mythological shows to come out from all the negativities around them. Many of them started playing those childhood games which they had forgotten earlier. Even during the Pandemic situation due to lockdown people have felt that they celebrated their special days better than ever. Many of the people started focusing on their physical fitness by doing Yoga/Exercise. All those things which they did during the lockdown period was a way to reach their own destination, where after reaching they will be able to know in real terms, “who am I”?

In such a difficult time by keeping positive thoughts, such a people have proved that if there is courage to do anything then from any difficulty we’ll be very happily overcome.

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LOCKDOWN: RECONNECTING WITH FAMILY

By: Meghana Pillai FYBCOM A
 Sherin Mathew FYBCOM C
 Tanisha Shetty FYBCOM A

Abstract:

Family is one of the most important, if not the most important thing in our lives. Taking time every day to appreciate your loved ones for all that they do helps us to reconnect as a family. For that reason, we've provided a collection of our favorite family quotes and sayings that remind us of the love shared between family members

Methodology:

Children and families focuses on varying levels of stability and stress within families as a major influence on children's health. Overall, studies suggest that children of married parents have better mental and physical health than children of cohabiting parents. The pandemic and lockdown helped us to reconnect with our family. It assisted us to remove the misunderstandings that had caused the drift between us. The young ones were eager to know about the culture and traditions, that were out of way due to constant busy schedule of parents as well as children.

Family
 like branches on a tree,
 we all grow in different directions
 yet our roots remain as one.



Introduction :

Family is the single most important influence in a child's life. From their first moments of life, children depend on parents and family to protect them and provide for their needs. Parents and family form a child's first relationships. They are a child's first teachers and act as role models in how to act and how to experience the world around them. By nurturing and teaching children during their early years, families play an important role in making sure children are ready to learn when they enter school. Children thrive when parents are able to actively promote their positive growth and development. Every parent knows that it's sometimes difficult to do this important work without help, support, and additional resources. Nowadays people have very busy schedule. In this busy schedule, most of the people have ruined their relationships as they do not get enough time to spend with their beloved ones. Earlier, family members used to spend their time together and create many awesome memories. But now this can be rarely seen.

Due to lack of time, people cannot express their feelings for others.

Lockdown has brought some positive influences in families. As most of the people now stay at home, they can spend time with their families. Parents help their children in studying and also help them in school activities. They have got the chance to express their feelings for each other. The COVID-19 pandemic has undoubtedly been a trying time – and for those of us separated from our loved ones, it can feel especially challenging.

Findings:

GADGET LAB NEWSLETTER

MEDEA GIORDANOGEAR08.01.2020 07:00 AM

Ways to Stay Connected With Loved Ones During the Pandemic

Whatever the distance, these ideas will help you feel closer in trying times.

SAFE TO SAY a lot of us are missing partners, friends, and family right now. With the pandemic requiring folks to isolate at home as much as possible, the people you normally meet up with for weekly drinks or monthly get-togethers are suddenly available only through a screen.

- i. But even before the pandemic began, people have looked for ways of staying connected to far-off loved ones. We're lucky enough today to be able to communicate without spending extra money—if you have a phone, you can call, text, or video chat at a moment's notice. Still, it feels sometimes like there's a layer of real human connection missing.
 - ii. Here are a few ideas that go beyond just a phone or video call, including long-distance activities and products designed specifically to connect two people. Some of them might seem a little gimmicky, but when you're missing those you love, it can be really nice to have a dedicated way to show you care.
 - iii. For other ways to keep your sanity during quarantine, check out our guides on staying social, keeping calm while stuck at home, co-op games and games you can play over Zoom. Plus, make sure to check our guide on how to take care of yourself.
 1. Remote Streaming
 2. There's nothing like a movie night to make you feel nostalgic about childhood sleepovers or trips to Blockbuster. The good news is that you can now have movie nights remotely. No, it's not quite as good as cuddling up on the couch together with shared snacks, but for now it's great.
- c. WIRED writer Boone Ashworth put together an expert guide outlining how to host a virtual watch party. There are a few options to choose from. With Zoom, only one person needs to have a streaming subscription, but picture quality isn't great. Netflix Party works with shared profiles if the account is on the Netflix standard or premium plan, and the video quality is better and it has

text chat. Scener has video chat, so you can see and talk to each other while watching, but you will have to sign up for a separate Scener account. Hulu Watch Party lets participants who share the same Hulu account join through their individual profiles, and it has a text chat feature. Amazon Watch Party requires everyone involved to have a Prime account, and you can't watch rented or purchased movies, just what's included with Prime content

Conclusion

- I. It is not that some families have values and others do not, or that family values should be placed on the endangered list, or that there is a finite list of values that one can review to determine if a family has values or not. Family discourse about family values requires understanding the social context of families as well as the material conditions of families. Both influence present attitudes as well as expectations about the future. Fortunately, they have managed to bridge the distance, maintaining – and even strengthening – familial connections during this period.
- II. Instead, focus on the things you can do, such as finding creative ways to stay connected with loved ones. As in-person communication has been limited during COVID-19, video calling has emerged as a popular way of staying in touch. Consider organizing special activities over video call as well, from app-based game nights to wine and cheese tasting parties. Several attractions, such as museums and zoos, offer virtual programs that people can participate in from across the globe.

Refrence: <https://www.scmp.com/lifestyle/health-wellness/article/3089748/pandemic-positives-upside-lockdown-reconnecting-old>

<https://www.theguardian.com/keep-connected/2020/apr/23/lockdown-made-me-realise-whats-important-meet-the-families-reconnecting-remotely>

‘NORMAL TO NEW NORMAL’: A JOURNEY OF HUMANS DURING THIS PANDEMIC

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ABSTRACT

On 24 March 2020, the government of India under Prime Minister ordered a nationwide lockdown for 21 days, limiting movement of the entire 138 Crore population of India as a preventive measure against the COVID-19 pandemic in India. The ongoing pandemic has affected the various aspects of human lives in many ways. The following research aims to study the situation of the two sections of the society viz. Daily earners and salaried people focusing on the change in their lifestyle, their struggle and adaptability to the situation. It also compares the challenges and level of privation faced by these two sections. The impact of lockdown on small scale businesses will also be checked with this study. For this the questionnaire survey method is undertaken to check on the existing reality. The data studied shows a significant impact of pandemic and lockdown on the vulnerable sections of the society including workers, labourers, autorickshaw drivers, small *thelavalas*, delivery boys, etc. Apart from these people the middle class and higher middle class people including professionals such as teachers, Directors, etc and business persons will also be included.

Keywords- pandemic, daily wage earners, socio-economic-psychological impacts.

OBJECTIVES

- To understand the impact of lockdown on daily lives of the people and their mental health.
- To do a comparative study of challenges, level of privation and trauma of two sections of the society viz. Daily earners and Salaried people.
- To analyse the response of people to the lockdown and their adaptability power.
- To understand the impact of lockdown on small scale business.
- To determine the role of government and NGO's during pandemic.
- To identify the changes in the lifestyle of the people due to pandemic.

METHODOLOGY

Online Survey was conducted with the help of questionnaire and personal interviews were taken for collection of data from Salaried people and Daily earners respectively. The questionnaire method was more appropriate to reach the maximum number of people and since it was not possible to reach the Daily earners via online mode, personal interviews were more effective to know their status of mind and thus making the study effective.

The collected data was analysed with the help of diagrams such as pie chart and TU and MU curve. A comparative study was done to know the effects of pandemic and lockdown on the lives of the two groups of people viz. salaried and daily earners.

INTRODUCTION

We humans are going through tough times at present. We have witnessed almost everything including climate change, natural calamities, accidents, crimes and the pandemic. We have been strong enough throughout this time. Our friends and family have played the significant role in giving us patience and strength required to deal with such conditions. But 'WE' humans being social animals tend to feel socially isolated when kept locked in their houses for longer times. Such feeling of being socially isolated leads anxiety and depression. The use of social media has also led to depression among individuals as its use increased during lockdown. Since people had no work to do in beginning of lockdown, they resorted to use of social networks for connecting with each other and for spending their time. Also due to lack of essentials people had face many challenges. People especially of the lower strata of the society had to bear the brunt of the lockdown in the country.

Our research aims to study the situations of the two sections of the society viz. Daily earners and salaried people to know the answers to the questions such as 'what was their source of income during lockdown, what were the challenges faced by them, their expectations from the government, level of trauma they faced, what kept them going, etc and compare the level of privation between these two groups.

The study is done on the basis of the samples collected. It studies the conditions of the people of Mumbai during lockdown period.

Secondary data

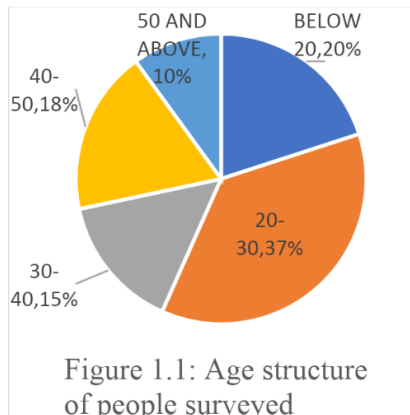
As per the article published by ECONOMIC AND POLITICAL WEEKLY dated 24 December, 2020, 'the cost of the pandemic disproportionately falls on labour'. The prolonged lockdowns have severely affected their livelihood. It focuses on the conditions of the migrants and poor working population. It also focuses on the longer working hours by technically qualified employees not being compensated as deserved. The impacts of the pandemic and proposed changes disproportionately shift the costs of the pandemic and revival to be borne by labour—impinging on labour rights and adoption of labour-displacing technologies.

This significantly highlights the fact that the labourers, wage earners and even qualified population have faced the consequences of the pandemic and resultant lockdown.

Below is another article focussing on the conditions of the people at society's margins due to lockdown to support the study.

DATA ANALYSIS

A. The research included observations from variety of people of different ages, gender, natives and occupation. 60 people were surveyed and 30 people were interviewed targeting 3 groups mainly the working class(18-60)(figure 1.1), the daily earners and small businesses.

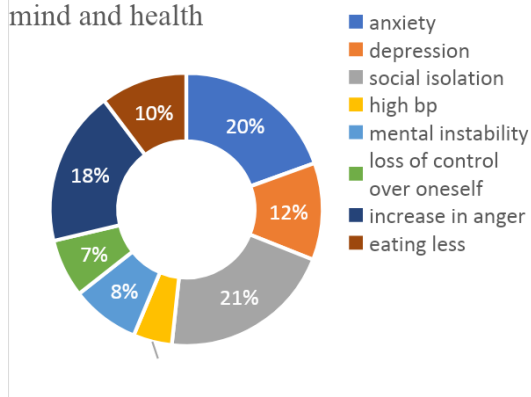


Following are the points of analysis concluded through this research.

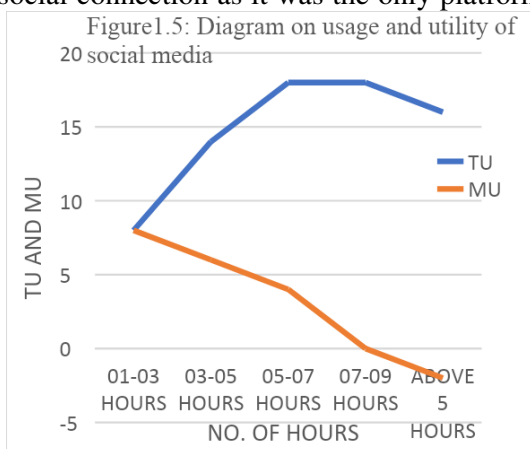
- a. This pandemic has affected the mental and social health of people in positive as well as negative ways. It tested the patience and concentration levels of people
 1. Nearly, 32% of the people experienced the positives of this situation and took the best advantage out of it. They found this period as an opportunity to turn towards nature, start new activities like gardening, give birth to inner child and played old games and practiced the old hobbies which they had lost somewhere in their daily busy lives.
 2. However, nearly 61% of people surveyed and interviewed were not ready for the various rounds of lockdown. So, in pressure majority of them started hoarding things at home essential to prevent them from covid. This pressure switched them to learn new online patterns. This impacted the diet as well where they started consuming Vitamin-C rich food. For the daily earners, it was a big challenge to arrange for food but they were happy that government made PDS system available for them.
 3. Many of them also experienced various symptoms of stress, anxiety, depression, social isolation, blood pressure, loss of self-control etc.(figure1.2) making them feel tensed and mentally broken because of which many a times they used to shout a lot on one another. Nearly 10-15% of people thought of committing suicide because of the mental dilemmas they were into. In that too, many people also fall under the trap of fake news shown in figure1.3 which made them take improper decisions and caused anxiety in humans. It was completely a different case for the daily earners. They neither had proper income nor proper food to eat. They had to completely depend on government.

With no savings it was very difficult for them to survive during those times.

Figure 1.2: Impact of lockdown on mind and health



4. This situation also showed a huge shift in the way people use media. Some people maintained their daily average of use of social media. However, majority of them had nearly doubled the usage. The graph showed an increase in an increasing rate initially however later on, the graph started diminishing, barring a few. There was immense application seen of the law of DMU.(figure 1.4)) The reasons were: many people had reached the point of saturation where they cannot think of using smart devices any more. However, for whomsoever it increased the major reason was social connection as it was the only platform



to talk to people.

Hours	Total utility(utills)	Marginal utility(utills)
1-3	8	8
3-5	14	6
5-7	18	4
7-9	18	0
Above 5hrs	16	-2

- b. This pandemic period brought a drastic difference in lives of salaried and daily earning people. The table below shows comparison between based on various aspects.

Figure1.6: Comparison of daily wage earners and salaried people based on various aspects

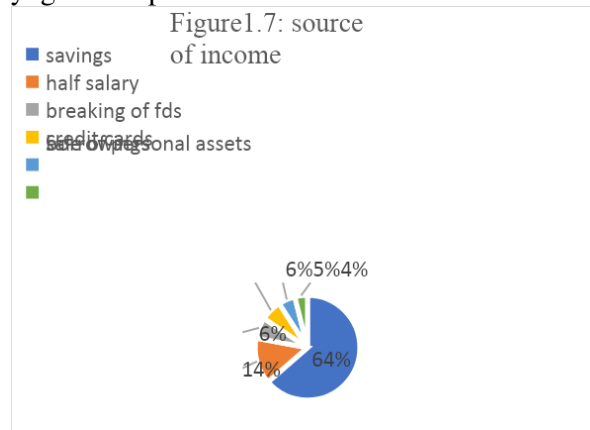
<u>Reasons</u>	<u>Daily Earners</u>	<u>Salaried People</u>
1. Financial	They found it difficult to maintain the financial requirements of their family for which they were forced to sell off all what they had.	The situation was similar but not worse like the daily income groups. They had to rely on their savings and some even sold their personal assets
2. Social	Many thoughts of committing suicides as they were under lot of pressure. They could not resist the increasing level of tension day by day	Even this category of people came across such thoughts. 50% of them could resist and remaining couldn't
3. Health impact	Their health was impacted socially as well as mentally. Various symptoms like increase BP, increased anger etc. could be experienced,	They experienced disturbed sleep patterns, improper eating patterns, increased anger, body aches, irrelevant thoughts etc.
4. Change in life	They have found people not trusting their work and try to remain away from them. Their earnings expectations are reduced to half. Even though leading a miserable life, they haven't lost any hopes	Many have lost their jobs and due to which many have turned towards starting new businesses. They have started working with full dedication and hope for better future

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- c. As everyone knows, pandemic has resulted to a greater change in the demand and supply pattern of economy which has impacted all kinds of businesses and consumption pattern of people.
1. Income levels and budgetary constraints of people have seen a huge change in the view of this period. For some, incomes have doubled after lockdown and for few its reduced because of the changing trends of people like from doing things offline to online, etc.
 2. With no business activities taking place, businessmen were under a lot of pressure and tension w.r.t. drop in flourishing business, loss of stock, loss of customers, payment to creditors, and one of the major problem loss of

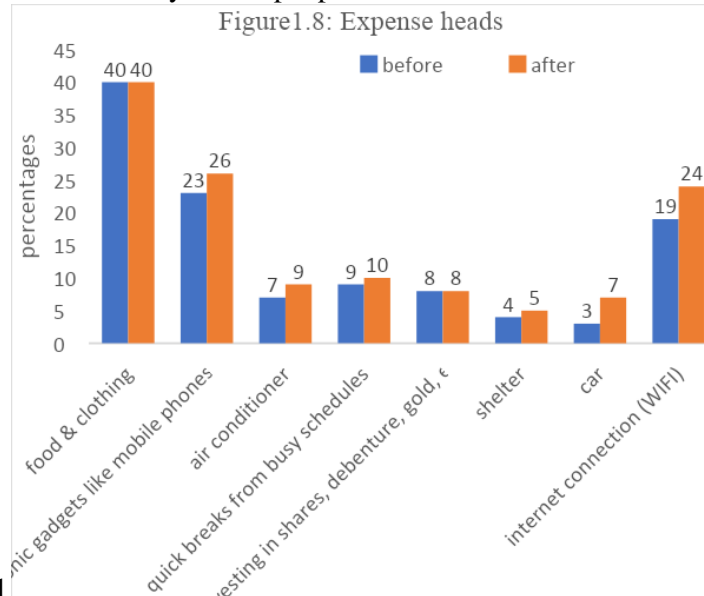
labourers and workers due to migration. Any business without workers is like a body without life. This has contributed to one of the major reasons for social isolation among businessmen. Many *thelevalas* who run their family based on their daily earnings were feeling insecure of their business. Even after the lockdown the number of their customers also reduced.

3. It was also a major problem for employees. Those who had 'work from home' facility available the situation didn't impact them much. they had to however adjust to new normal patterns. But those who didn't had such facility had a fear from removal of jobs. they were feared as to how will they give backup to their family whose lives are dependent on his income which again resulted as big reason of stress.
4. With few or no income sources, many people used their savings, credit cards etc. and a few had to sell their personal assets too. They had saved the savings for some other purposes in future like for education of their children, or purchase any asset or for fulfilling their dreams. But they had to use it in this situation which brought them to mental dilemma whether to use it or not. It not only made them more tensed but also disheartened. However, they felt to be blessed with their family for always being with them. Motivational videos and yoga helped them to come out with a correct decision.



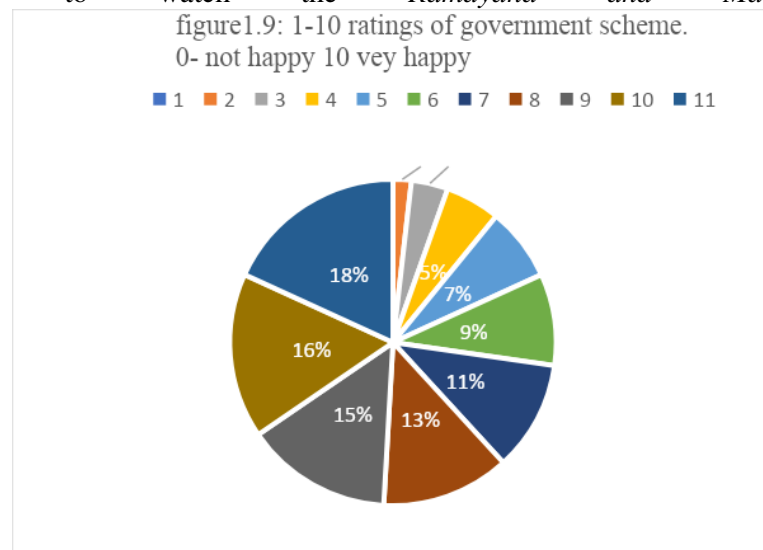
5. Also, a huge impact was seen in the budgetary constraints of people. Following bar diagram will show you the analysis. The number of units or times that people demanded for showed a big change. Like, where only 9 people demanded for quick breaks from work and stressful life, now 10 people demand. Due to work from home demand of internet usage has also showed an

increase. Where only 19% people demanded WIFI connection now 24%



demand.

6. With respect to various government schemes 49.15% of people were happy whereas 50.85% were not happy as they found there were various loopholes in the entire system. Many of those daily earners specifically those *thevalas* didn't get the benefits of schemes of small businesses.
7. Nearly 50% of people were satisfied with the actions of govt. as it met majority of their expectations. People were happy with the govt. initiatives. The most liked was the Arogya setu app launch. Majority of the salaried people and *therickshawalas* were happy with the loan moratoriums facility and allowing withdrawal from the PF account of employees. And across all people people loved to watch the *Ramayana* and *Mahabharata*



series.

d. Observations through the survey: It was observed that people have faced a lot of hardships throughout the pandemic period. However, still people have not lost hopes. Slowly and gradually people have started adjusting to the new normal life than before and are hoping for better future in terms of income and well-being.

CONCLUSION

Considering the factual data collected and above analysis, it is quite clear that the pandemic has a positive as well as negative impacts on various sections of the society depending upon their financial status, adaptability power, vulnerability and exposure to the pandemic. The impacts of lockdown were minimal to extreme on different sections of the society. Some were deprived of the luxuries and others were struggling just for the two meals a day. Some people were stuck in their houses and some were craving to go back to their houses(migrants).

The pandemic has affected almost every aspect of human life including social, economic, educational, mental and psychological. The humans have showed an excellent adaptability power and surviving skills in many ways which justifies the title of the research “NORMAL TO NEW NORMAL-A journey of humans during pandemic”.

RECOMMENDATIONS

1. AS NOT ALL HOUSEHOLDS WERE ABLE TO RECEIVE SAME QUANTITY OF FOOD, VARIATIONS WERE REPORTED IN QUANTITY OF FOOD GRAINS SO THE GOVT. SHOULD MAKE PDS SSTEM MORE TRANSPARENT AND UNIFORM
2. OFFICIALS MUST KEEP A CHECK ON NUMBER OF MEMBERS IN THE FAMILY SO THAT THE PROBLEMS OF EXCLUSION OF NAME OF MEMBERS FROM RATION CARD SHOULD NOT ARISE
3. DIGITAL CAMPAIGN COULD HAVE BEEN INITIATED FOR AWARING PEOPLE ABOUT THE MENAL HEALTH AND WELL BEING, GOVT. SHOULD HAVE STARTED BROADCASTING YOGA PRACTICES AND TIPS TO MAINTAIN INTERNAL PEACE
4. FACT CHECKERS AND SOCIAL MEDIA PLATFORMS MUST HAVE TAKEN PROPER CARE TO COUNTER FAKE NEWS AND PROPAGANDA, ALTHOUGH PRESS INVESTIGATION BUREAU DID A COMMENDABLE JOB REGARDING FACT CECKING BUT GOVT. MUST AIM AT INCREASINGTHE REACH OF THESE PAGES TO MORE AND MORE PEOPLE
5. NEWS AGENCIES SHOULD BECOME MORE RESPONSIBLE BEFORE PEDDLING FALSE NEWS IN TO THE PUBLIC DOMAIN
6. DIRECT MONETARY BENEFITS BY THE GOVERNMENT COULD HAVE HELPED DAILY EARNERS TO SUSTAIN LIVELIHOOD
7. AS LABOURERS, STREET VENDORS, RICKSHAW PULLERS WERE THE WORST HIT DURING THE PANDEMIC THE LOCAL GOVERNMENT WITH THE

HELP OF LOCAL PEOPLE AND LOCAL BUSINESSES MUST HAVE MADE ARRANGEMENTS TO HELP THESE PEOPLE FINANCIALLY

8. AS ALMOST EVERYONE WERE STUCK IN THEIR HOMES, LEADING TO INCREASE IN THE USAGE OF PHONES, IT WAS THE HIGH TIME FOR THE GOVERNMENT TO LAUNCH FREE ONLINE COURSES AIMED AT FURNISHING THE SKILLS OF COMMON PEOPLE IN AREAS LIKE ARTS, COOKING, FINANCE, ETC.

9. AS SMALL BUSINESSES SUFFERED LOSSES IN RURAL AREAS DUE TO LOW FOOTFALLS, BIG INDIAN BUSINESSHOUSES COULD HAVE MADE THE ATTEMPTS TO GIVE THESE SMALL BUSINESSES AN ONLINE PLATFORM TO SURVIVE THEMSELVES DURING THE PANDEMIC.

10. AS THE POPULATION IS ON THE RISE AND IT BECOMES VERY COMPLEX TASK TO CONTROL SUCH A HUGE POPULATION THEREBY LEADING TO ALARMING SITUATIONS DURING PANDEMIC CORONA TYPE PANDEMICS. THEREFORE, WE HIGHLY RECOMMEND POPULATION CONTROL BILL FOR THE SAFETY OF THE FUTURE OF OUR COUNTRY

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Role of Media during Covid-19/Lockdown

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Abstract

The WHO announced a ‘mystery pneumonia’ on 31 December 2019. Since then the virus has been identified (SARS-CoV-2), the disease named (COVID-19), and there has been global spread, with cases identified in 72 countries (as of 3 March 2020) and tens of thousands of people testing positive for the virus. Amidst all this the media has played a prominent role in disseminating information among people. The media has been following every step of this Covid journey with multiple stories, headlines and continuous updates to spread awareness in the best possible way. Here in this research we focus on the role played by media during these tough times, people's opinion about media and various suggestions which the media should undertake in order to reach out to the people in a more effective manner. With the various forms of media like print, broadcasting and internet this study also tells us which one is the most preferred. In this difficult phase of pandemic and social distancing media is the only major source which has provided immeasurable assistance and kept us all connected.

Aims/Methodology

To shed light on the significance of media.

To know which mode of media people trust and use the most.

To know people's opinion on media and how helpful it has been to them.

We used primary method of data collection to get people's opinion about the role played by media during Covid-19. We asked them a few questions on the basis of which we obtained their views and experience with media.

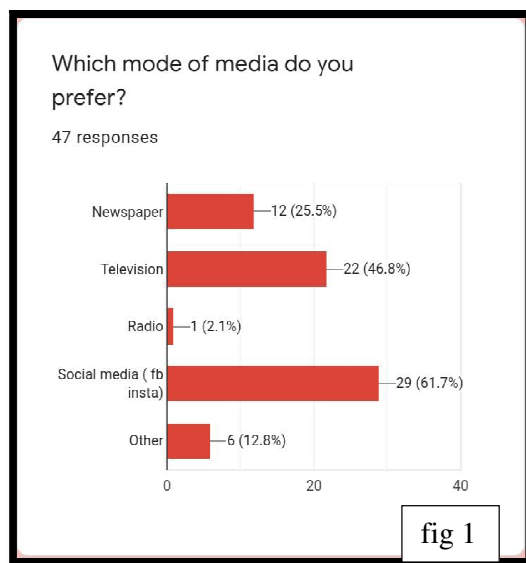
Introduction

The word “media” refers to any form of communication that delivers information. Common media outlets include newspapers, radio, television, magazines and internet sources like blogs or online publications. Via media we can obtain immense knowledge on various subjects. The main goal of media is to inform or communicate with the largest number of people possible, all at once. In today's world, media becomes as essential as our daily needs. Media is playing an outstanding role in creating and shaping the public opinion and strengthening our society. Media plays a very significant role to keep us updated about the various events happening in and around the globe. The Corona virus outbreak led to a much-elongated break in our day to day lives. Because of corona virus many people lost their lives, their family members and many even became victims of anxiety and depression. The whole world is still fighting to save their precious lives. In this ongoing pandemic situation media has played an important role to keep the world connected and inform us about the daily updates.

Findings

To access the role and impact of media, we adopted the Questionnaire method. The questionnaire was prepared using Google Forms. It contained 14 questions pertaining to the image of media in people's mind. We could garner 47 responses of which 70.2% were female and 29.8% male. Majority of them belong to the age group of 15-25 years.

While understanding the audience preferences, keeping the technology boom in mind, we could see that 61.7% people relied on social media as a source for information. Whereas 46.8% used television. With an increase in digital news we observed a significant drop in the number of newspaper users which stand at a mere 25.5% followed by 2.1% radio and 12.8% other modes.(fig 1)



It has also acted as a bridge between those in need and the people willing to extend a helping hand during the pandemic. About 85.1% people acknowledge that the media has assisted them and their families to stay safe and take necessary precautions while 14.9% believe it hasn't.

Despite of reduction in the avid newspaper readers, when it comes to people's trust, newspaper is still leading the race with a support of 40.4%. While 27.7% and 14.9% people trust television and social media respectively.(fig 2)

According to you which mode of media do you trust the most?

47 responses

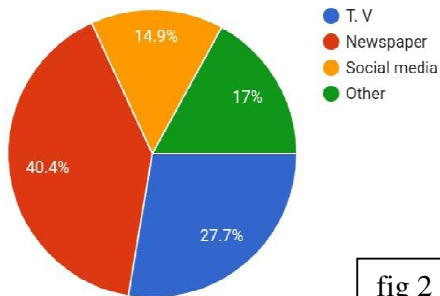


fig 2

It was also found that 41.3% people engaged in impulsive buying of essential commodities, hand sanitizers and face masks due to the anxiety created by media. Amidst all the support and awareness that media has extended, more than 50% people are of the belief that sometimes it showcases fake news and updates which may create a bad impact on people's lives.(fig 3)

Do you feel that at times media shows us fake news/updates which may create a bad impact on our day to day lives?

47 responses

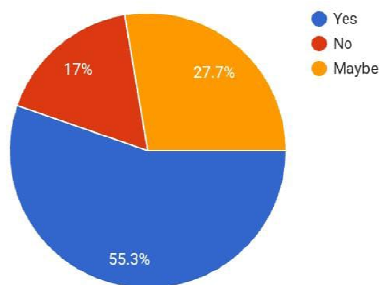
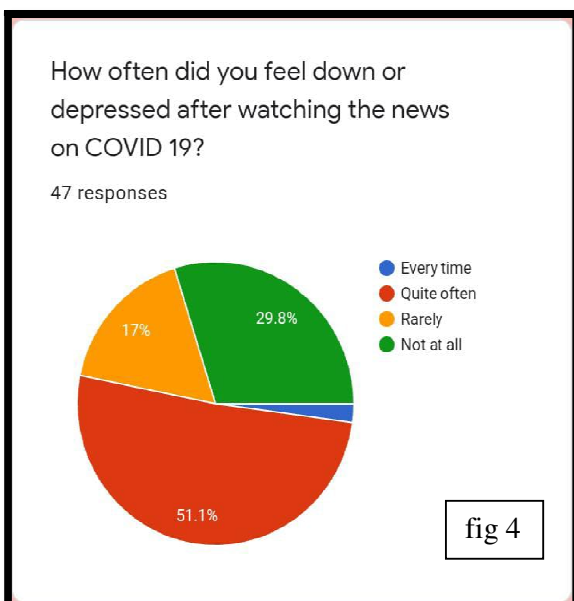


fig 3

Talking about the duration which people spend on media watching news updates, it was observed that 19.1% people spend an hour per day. Whereas 46.8% less than 1 hour and 34% more than 1 hour.

Taking into consideration the psychological aspect, media should've been more considerate while highlighting the Covid-19 news. About 51.1% people are of the say that quite often they felt depressed after watching the Covid-19 news over media. While about 2.1% were always depressed after watching such saddening scenario. 17% were rarely depressed whereas 29.8% weren't depressed at all.(fig 4)



Elaborating on the extensive use of social media during the pandemic period, about 40.4% are of the opinion that it has helped in connecting us to our family and friends. 19.1% strongly agree on the same and 31.9% are neutral.

Conclusion

Media has undeniably kept the world connected. From trending hashtags like #stayhomeindia and #coronavirusindia to PM cares fund media has made all of it possible. People may use other modes of media (social media) largely but when it comes to trust, newspaper is still leading the race with a maximum support. So we would conclude that the media can manipulate, influence, persuade and pressurize society, along with even controlling the world at times in both positive and negative ways; mentally, physically and emotionally. Media is indeed important and an asset to a democracy but excess of anything, even too much information is hazardous for one's own ability to understand things. Just like excess information on media obstructs one's otherwise clear-thinking process.

Recommendations

- 1) While Media is a good source to create awareness and make people alert about the things happening around the world, fake news should be avoided as it creates misunderstanding among people.
- 2) It should be used as a tool for bringing change in a positive sense.
- 3) The media should double-check the certainty of any information before circulating it to the public.
- 4) Media should be authentic and up to the point and should not hype over irrelevant issues. It should educate people only with the truth and reality around the world.

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MOB MENTALITY AND IGNORANCE DURING COVID-19

By: Niharika Agarwal

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Abstract

On March 11, 2020, the World Health Organization declared Covid-19 a Pandemic, which overturned the world. Lockdowns had been or were going to be imposed in countries across the globe. Different sections of people responded to this in different ways. There is no doubt that the pandemic has affected every section of society and individual psychologically, economically and financially. There was panic, anxiety, uncertainty, fear, a rise in mental health issues and other issues. No one will come out the same from this. Some people hoarded daily supplies; migrant workers protested for various reasons in India; frontline workers were attacked, people protested. Face masks, alcoholic sanitisers, constantly washing hands, and social distancing became the new normal to fight the battle against the pandemic. However, some people took to the streets and protested against the lockdown. Many people didn't adhere to social distancing rules and using masks after the government removed the lockdown. This paper talks about a group of people who resisted the rules for various reasons like stress, cohesion, social identity, ignorance, denial or illusions.

Objectives of the research

This research aims to delve into why some people protested against lockdown, masks, and social distancing. It aims to focus on this mob mentality that drove many people to wear masks and follow social distancing in public, but the rest resist it. Mob mentality is the notion of adopting behaviours because of peer pressure on an emotional basis and not rational

reasons. It also discusses how we can apply the groupthink theory to these protests. And lastly, why so many people didn't take the Pandemic seriously and ignored the primary health mandates provided by governments across the world.

Introduction

In August, thousands of people had gathered at Trafalgar Square in London to protest against the UK government's preventive measures. More than a thousand people in Rome had gathered to protest against the mandatory use of masks by schoolchildren. More than a hundred people in Madrid gathered to protest against the compulsory use of masks. These protests were accompanied by shouting anti-mask, anti-vaccine slogans and carrying placards displaying the same idea. On October 2nd, a protest against vaccines and masks took place at Marine Drive, Mumbai. These are just a few of the examples from protests in different countries. The question here is that why would so many people protest when the pandemic has already been responsible for so many fatalities? What led to these groups think otherwise, i.e., wearing masks should not be mandatory when they know that the virus is so contagious?

In research done in the USA between June 3 and July 27, 2020, it was found that 84.6% (3,19,980) reported that they were more likely to wear a mask at the grocery store, but only 40.2% reported that they were likely to wear a mask while visiting a friend or family member. It also noted that 39.8% were likely to wear a mask in both settings. Lastly, 4.7% of people reported that they were unlikely to wear a mask in either setting. 4.7% might seem significantly less, but the survey had collected data from 3,78 207 people, so 4.7% of it was 17,903 people who didn't report wearing masks, and that is not a tiny number to not affect the transmission of the virus.

The point to be noted here is that these surveys are self-reported; hence, there is no way to know if the participants of the survey practice the behaviour they have self-reported in the survey. Social desirability or choosing the socially desirable answer plays a role in this research and affects it. However, it still gives us an idea about the number of people who do not follow health mandates. When you step out of your house, how many people do you see wearing a mask?

Findings

As mentioned above, several protests have taken place in different countries against health mandates, and people have resisted it as a group. Various reasons can be attributed to protests and mob mentality. While some groups were in support and reasonably wore masks, some groups didn't trust the medical authorities and used social media to spread fake messages. Some of these groups believed that the lockdown was a breach of their right to move freely. This irrational behaviour of not wearing masks could also have resulted from being in denial that a Pandemic is ravaging the world. In Michigan, when people took to the streets to protest, they said that the government should ease the mandates because they believed it violated their fundamental right to freedom and did more harm than good. Le Bon, a crowd psychologist, suggested that these groups' actions displayed mob mentality where individuals lose their individuality, make decisions according to the other group members on an emotional basis, and not a rational one.

Social psychologist Irwin Janis formed the groupthink theory, a psychological phenomenon in a group in which the desire for harmony or conformity in the group results in an irrational or dysfunctional decision-making outcome. We can apply this theory to these protestors. He said that the members of these groups often form a group because of shared commonalities, which later proves to be harmful because they make decisions irrationally. They end up conforming to each other. We can apply his theory to the protests because they share the

characteristic, as mentioned in Janis' research, that there are clear signs and symptoms that a particular group is not thinking clearly. Cohesion and identity also play a role in this situation. People tend to be a part of a group because they are supported there, and their social identification increases. After reviewing much of the current literature on Janis' theory, Baron (2005) concluded that while group unity itself does not cause groupthink, a threat to a shared social identity often does. Since affiliation with a group becomes more likely when other groups tend to be in opposition to one's own, members of protest groups are especially likely to associate with their groups: they exist, by definition, to oppose other groups. Another factor that plays a role is isolation. Although members of the anti-quarantine community may have learned about the pandemic's lethality and quarantine efficacy through social and news media, they most likely avoided doing so or talking to people who did not share their viewpoint. The physical isolation created by the requirement to restrict social interactions strengthened the natural propensity for groups to create echo chambers: groups of like-minded people who filter out information that contradicts their common beliefs while encouraging sharing information that reaffirms the groups' beliefs. Lastly, stress played a role in this. Physical isolation during the pandemic put so many people in stressful situations; people lost their jobs, depression and anxiety came forth, affecting too many people across the globe.

They could not access the social resources that routinely maintain their well-being due to disrupting regular social contact patterns. Some people lost wages due to the quarantine, and they began to see the controls as a breach of their civil rights. As stress levels rise, the ability to analyse information carefully, consider options and make reasonable decisions decreases. People look for "a desire for a definite answer to a question, any firm answer, rather than uncertainty, confusion, or ambiguity". They also tend to ignore information that is not aligned with their views. Members of this believe they are in the right, although they are not. They

were protesting fair health-care policies, refusing to vaccinate one's children, alleging that networking systems (5G towers) are to blame for the coronavirus and insulting people who wear face coverings when shopping are all unusual reactions that contradict social norms and are exhibited by a small minority of the population. These reactions, on the other hand, maybe normative for a specific category in this case.

Apart from these protesters, why do so many people ignore the health mandates? Dennis Proffitt, an author and the commonwealth professor of psychology emeritus at the University of Virginia, wrote an article reasoning why people were so biased towards not wearing masks, despite the increase in cases. He said that when we face uncertainty, we try to make sense of the world the way we like it and in this regard, we only select those informational resources that align with our thoughts. At that time, one tends to ignore other information sources. Asymptomatic cases played a role here. It's easy to believe that people who don't display signs aren't infectious because you're surrounded by healthy people and don't get sick yourself. When the opponent is undetectable, there is a lot of uncertainty. Lastly, he said that our personal biases enter the picture when we try to think rationally. People end up not wearing masks because it does get uncomfortable if you wear them for a long time.

Conclusion

To conclude, the mob mentality, protests, and the ignorance of wearing masks and following preventive measures have their reasons from groupthink theory that consists of illusion, stress, cohesion, social identity, etc. Asymptomatic characteristics of the virus affected more people and cause more uncertainty. Not to forget, people worldwide were facing their issues, whether it was financially or psychologically. Too many people lost their jobs, and too many people stayed away from their family. This doesn't justify their actions, though. Covid-19 hit so uncertainly that all of us were taken by surprise. However, taking the necessary

precautions was equally crucial because even if one of us doesn't follow the rules of social distancing, it acts like a chain and affects ten others, which can spread it to more people. Thinking about our families and ourselves and making sure that we don't spread it to someone else and cost their lives is significant. Only if we work together and not protest and ignore these issues can we fight this battle. There are places with no Covid cases, which was only possible because of efforts put in as one. Hence, educating ourselves and others, maintaining social distance, washing hands, using masks should be at the top of our lists right now.

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LOCKDOWN – IS ENVIRONMENT HEALING?

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Abstract

Four months into the outbreak of the novel coronavirus pandemic in India, mother Earth has surprised us in multiple ways.

Since the imposition of a total lockdown, humans were compelled to stay inside their houses. This has meant a small window for the environment to breathe. It involves the unexpected plummeting of air pollution or people being the Himalayas being visible after decades.

Worldwide spread of COVID-19 in a quite short time has brought a dramatic decrease in industrial activities, road traffic and tourism. Restricted human interaction with nature during this crisis time has appeared as a blessing for nature and environment. Reports from all over the world are indicating that after the outbreak of COVID-19, environmental conditions including air quality and water quality in rivers are improving and wildlife is blooming. India has always been a hub of pollution with huge population, heavy traffics and polluting industries leading to high air quality index (AQI) values in all major cities. But after declaration of lockdown due to COVID-19, quality of air has started to improve and all other environmental parameters such as water quality in rivers have started giving a positive sign towards restoring. This paper provides evidence-based insight into improvement of air quality and environment during pre and post lockdown of this pandemic situation. An attempt has been made to visualize the improvement in the air quality using tools like satellite images of Indian atmosphere, results of onsite real-time monitoring at specific locations (Ghaziabad-

highest polluting city of India) and Air quality index (AQI) calculated by central pollution control board of India.

Introduction

Coronavirus disease (**COVID-19**) is **an infectious disease** caused by a newly discovered **coronavirus**. Most people, infected with the virus, experiences mild to moderate **respiratory illness** and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, chronic respiratory disease are more likely to develop serious illness. The best way to **prevent** and slow down transmission is be **well informed** about the virus, the disease it causes and how it spreads.

Coronaviruses (CoVs) are a group of viruses which affects human beings through zoonotic transmission. This is the third time in past two decades that novel virus has created pandemic condition, after Severe Acute Respiratory Syndrome (SARS) in 2003 and Middle East Respiratory syndrome corona virus (MERS-CoV) in 2012. Pertaining to the Corona virus (2019), it was on December 31, 2019 wherein first case was reported to WHO Country Office in Wuhan, China with symptoms of unexplained low respiratory infections. This was classified as “pneumonia of unknown etiology” as the cause of infection was not known. On January 12, 2020, WHO found that Corona virus was the reason of this infection in Wuhan and later on 11th February, WHO Director-General announced this novel CoV as ‘COVID-19’ which is an acronym of ‘Corona virus disease 2019’. Covid-19 contain a single-stranded RNA as nuclei material and are 65 nm - 125 nm in diameter. The major causes of concern for Covid-19 includes its global scale transmission, repeated emergence, significant number of deaths, infection and mortality to care providers and multiplicative effect in vulnerable or susceptible groups.

Covid-19 was declared pandemic disease by Director General-WHO on 11th March. In India the first confirmed positive case was reported on 30th January in a student from Thrissur district of Kerala who had returned home for a vacation from Wuhan University in followed by two other cases on February 2 and 3 again in Kerala having the same history. As on 14th April, Ministry of Health & Family Welfare (MOHFW) reported 10,815 positive cases and 358 deaths covering 32 states in India. Fig.1 shows the spread of COVID-19 from January 30, 2020 to April 14, 2020. It is evident from the figure that spread of corona virus became rapid after 15 March and started taking a horrible shape in entire country. COVID-19 has its impact on various sectors; economy, health, environment, etc.

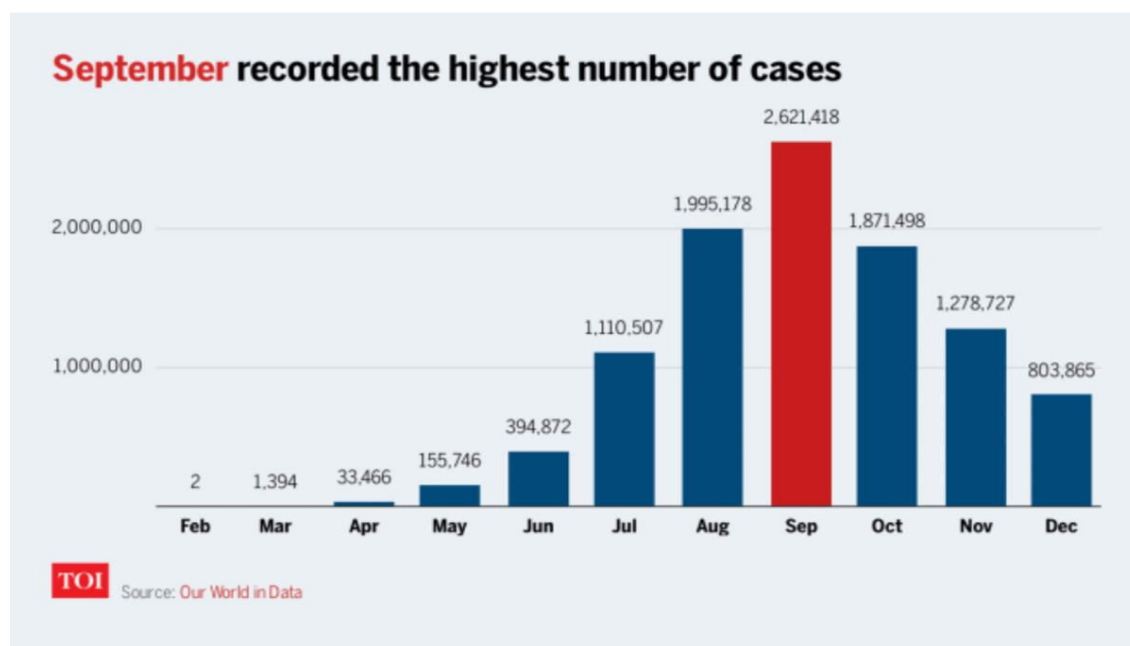


Fig.1

Number of Covid-19 cases in India

Impact of COVID-19 on Environment

During past two decades, India has witnessed an expeditious industrial growth which has certainly improved the standard of living of its people and it is also evident from the rising vehicular fleet on roads. But we have paid a heavy cost for this development in terms of poisoning the air we breathe. As per press release of World Health Organization (2nd May 2018), around 7 million people die every year from exposure to fine particles in polluted air. State of India's Environment (SoE) report, 2019 have declared that 12.5% of all deaths in India are due to Air Pollution. The environment in India was extremely degraded and all the pollutant levels and Air quality index left the limits way behind. Observing the increasing rate of corona cases in India and subsequent looming crisis, honourable prime minister of India, Shri Narendra Modi on March 24, 2020 declared a complete lockdown of 21 days for entire country during his live address to the nation, which was further extended for 19 days on April 14, 2020 in II phase followed by 14 days till 17th May in III phase and more 14 days in Phase IV. Various restrictions posed by GOI and subsequent lockdown, anthropogenic activities like industrial projects, vehicular movement, construction projects, tourism other common transportation activities witnessed a 'never before' stagnant phase. In India, apart from taking necessary administrative measures such as restriction on social gathering events, travel restrictions, containment of corona suspects and their treatment, Government of India (GOI) has directed the citizens to maintain adequate social distancing and to use personal protective equipment like masks. However, the COVID-19 has created a catastrophic situation for all and it would have adverse effect on Indian economy too, there is **positive side** of the coin also which may alleviate the woeful facts of COVID-19. As many of the countries are observing self-quarantine and social distancing, it has given the nature a "healing time" with reduced human interference in natural environment. Major impact of lockdown due to COVID-19 can be observed on air quality, which is being experienced by

everyone and recorded in various official reports. Smog has given way to blue skies in cities like Delhi, marine life is seeing increased activity, pollution levels have dropped in almost all the metro cities and animals as well as birds are moving around on their own accord. It was also observed that in metro cities like Delhi, as the energy foot print was high, the lockdown has improved the air quality at higher scale. Mandal and Pal in their studies on air quality of the four selected stone crushing clusters at Dwarka river basin of Eastern India noticed reduction of PM_{10} concentration from $189\text{--}278\text{ }\mu\text{g}/\text{m}^3$ to $50\text{--}60\text{ }\mu\text{g}/\text{m}^3$ after 18 days of commencement of lockdown. Analysis using WRF-AERMOD modelling system on actual and unfavourable meteorology revealed that even the predicted $PM_{2.5}$ increases in India due to unfavourable meteorology, the average concentration would still be under CPCB limits. Although the pandemic situation is out of control for human beings but the positive side of it has made us to reconsider our lives and reorganize it in a way that has less impact on our planet. The situation today is a “reset” for nature and mankind, giving us a prospect to observe and analyse in and around.

- **Positive and negative indirect effects of COVID-19 Lockdown on the environment**

- **Positive impact:**

1. **Decreased concentrations of NO_2 and $PM_{2.5}$**

- Air quality is essential for people's health. According to the Centre-run System of Air Quality and Weather Forecasting and Research (**SAFAR**), the measures against COVID-19 have led to a drop in $PM_{2.5}$ (fine particulate pollutant) by **30%** in Delhi and the level of Nitrogen-dioxide has come down drastically with a nearly **40%** reduction.

2. **Reduction of environmental noise pollution**

- The imposition of quarantine measures by most governments has caused people to stay at home. With this, the use of private and public transportation has decreased and commercial activities have stopped almost entirely. All these changes have caused the **noise level to drop** considerably in most cities in the world.

3. **Natural cleaning of water bodies**

- The lack of tourists, as a result of the social distancing measures due to the new coronavirus pandemic, has caused a notable change in the appearance of many natural sites in the world. For example, beaches like those of **Acapulco** (Mexico), rivers like **Yamuna**, now look cleaner than before.

- **Negative impact:**

4. **Increased waste**

- As a result of the pandemic, organic and inorganic waste generated by households has increased. Hospitals in Wuhan produced an average of **240 metric tons** of medical waste per day during the outbreak.

5. **Reduction in waste recycling**

- Recycling is a common and effective way to **prevent pollution, save energy,** and **conserve natural resources**. As a result of the pandemic, countries such as the USA have **stopped** recycling programs in some of their cities, as authorities have been concerned about the risk of COVID-19 spreading in recycling centres.

- **10 ways how Coronavirus Lockdown has resulted in Positive Impact on the Environment**

1. 1. Improve in Air Quality Index (AQI)

Since the Janta Curfew on March 22 till now, there has been a significant dip in the Air Quality Index (AQI) across the country.

2. 2. The Himalayan Range Seen After 30 Years

With the reduction of air pollution due to the lockdown, people in Punjab can see Himalayan Ranges from more than 100 miles away.

3. 3. No Traffic in Bangalore

4. With companies asking their employees to work from home, it has reduced vehicles on the road. The famous Silk Board Junction, known for the worst traffic jam in Bangalore, is empty due to the lockdown.

5. 4. Reduction of Air Pollution in Bangkok

Only a month ago, schools were closed in Bangkok due to an increase in air pollution. With the lockdown, the air quality has improved mainly due to the fall in road traffic.

6. 5. Clean Water in Yamuna

With the stoppage of industrial wastes and pollutants to the Yamuna River, there has been a positive effect on the water quality of the river.

7. 6. Pollution-Free Taj Mahal

With the reduction of air pollution in Agra due to the lockdown, Taj Mahal looks much vibrant in clean air.

8. 7. Drinking-Water from Ganga

With the lockdown and reduction of water pollution in many states of India, the water of Ganga River is now fit for drinking after necessary treatment.

9. 8. No Traffic in São Paulo

With the lockdown, South America's most populous city of São Paulo is now witnessing calm streets and clearer skies.

10.9. Swans Return to Venice Canals

Swans can be seen in Venice Canals after the nationwide lockdown was imposed by the government due to the coronavirus outbreak in the country.

11.10. Animals Roam Freely on Streets

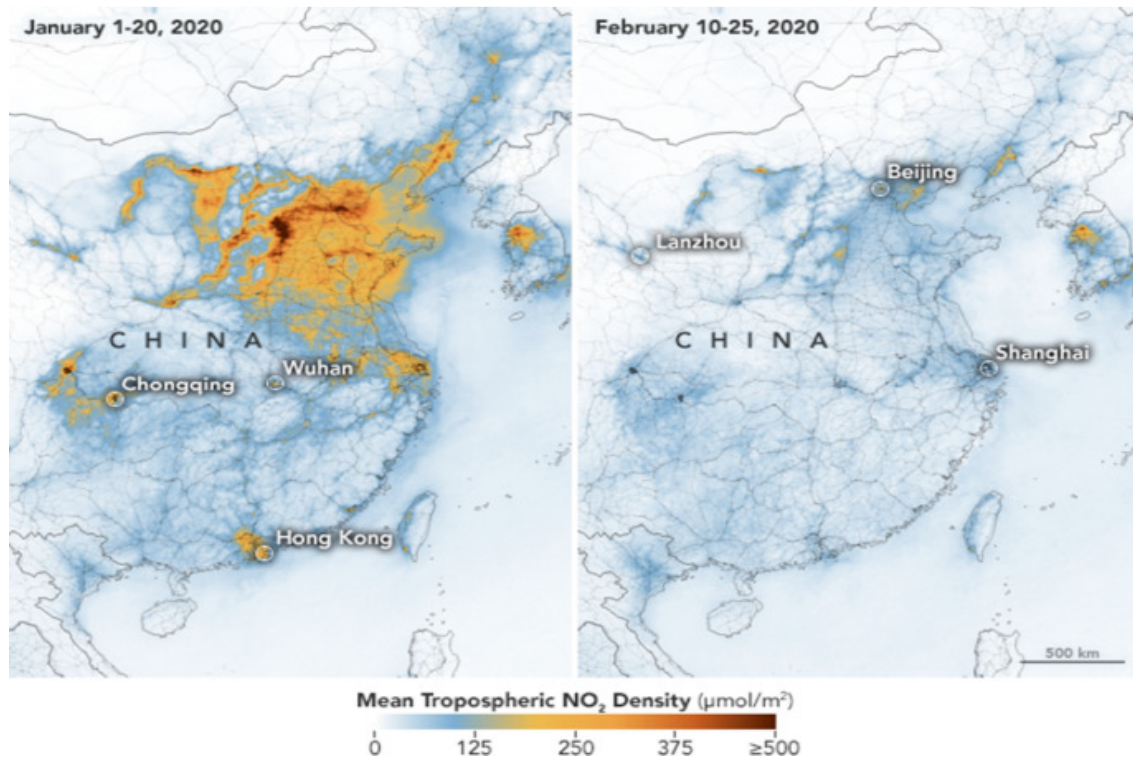
Wild animals can be seen roaming freely in various parts of the world as humans are confined to their homes due to the coronavirus lockdown.

Positive Aspects of COVID-19 Lockdown

Humanity retreats indoors and the non-human natural world rumbles out liberated. Millions of the people have been cooped up indoors but the natural world outside has continued to rumble on and the natural world is benefiting from our absence. Here, we have discussed some important positive impacts of the COVID-19-induced lockdown on environmental quality by compiling the recently published data from research articles, NASA (National Aeronautics and Space Administration) and ESA (European Space Agency).

- **Air Quality and Climate**

The World Health Organization (WHO) estimated that the outdoor air pollution kills 7 million people each year worldwide and more than 80% urban population is exposed to unhealthy air (WHO 2020). Since people stayed home, these last few months have paved significant improvement in air quality, especially in hard-hit areas like Wuhan, as well as in northern Italy and a number of metropolitan areas throughout the USA. In China, emissions of harmful gases and other pollutants dropped 25% at the start of the year 2020 and the quality of air improved up to 11.4% with respect to start of the last year, in 337 cities across China. WHO estimated that this change has saved 50,000 lives in China (CNN 2020). It is shocking to realize that millions of people die every year because of polluted air, smog and soot which are considered to be slow killers.



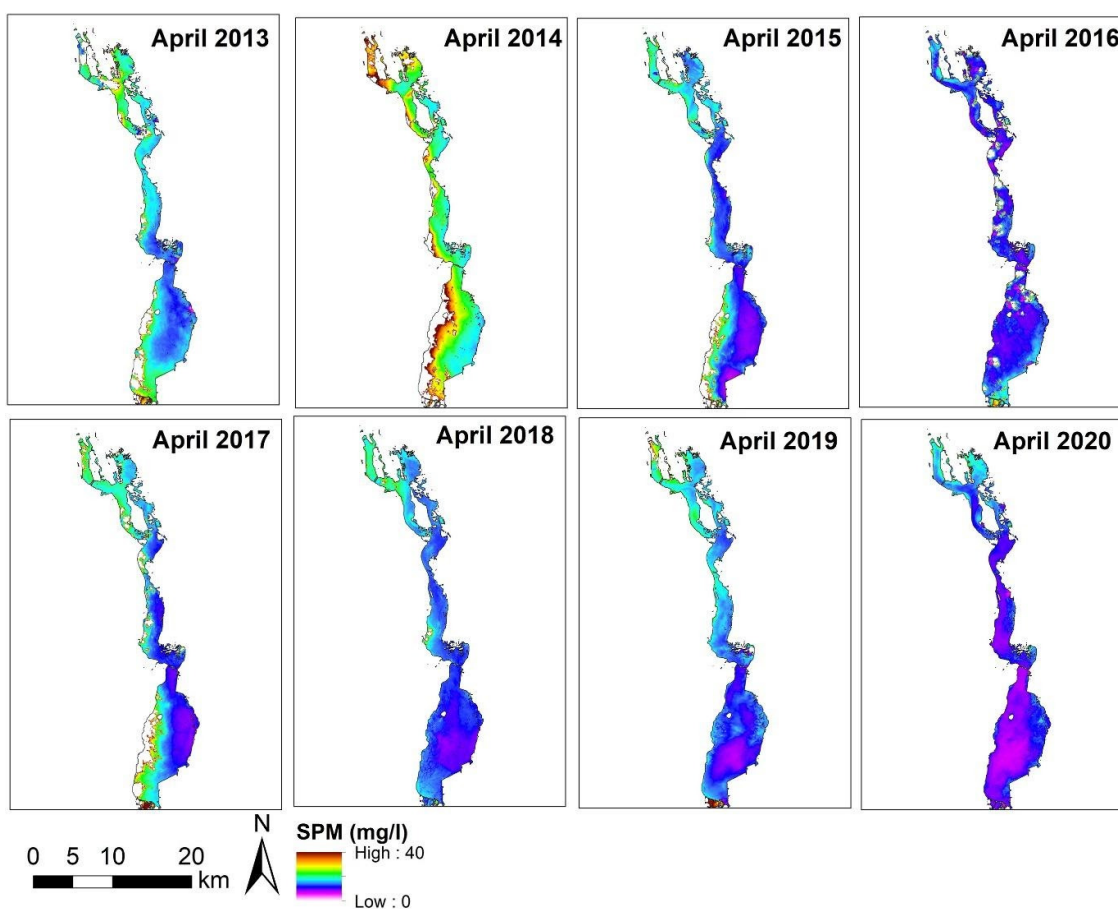
NO₂ emissions in China before and after lockdown.

- **Water quality and aquatic life**

Reports are indicating that during COVID-19-induced lockdown not only the air quality but water quality in rivers and water bodies is also improving. The stoppage of discharging industrial effluents and other wastes into water led to an apparent positive effect on water quality. India's holiest river Ganga has been one of the most polluted rivers in the world. Waste from domestic and industrial setups along the banks of this river cost the government in millions without any success.

According to the real-time water analysis of the Central Pollution Control Board of India (CPCB) and reports of Dr. Mishra, an IIT professor in Banaras Hindu University, a 40–50% improvement has been observed in the water quality of the Ganga River (CPCB 2020). The parameters monitored online were dissolved oxygen (more than 6 mg/L), biochemical oxygen demand (less than 2 mg/L), total coliform levels (5000 per 100 ml)

and pH (range between 6.5 and 8.5). Indian Institute of Technology, Roorkee, has reported that the water of Ganga River has become fit for drinking after decades. Not just the Ganga but its sister river the Yamuna has been improved as well, as dissolved oxygen (DO) has been recorded 2.3–4.8 mg/L in Yamuna which was considered null in 2019. Lockdown has been able to achieve what the governments could not for decades. Data from the Central Pollution Control Board (CPCB) and Uttar Pradesh Pollution Control Board (UPPCB) of India reveals that the biological oxygen demand (BOD) of the rivers Ganga and Yamuna has decreased in their most polluted stretches (CPCB 2020 ; UPPCB 2020). In Venice the water are looking clearer after the two months of COVID-19 lockdown and aquatic life is now visible which hasn't been seen for many years in the cities.

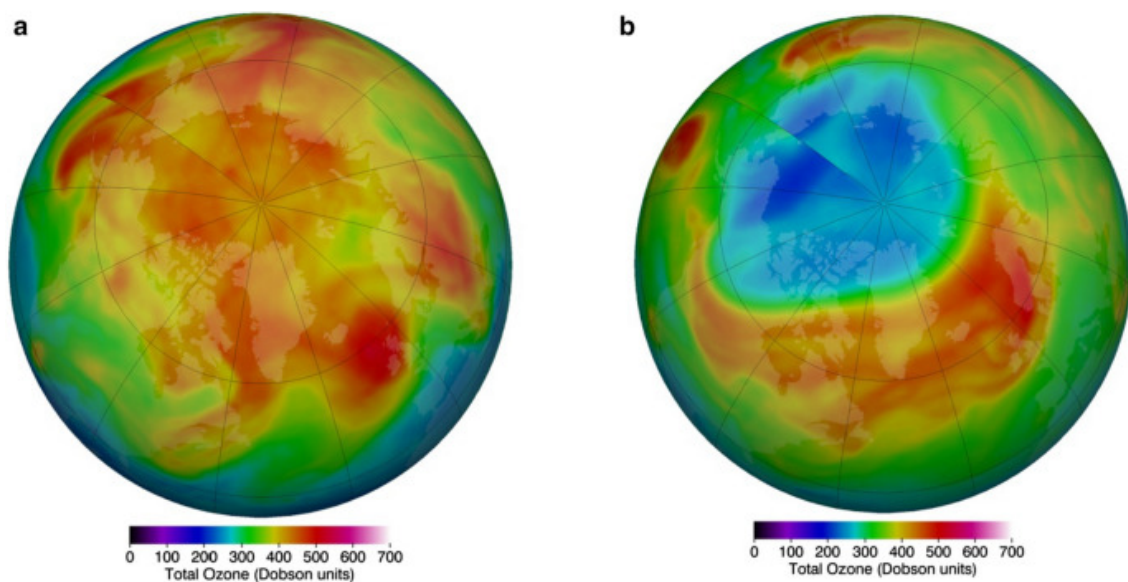


Time series suspended particulate concentrations (2013–2020) estimated for the
Vembanad lake.

- **Slow Moving Life**

Mobility has been wedged all over the world during COVID-19 lockdown. All modes of mobility like public transport, micro-mobility and individual auto commuting have seen a melodramatic diminution across the globe. Public transport has been reduced in many countries and up to 95% decline in users has been reported by many transport authorities.

Reduced road transport and fewer air travels across the globe considerably decreased fuel consumption. According to the data collected from a Norwegian energy consultancy, Rystad Energy, the demand for oil, gas and diesel could be decreased by 9.4 percent over 2020 (Rystad Energy 2020). However, this pandemic is a great opportunity for us to learn that how urban traffic and transportation can be monitored to reduce the expenditure of fuel, its consumption and maintain a healthy environment.



The concentration of ozone over Arctic regions in March 12, 2019 (a) in comparison with
March 12, 2020 (b)

• **Lessons from COVID-19 induced Lockdown**

COVID-19 pandemic is the first and foremost a global health emergency with severe consequences on health and economy, but it has also brought positive environmental effects that may serve as an example and inspiration for future behavioral changes that would help us to bring positive changes in environment. The current global pandemic has forced us to introspect and imagine a different world. The lockdowns show that a world with cleaner air is possible. The ongoing pandemic across the world is showing a direct relation between pollution levels and bigger economic activities such as industrial activities, transportation and energy production along with the small-scale interferences at city levels. This tells us that clean energy-based system has to be adopted as the corona outbreak ends.

Without pollution control, the waste products from consumption, heating, agriculture, mining, manufacturing, transportation and other human activities, will degrade the environment. Therefore, proper strategies should be adopted to control environmental degradation.

The lockdown gives us hope that there is a possibility of minimizing the unnecessary human interferences in environment. To bring positive changes in the environment, governments and individuals should adopt the following suggested strategies:

- Inspection and maintenance of vehicles
- Efficient public transport system
- Improving traffic managements
- Using eco-friendly products
- Minimizing the use of Chlorofluorocarbons (CFCs)
- Adopting renewable energy sources

- Promoting reusing and recycling of wastes
- Decreasing the use of pesticides
- Using minimum required amount of water
- Plantation of trees
- Avoiding deforestation
- Treatment of sewage and removing solid, suspended and inorganic materials from it, before it enters the environment
- Use of Ecosan toilets where no water is required and human excreta is converted into natural fertilizers

Conclusion

COVID-19 originated from Wuhan city of China and then spread almost all over the world. WHO declared this COVID-19 outbreak a pandemic and since February, 2020 affected countries have halted their factories, transport, vehicles and aviation to minimize the spread of the virus. Following social distancing, lockdown and restricted human interaction with nature proved to be a blessing for nature and environment during the crises. There are positive indications from all over the world that COVID-19-induced lockdown is improving environmental conditions including air and water quality and causes a significant concurrent reduction in PM_{2.5}, NO₂ and CO concentration which resulted in a significant increase in O₃ concentration. This recovery of lost environment is an indicator that the environmental degradation caused by human is reversible.

In a period of just 2–3 months, recovery of nature is being witnessed by everyone. This is a signal for us to understand and react. Government and policy makers must take necessary steps so that this healing process does not become a temporary one. There is a need for rigorous study on the effect of implementation of such short term lockdown as an alternative measure for pollution reduction and its effect on economy.

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LOCKDOWN: I'M A WRITER TOO

By : Bains Gurwinder Kaur

Abstract

Lockdown: "I'm a writer too", It's really related to the situation in which once I was. I've experienced COVID-19 myself, the time during when I was in hospital suffering from COVID 19. I remember I was just solving maths and then a few lines popped out in my mind and I started to write them down and then I drafted them and, in the end, I proof-read and edited them. Then I realized that it was a poem. That moment I came to know, that I can write too. Afterwards I started to enjoy writing different kinds of poems about life and the environment we are surrounded by and I wrote a lot of them and then I also started to write some scripts and writing materials. It was fascinating for me. If I put it in simple words, I was enjoying writing things and I became very interested in writing and wanted to see how far I can go with my writing skills. Even though I once suffered from COVID-19 but in the end, I think, it was not that bad since we know everything has its own charm and according to me COVID-19 helped me to know more about me. It was like discovering my very self. It can't be described in words but if I put it in simple words, it gave me the opportunity of, " IN SEARCH OF WHO I AM?".

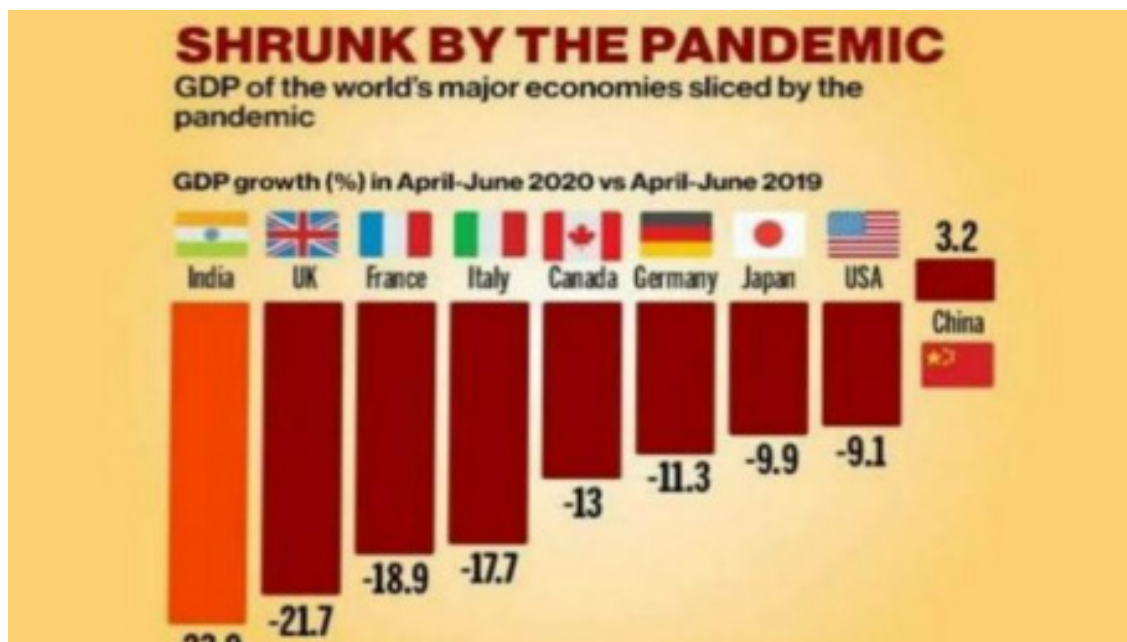
Methodology

The WHO China Country office was informed about COVID-19 cases on 30 December 2019. From 31 December 2019 through 3 January 2020, a total of 44 COVID-19 cases were reported to WHO by the national authorities in China. As of 20 January 2020, 282 confirmed cases of COVID-19 have been reported

From four countries including China (278), Thailand (2), Japan (1) and The Republic of Korea (1) case. These cases were exported from Wuhan city, China.

WHO Regional Office	Country, territory, area	Total number of confirmed cases
WPRO	China – Hubei Province	258
	China – Guangdong	14
	China – Beijing Municipality	5
	China – Shanghai Municipality	1
	Japan	1
	Republic of Korea	1
SEARO	Thailand	2
Total confirmed cases		282

During the lockdown period the number of cases were in control but it effected our economy drastically which resulted in the fall of GDP. Not only in India but all over the globe.



COVID-19 not only effected our economy but also the education of students, final exams were postponed all over the world. The flights were cancelled as of March 23, 2020, including Emirates Airlines, more than 20 airlines suspended their operations by 100 percent, implying all flights were cancelled. Due to coronavirus (COVID-19) outbreak, the aviation industry experiences a huge recession compared to other industries because countries have banned international and domestic travel. Due to which not only businessman's, citizens, employees but also student's suffered because it effected our education. Speaking from my experience, myself and a lot of students wanted to study abroad after completing our HSC examinations but due to the Pandemic we were not able to do what we've planned all along these years. Which was really heart-breaking for all the students. So, many students ended up wasting one of their year and some of us ended up selecting some of the course in our college and continued to study online.

It's been very exciting for us students to hear the word "Online learning" after been locked down for months. Living our lives within our comfort zone with electronic gadget's all over our room filled with Xbox, Dual Shocks, Play Stations, Nintendo, PC and our dear phones. Me and my friends were quite excited about online studies since it's a once in a lifetime situation. After attending few online classes it was good but at the same time tiring. We felt fatigue after attending lectures for four-five hours. There were many issue's regarding our phone's battery and poor internet connection but as we all know everything has it's own charm, so does online learning. Through online learning there were many kind of organized activities which brings some sort of connectivity between the teacher and her students. Speaking from my personal experience, my college has been working hard to provide the best of best for the students development. Many activities have been organized recently to know the students personally by dividing them in small groups making them fill up forms to know them better and help them to open the doors to where they belong and what they seek. Over all, I think it's a great opportunity for students to enjoy the luxury of getting a lot of opportunities to take part in different organized co-circular intercollege activities by not only our college but also from the different colleges which will result in the development of our personality, skills and knowledge. So, let's enjoy our time by being connected to each other by communication.

INTRODUCTION

Presently the impacts of COVID-19 in daily life are extensive and have far reaching consequences. These can be divided into various categories: Social, Economic and Psychological Dimensions of Human Life during the Pandemic. We faced a lot of problems in Service sector because it is not able to provide their proper service to us during pandemic. Students faced Cancellation or postponement of large-scale sports and tournaments. Undue Stress among the citizens. Social distancing with our peers and family members. Closure of the hotels, restaurants and religious places. It was a great social change for all of us and it took a lot of time for us to get adapt to this social and environmental change. As we all know COVID-19 effected the economy of all the nations drastically. Which resulted in Slowing of the manufacturing of essential goods. Disrupt the supply chain of products. Losses in national and international business. Poor cash flow in the market. Significant slowing down in the revenue growth.

As we all know COVID-19 attacks our respiratory system and makes our body's weak just like a empty vessel but it doesn't stop there. According to me it not only attacks us physically but also mentally. We can fight COVID-19 physically but psychologically it's very difficult. Some of us can fight COVID-19 physically because our immunity system is strong enough to fight with it but when it comes to psychologically we become weak because when we see our loved ones suffering in front of us it becomes very difficult to handle our emotions and it results into depression. Speaking from my personal experience, it is the worst feeling I have ever felt when I was admitted in hospital but I made myself mentally so strong and I came out of that box and fought back till I won upon it. Facing COVID-19 psychologically is a different thing and a data from a survey on 1,257 HCWs who assisted patients in Covid-19 wards and in second- and third-line wards showed high percentages of depression (50%), anxiety (44.6%), insomnia (34%), and distress (71.5%). This pandemic has caused imbalance in the social, economic and psychological status of human life.

FINDING

I've found a lot of things about COVID-19. The virus spreads mainly through the air when people are near each other. It leaves an infected person as they breathe, cough, sneeze, or speak and enters another person via their mouth, nose, or eyes. It might also spread via contaminated surfaces. In the beginning COVID-19 was considered as a deathly virus from the point of view of humans because it didn't harmed animals that much instead of causing them any harm, it kind of gave them freedom. A lot of animals all over the world was roaming freely on streets. A group of antelopes were crossing the road in Japan. Which was very eye-catching. Due to the lockdown our environment started to heal because there was no pollution due to vehicles and factories and our oceans started to become clean not only oceans but the famous holy river of India "GANGA" was recovering very fast which was unbelievable and it was so fascinating seeing dolphins in "GANGA" and "MARINE DRIVES" and the most amazing part of the lockdown was about our "OZONE LAYER" being healed again which was about to fade away because of our cruelty and ignorance towards nature. After few months of Pandemic even though vaccine was not available but we have found some other ways to recover from it by using multi minerals, calcium and Vitamin-C, D3 and D12 because it makes our immunity strong and as we all know the virus attacks our immunity system to make us weak and then attack towards our body organs

causing us pneumonia and then kidney failure but if we keep our immunity strong then it won't affect us tremendously just by taking some multiminerals and vitamins we will be able to recover from it.

The time when I was quarantine, they didn't inject IV fluids in my hands because the virus didn't reached till my lungs so I didn't had any pneumonia since I was taking vitamins and septicin on weekly basis before being infected by the virus. I've recovered from COVID-19 very fast since I'm young and my organs are strong enough to fight against the virus. As we all know in the beginning COVID-19 was a new virus for all the nations worldwide. We were facing this situation for the first time and it caused a ruckus to humans socially, psychologically and economically. The pandemic caused unemployment to a lot of people all over the globe but after few months there were a lot of apps and companies who were reaching out for employee's and were offering "Work from home" jobs opportunities to them by advertising their apps and companies' names through Television and Radio. Instagram, Facebook and a lot of different social platforms.

COVID 19 have generated the need for reaching out in a lot of different ways such as online virtual conferences for businessman's and traders. Online studies and online exams for all the students since education is a first priority of every nation. COVID-19 have also helped a lot in reaching out during the Pandemic period because COVID-19 have also contributed a lot to humans' life during the Pandemic because due to it we were able to reach out and reconnect with our old friend's and distant relatives. Since we all know, it was very tiring to even have a conversation with our close family members and friend's due to our hectic schedule but during the lockdown period we had a lot of time in our hands and we took this opportunity for reaching out towards our old friends and relatives through Video calls.

The lockdown period was a kind of summer vacation for all the students since they have been Spending their time on games and hearing elders' stories with family. Through which we gained a lot of knowledge about how to see the world in a different way. It gave us a new vision. A new opportunity to see the things in a different perspective. In the meanwhile, it also enhanced our virtues and principles. It showed us the value of life, life is very short and anything can happen anytime and anywhere, Jobs are temporary, Health is wealth and the most important we need God to survive. Speaking from my personal experience, it gave me a new life. It gave us a new chance to know our self better about what we are alike? What we want to do? What's the thing which we are good at? In simple words it gave us a opportunity of "In search of who I am?". The time passed in this lockdown period, I will never regret it because I worked on myself. What I wanted? Who I am? And what I wanted to be? It was a golden opportunity for me to understand myself better by being at peace and most importantly being "myself". When I was admitted due to Pandemic in a hospital one afternoon while I was solving math because our exams were just few days away and at that time some lines popped out in my head and I started wrote them down and after drafting those lines it became a poem so at that time, I came to know that I can write poems too and after that I started to write a lot of poems, scripts and some writing materials so if I look into it it's not that bad because it changed my life. So according to me, it was a great opportunity for not only youngsters but also for elders to know themselves and the world better. In some sort of way this lockdown this difficult period which we have gone through together has changed us to be a better human being.

CONCLUSION

There are hundreds of coronaviruses, most of which circulate in animals. Only seven of these viruses infect humans and four of them cause symptoms of the common cold. But, three times in the last 20 years, a coronavirus has jumped from animals to humans to cause severe diseases in the beginning it was very difficult for all of us because we didn't have vaccine of COVID-19 but now in 2021 we do have it and vaccine's from India is distributed all over the world by our PM and that too free of charge. In India, distribution of vaccine have been started but only for the citizens who are above 45 can register themselves by the following link provided by the government for the citizens.

<https://selfregistration.cowin.gov.in>

Now, we can get vaccines just by filling up a form

During this Pandemic we have faced a lot of changes socially, economically, psychologically and the most important change of above all these are our dreams some of us founded ourselves in all these ruckuses and are able to strive and thrive for our dreams. Some of us lost what they earned but still they are moving forward with hope. Nations are cooperating with each. Jobs are getting available through a lot of different means and social platforms. Airlines are running successfully. Students are able to go abroad for further studies everything is going back to its place where it was in once in 2019.

RECOMMENDATION



All I can recommend is to protect yourself and others from COVID-19. If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. You may also take multiminerals, vitamins and septilin because it will make your immunity strong and the most important role will be played by septilin since it is capable to hold any kind of virus in your throat for three four days and it won't allow that virus to reach to the lungs of the body. so, I earnestly request you to take some medicines on weekly basis not for you nor for your family neither for a community but for our nation's economy and development.

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Lockdown: Finding Yourself

By: Vanisha Agarwal

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ABSTRACT

A number of philosophical and psychological theories suggest the true self is an important contributor to well-being. The present research examined whether the lockdown was helpful for the youth to find themselves and had a positive impact on their life and wellbeing. A survey method was used to extract the views and the opinions of the volunteers.

There is but one cause of human failure. And that is man's lack of faith in his true Self."

William James

The notion that there is such a thing as a true self is common and familiar in Western society ([Anderson, 2004](#); [Schneider, 1999, 2004](#)). Folk wisdom admonishes us to "just be yourself." And sources as diverse as Shakespeare ("To thine own self be true") and Janis Joplin ("Don't compromise yourself. You are all you've got") advise us to behave in accord with the impulses of a true self. People often speak of a need to "find themselves" or of the process of discovering who they "really are." Similarly, discovering one's true self is a prevalent theme in books, movies, and music. Inherent in the idea of a true self is that people see themselves as having both an outer layer and an inner core which is not necessarily reflected in that outer layer (see [Johnson, Robinson, & Mitchell, 2004](#)).

INTRODUCTION

Finding Yourself means becoming more aware of the person who you are, and accepting of your feelings, thoughts, personality, goals, and dreams. In addition to figuring out where you stand on things, finding yourself also means feeling at peace with person you have become During lockdown, and amid all the uncertainty, concern about our very livelihoods stands out. Some are struggling to make ends meet while others are merely anxious about the uncertainty of the future. In such a climate, does beginning a journey of finding yourself even make sense?

Self –discovery doesn't necessarily mean going out and beginning a new journey away from your current life to find yourself. It can be very different for each person, but the ultimate goal is to find a sense of balance in life. So, weather you are a busy working parent, an office worker or even a student clueless about your direction in life, the journey of finding yourself is a must, even more so during this challenging time.

REVIEW OF LITERATURE

A variety of personality theorists have considered the role of an inner core or true self in psychological functioning. Freud (e.g., [1949](#), [1961](#)) took a somewhat ambivalent stance regarding the importance of the true self to psychological health. Although the goal of psychoanalysis was to bring unconscious conflicts into awareness, for Freud, the hidden truth of human nature was a potentially threatening box of amoral sexual drive. Thus, for Freud, if we were fully aware of the inner core of human nature, we might, like Oedipus, rip out our eyes. Yet, in various ways the notion that there is value in awareness of the true self has been explicitly included in many theoretical approaches to personality ([Horney, 1942, 1950](#); [Jung, 1953](#); [Laing, 1960](#); [Miller, 1979](#); [Rogers, 1951](#); [Winnicott, 1960](#)). Though differing in many ways, these theories converge on a central theme, i.e., discovering (or rediscovering) and expressing the true self is crucial to psychological health. Represented in these theories is the notion that “losing touch” with one’s true self (e.g., because of parental or societal demands) is a source of considerable human misery. Thus, it seems reasonable to expect that the true self should be related to well-being. Empirical work provides support for these intuitively appealing ideas.

Recent work based on self-determination theory conducted by [Kernis and Goldman \(2004, 2006; Goldman & Kernis, 2002\)](#) has systematically examined the expression of the true self through the construct of authenticity. Kernis and Goldman define authenticity as the unimpeded functioning of one’s true self in daily life and have found that self-reported authenticity is positively related to such important outcomes as self-actualization, self-concept clarity, and self-esteem, and negatively related to psychological distress. Similarly, other studies of authentic expression have shown that self-reported levels of authentic behavior are positively related to subjective well-being, self-esteem, positive affect, and hope ([Bettencourt & Sheldon, 2001](#); [Harter et al., 1996](#); [Neff & Suizzo, 2006](#); [Sheldon et al., 1997](#)). A separate line of work conducted by [Schimel and colleagues \(2001, 2004; Arndt, et al., 2002; Arndt & Schimel, 2003\)](#) has demonstrated that validation of one’s true self (or in their terminology, one’s intrinsic self) leads to less defensiveness in a variety of domains. For example, having participants visualize somebody who accepts them non-contingently (i.e., “for who they really are”) leads to less downward social comparison, distancing from a negative other, self-handicapping, and conformity.

OBJECTIVE

To study the importance of lockdown in finding oneself.

HYPOTHESIS

According to the youth lockdown was beneficial in finding oneself.

METHODOLOGY

Participants-

Participants included 56 undergraduate-student volunteers, consisting of 25 male and 31 female student volunteers in the age group from 18-25 years. All the participants varied from

each other in various categories and had a different experience during lockdown. The potential participants were randomly selected and were asked to fill a survey form consisting questions about their lockdown experience.

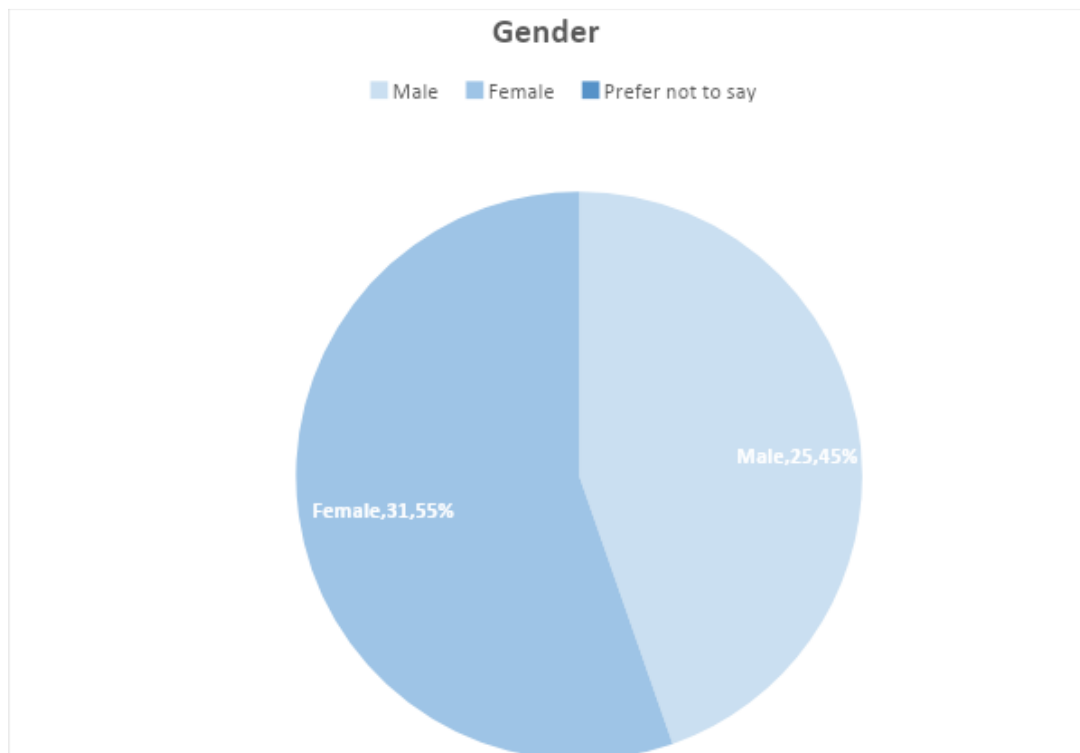
Materials-

A survey form was prepared for the participants which embodied uniform questions for all the volunteers about their overall experience of lockdown and how productive and helpful the lockdown was for them in psychological, emotional and adroitness aspect. The survey form consisted of 7 questions covering the whole research topic. There was no specific time limit for the participants.

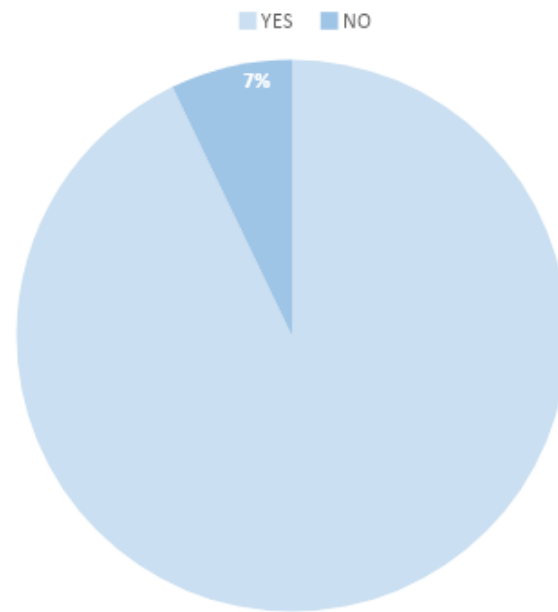
Procedure-

The form was floated among the participants and consisted questions like age, gender, 3 areas he/she explored about herself /himself in lockdown in both skill and emotional based, was there a major career change in their life during lockdown, one positive & one negative change that he/she experienced during the lockdown and Their overall view about the lockdown. Name of the participants was not asked to minimise The Hawthorne Effect. After the responses were recorded, data interpretation was carried out and the result was prepared.

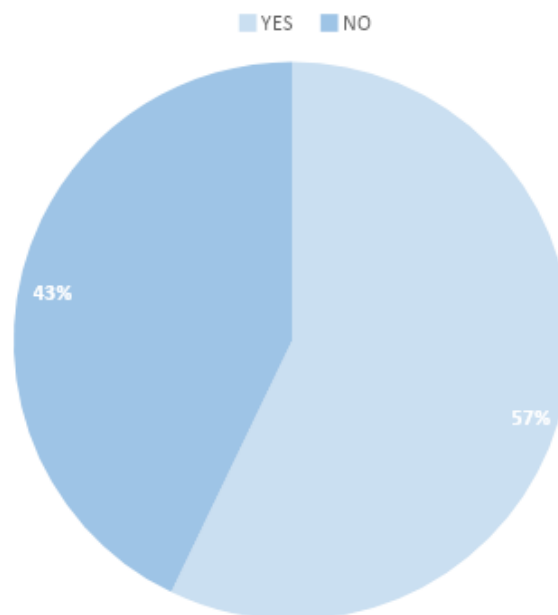
Data Interpretation:

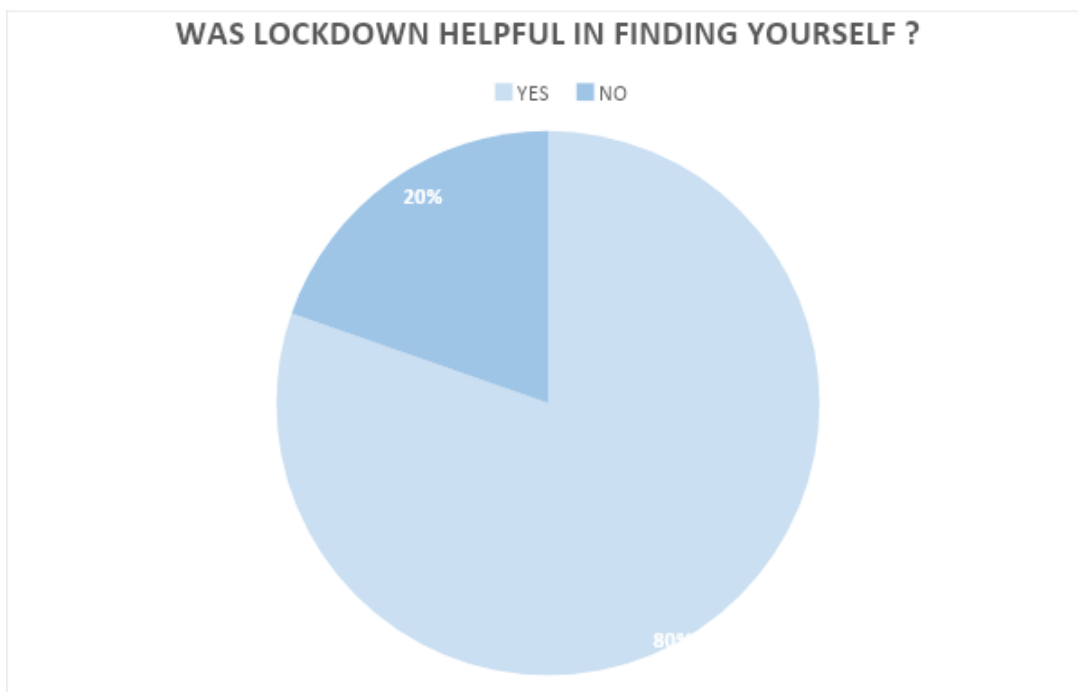
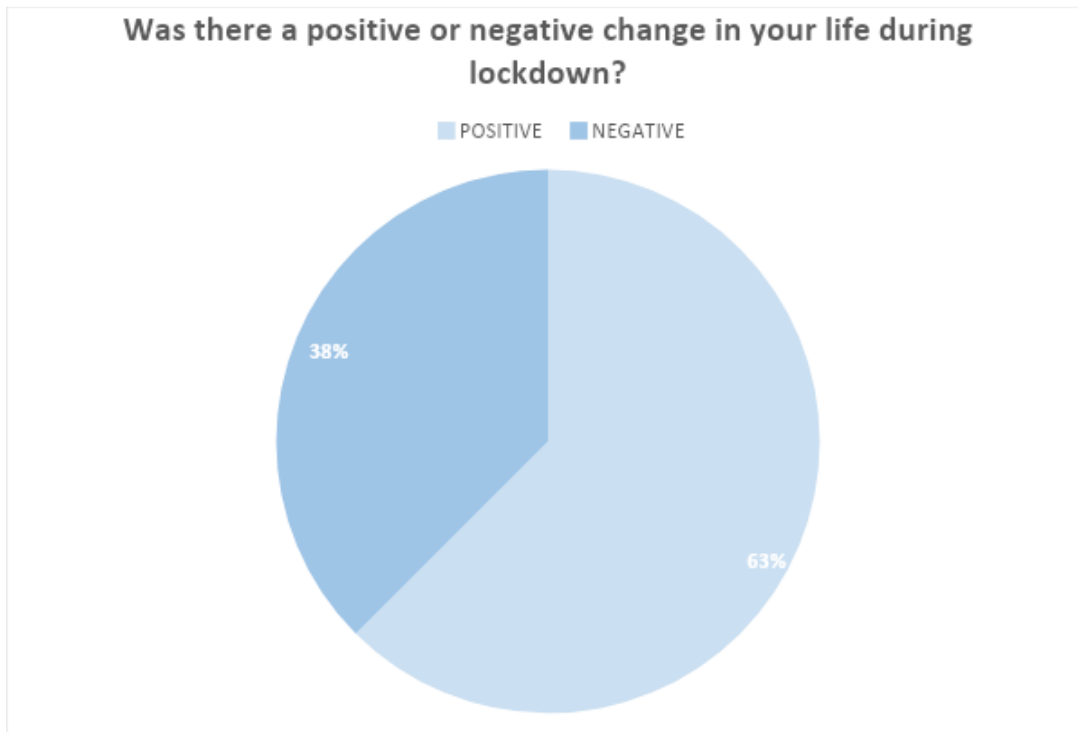


ACCORDING TO YOU, IS IT IMPORTANT TO FIND YOURSELF ?



Was there a major change in your life during lockdown? (Career Based)





CONCLUSION

1. According to the research, most of the people accepted the importance of finding yourself.

2. 32 out of 56 volunteers had a major career change during lockdown.
3. 62% volunteers had a positive change in their lives during lockdown.
4. According to the research, Lockdown was helpful for youth in finding themselves.

SUGGESTION

To find yourself, to know about our own strength and weaknesses, to accept the flaws and talents is very necessary to have a healthy and successful life. Self-love is extremely important.

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Life in Lockdown

By: Tushani Das

1.] ABSTRACT

Life in lockdown has not only changed how the world lives and operates but also how much crimes and wrongdoings have spiked up drastically during these difficult times. Fortunately, this key change will see certain violations decline – a few zones have effectively seen recorded wrongdoing drop by as much as 20%. Yet, there are stressing signs that offenses like aggressive behaviour at home and online extortion are probably going to flood and that new offenses (like malignant hacking), are arising as well. Wrongdoing science and ecological criminal science give specific consideration to wrongdoing openings and how they have influenced byways of life, routine exercises and specific products and ventures. For instance, an individual who goes out additional in the evening encounters more relational wrongdoings, similar to grab robbery or an attack, while simultaneously, their unguarded home is more defenseless against theft. Scientists have recognized functional approaches to forestall wrongdoing by lessening such freedoms. Measures differ, from crippling taken telephones distantly (making robbery less fulfilling), changing permitting laws and bar the executives' strategies (decreasing plastered communications) and improved home security to make break-ins more troublesome. Development (or its nonattendance) is vital to everything on the grounds that a potential guilty party should experience an expected objective for wrongdoing to happen. The objective may be an individual, a structure, or an item. This implies that since lockdowns have changed our developments drastically, we can anticipate that a similarly dramatic change should the dissemination of wrongdoing openings. For instance, the shortage of certain items in the pandemic, for example, facemasks and clinical gear, makes them more alluring as focuses for burglary. There have effectively been

instances of cheats taking oxygen canisters from an emergency clinic, assaults on food banks, tricks, and fake products identifying with Covid. It is protected to say that with isolate and lockdown, a large number of individuals changed their social practices and went through months inside their homes and this acquired critical changes the elements of wrongdoing, that is, hoodlums needed to rehash themselves and set out new open doors to perpetrate violations.

To help these thoughts, the approach utilized in this work depended on factual information and reports introduced by worldwide associations like Interpol and UN Ladies. An endeavour was made to think about such information between nations like France, the US, Spain and others.

In this elaboration, the subjects were separated into subcategories and quantitative work was done to attempt to show what the Covid circumstance meant for wrongdoings like cybercrime, extortion and abusive behaviour at home. Said that the system utilized was of a near sort to bring up reflections and issues about the progressions that the world is encountering and what it has been meaning for wrongdoing and security.

It is proposed to lead a concise clarification of the most recent occasions just as to clarify where the world is regarding wellbeing. Hence, the focal point of this work was to investigate and bring up the progressions that are now being introduced in the investigation of criminal science and levels of safety around the planet due to Covid and what this may mean for the future, either emphatically or adversely.

2.] OBEJECTIVES OF THIS RESEARCH:-

In this investigation, we break down the effect lockdowns have on crime across a wide scope of wrongdoing classes and its public approach suggestions. There are two principle quick and inverse channels of why lockdowns sway wrongdoing: (I) redirection of police assets to

authorize lockdowns and (ii) the decrease in the number of individuals on the roads, which expands lawbreakers' expenses of discovering casualties. The discoveries uncover huge negative impacts of lockdowns in the total crime of 58%. This is additionally obvious across wrongdoing classifications, paying little mind to their tendency and the settings where violations are submitted. These wrongdoings length from murders, robberies, thefts, abducting, burglaries, revolting to violations against ladies. Furthermore, this proof proposes that the primary channel at play is the higher pursuit costs that lockdowns force on crooks. A significant ramification is that the huge decrease in wrongdoing permits the police to let loose assets for pandemic-regulation. In this elaboration, the subjects were separated into subcategories and quantitative work was done to attempt to show what the Covid circumstance meant for wrongdoings like cybercrime, extortion and abusive behavior at home. Said that the strategy utilized was of a similar sort to bring up reflections and issues about the progressions that the world is encountering and what it has been meaning for wrongdoing and security.

It is planned to lead a short clarification of the most recent occasions just as to clarify where the world is regarding security. Consequently, the focal point of this work was to dissect and call attention to the progressions that are now being introduced in the investigation of criminal science and levels of safety around the planet due to Covid and what this may mean for the future, either in a positive or negative way.

As indicated by WHO reports, Covid is fanning out amazingly quick through the World and therefore, the circumstance is getting excessively convoluted. It is right to say that as per the last update (World Health Organization, circumstance report 207, p. 1-5), done on August 14, 2020, there are 20,730,456 affirmed cases and 751,154 passings on a worldwide level.

To see how Covid affects wrongdoing and security is important to call attention to a portion of the actions that numerous nations are executing to forestall additionally spread of the Covid like curfews, isolates, and comparative limitations. This influenced 161 nations, 98.6 percent of the world's understudy populace, that is, by the primary seven day stretch of April 3.9 billion individuals overall were under some type of lockdown, the greater part of the total populace.

The main objective of this research paper is to show the staggering rise of heinous crimes during this lockdown where people are already having a somewhat difficult time.

It's protected to say that the COVID-19 pandemic has influenced wrongdoing, particularly coordinated wrongdoing, psychological warfare, road wrongdoing, cybercrime, illicit business sectors, for example, unlawful medication market, burglaries and abusive behaviour at home. A portion of these effects has a negative impact however others have a positive result. As indicated by an assertion made by Global Initiative Against Transnational Organized Crime (GI-TOC) in March 2020 (Global Initiative Against Transnational Organized Crime, 2020, p. 1-3), the pandemic has caused a diminishing in some coordinated crimes, in the interim, it has given new open doors in different zones.

03.] INTRODUCTIONS:-

The idea of the emotional changes to portability that happened permits us to move toward the examination as a characteristic trial. We use wrongdoing information spreading over 5 years to contrast rates in 2020 with what might have been normal dependent on patterns from earlier years. Additionally, we use Google COVID-19 Community Mobility Reports to contrast territory-based portability with wrongdoing. In particular, we look at portability change in the retail area to changes in shoplifting and other robberies, versatility change in local locations to thievery abiding and burglary from vehicles, and portability in retail and

entertainment regions to changes in the attack. This permits us to figure the portability versatility of wrongdoing (MEC) as the rate change in wrongdoing because of a one per cent change in portability.

Our methodology is educated by the hypothetical viewpoints of wrongdoing science, especially the way of life and routine exercises approach (Hindelang et al. 1978, Cohen and Felson 1979) that recognize wrongdoing openings as focal (Clarke 2012). We see portability as a centre determinant of the degree of wrongdoing openings. Changes to versatility influence ways of life and the probability of connection between possible targets (counting casualties) and expected guilty parties and the probability of reconnaissance and likely guardianship by others. In principle, Coronavirus approaches to confine development will influence distinctive wrongdoing types in an unexpected way (Farrell and Tilley 2020). For example, expanded time spent in the home may be required to build the chances for abusive behaviour at home and youngster maltreatment to happen, because they are frequently dedicated by guardians or gatekeepers, and likely casualties and wrongdoers are getting to know one another. Simultaneously, notwithstanding, expanded time spent in the home may build guardianship and reconnaissance against thievery. Decreased participation in work environments would be relied upon to lessen work environment provocation, and diminished travel on an open vehicle would be required to diminish the numerous sorts of wrongdoing that happen on such vehicle or around transport stations. Far and wide conclusion of shops would be relied upon to decrease shoplifting. With individuals investing more prominent work and recreation energy on the web, the chance for wrongdoings to happen through the expansions in virtual portability. Subsequently, changes to portability would not affect consistently be that as it may, rather, various kinds of violations would be influenced in various manners in various settings, and we investigate a few points of interest further in what follows.

The timetable and setting for the investigation are as per the following. On Wednesday 11 March 2020, the World Health Organization (WHO) pronounced Coronavirus a worldwide pandemic. Footnote 1 Five days after the fact, on Monday 16 March, the UK government suggested cross country suspension of all unimportant travel, trailed by, on Friday 20 March, a declaration that all bars, bistros, cafés, and rec centers were needed to close that day. On Monday 23 March, a public 'lockdown' was reported. Lockdown rules expected everybody to remain at home consistently with four special cases; Exercise (alone or with individuals from a similar family); Shopping for necessities; Any clinical need, including considering a weak individual, and; Travel to or from work, yet just when an individual can't telecommute (Cabinet Office 2020). These four dates have appeared as vertical lines in course of events graphs in this examination shown later on in my project.

04.] FINDINGS:-

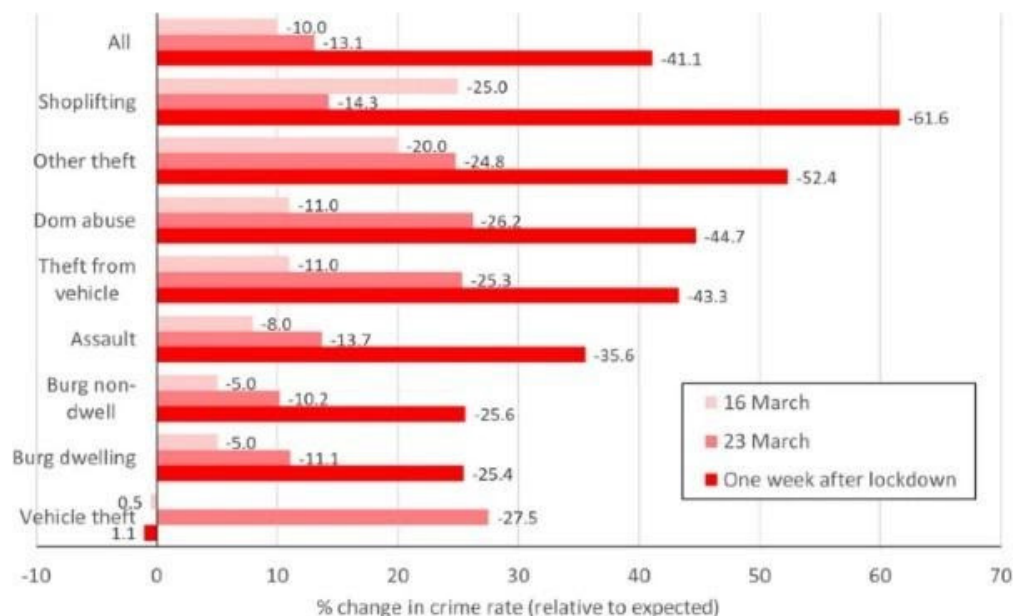
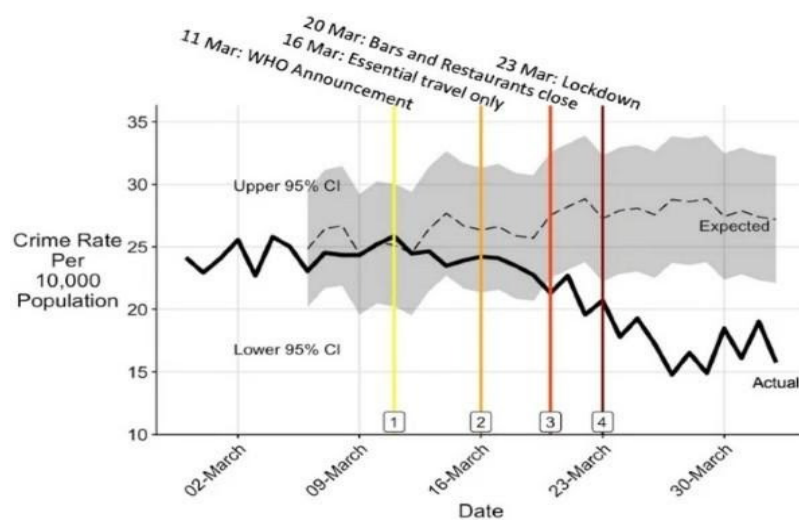
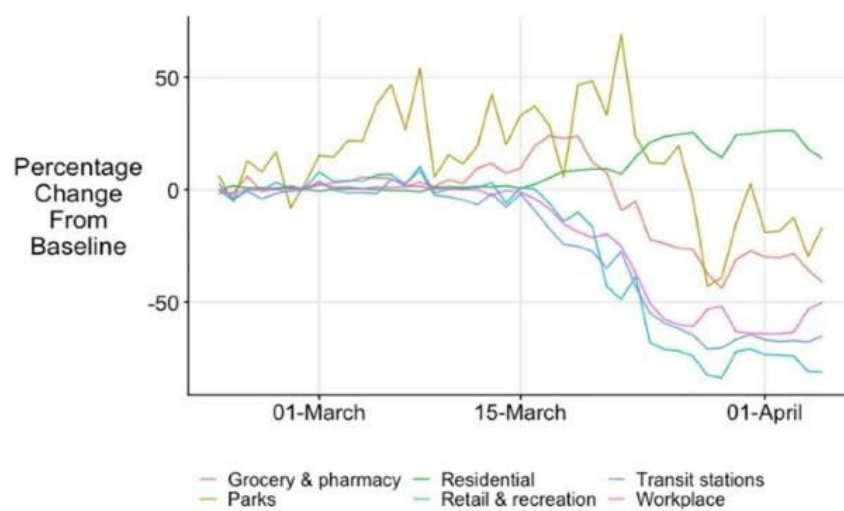
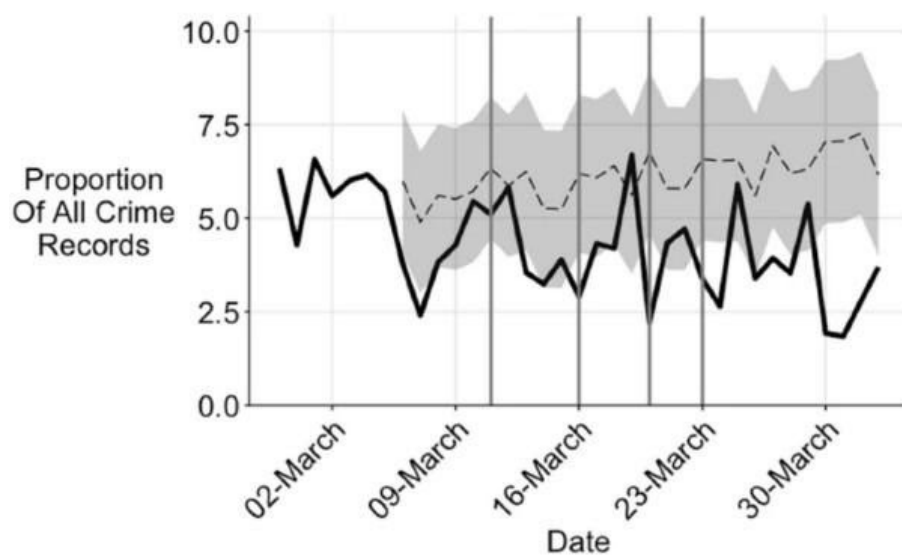
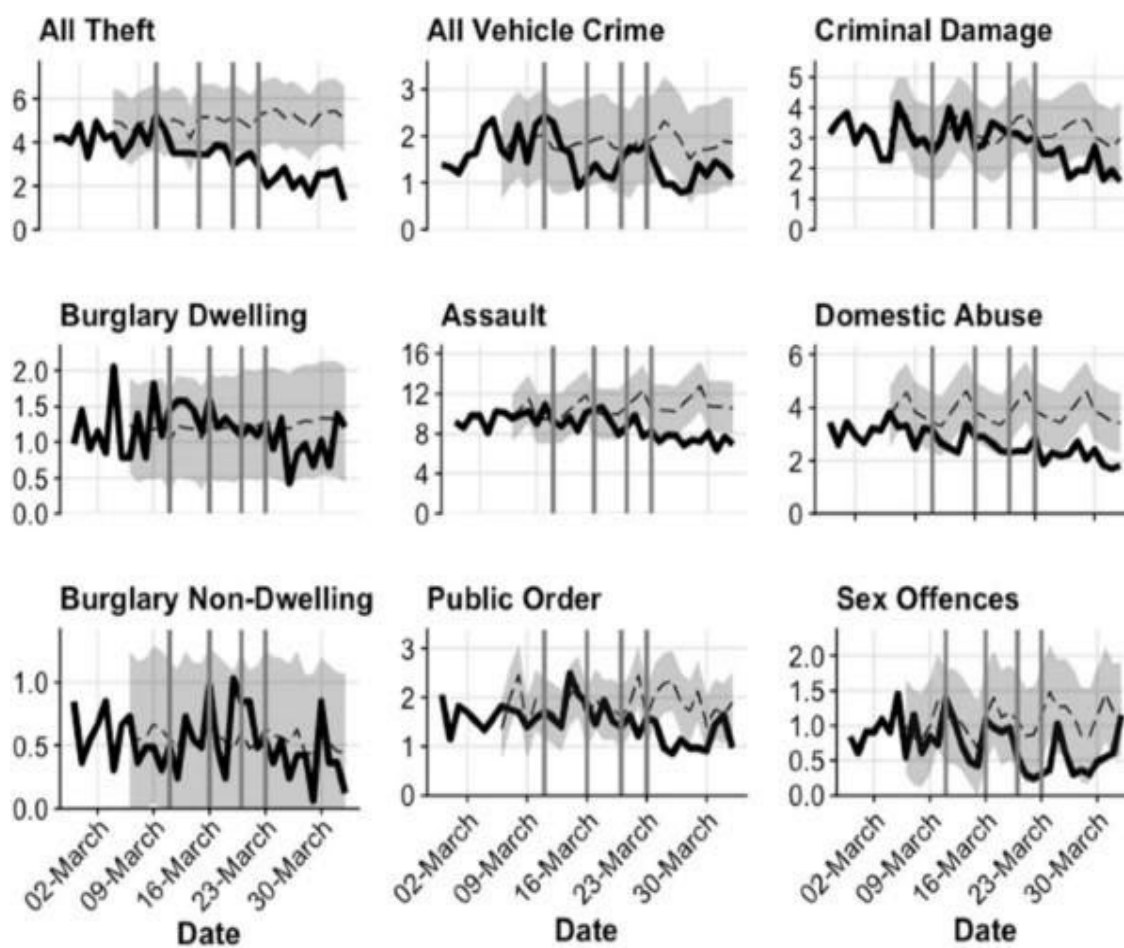


FIG 1

**FIG 2****FIG 3**

**FIG 4****FIG 5**

The 'all wrongdoing' class declined after 11 March (Fig. 2) and was genuinely essentially unique concerning the normal rate by 21 March, remaining so for the length of the investigation time frame (Table 1). The decay had levelled-off by late March. All individual sorts of recorded wrongdoing started to decrease before lockdown, with variety in the circumstance and degree, as examined underneath. The wrongdoing explicit outcomes that follow are sequential by date of the beginning of recognizable change, to compare with Table 3 which is talked about later.

Burglary declined from the WHO 'worldwide pandemic' declaration of 11 March and fell 20% by 13 March. A decrease in shoplifting started around 16 March when unnecessary travel stopped, yet was especially articulated after lockdown, getting genuinely altogether low and remaining so through early April (Fig. 3 and Table 1). Before the finish of March, multi-week after lockdown, shoplifting had declined 62% and all burglary 40%. In earlier years there had been a sharp decrease in shoplifting on Sundays, which was less set apart in March 2020. Robbery from vehicles additionally declined from 11 March and split by mid-March (while burglary of vehicles declined later, following lockdown). Recorded sex offenses declined from around 13 March, the pattern proceeding through March.

The 'weak youngster' classification alludes to recorded wrongdoing where a kid was hailed as defenseless. This implies that the 41% decrease on the whole recorded wrongdoing would, different things equivalent, produce a comparable decrease in weak youngster records. Thus, the best measure change is the extent of recorded violations with a weak youngster marker, which appeared as Fig. 4.

Attacks declined from 16 March, proceeding through March, however, the end of the week increments of earlier years were missing. Recorded homegrown maltreatment declined from

around 16 March onwards, and had declined (measurably fundamentally) by more than 40% multi-week after lockdown, with the end of the week tops likewise less noticeable.

Criminal harm declined after 20 March. The evident resurgence in criminal harm around 30 March—may reflect deferred revealing following an end of the week. The public issue likewise declined from 20 March, with the earlier end of the week increments missing, with a potential early April increment.

Robbery declined the accompanying lockdown on 23 March, falling significantly throughout the following week. A potential resurgence in theft abiding by early April could mirror a revealing increment after the end of the week. Robbery of vehicles, while mathematically little as a day-by-day check, declined from the lockdown of 23 March.

Changes in versatility in the six sorts of the zone, comparative with the gauge, are appeared in Fig. 5. That around local locations expanded from 16 March, and the multi-week after lockdown there was around 25% more versatility than anticipated in neighbourhoods (Fig. 5). Development around working environments declined quickly from 16 March and had fallen more than 50% by multi-week after the 23 March lockdown. Portability around retail and entertainment regions diminished after 16 March and had declined by 3/4 contrasted with the normal rate by multi-week after lockdown. There was expanded development around supermarkets in mid-March, trailed by a considerable decrease starting before lockdown on 23 March, with a decay of around a third by multi-week after lockdown. There was more prominent than normal development around parks for a lot of March, yet a sharp decrease by late March. Portability around travel stations declined from 16 March and had declined by above and beyond half by multi-week after lockdown.

05.] CONCLUSION:-

Most governments around the planet limited the development of individuals through a blend of social removing and lockdown, as a component of endeavours to handle the Covid pandemic. This created a scope of unintended outcomes, including wrongdoing. This investigation analyzed the consequences for wrongdoing in the days paving the way to and following a lockdown.

Numerous violations kept on being submitted during these beginning phases of the pandemic. For instance, shoplifting declined 60% which implies it actually happened at 40% of its normal level. Here the portability flexibility of wrongdoing offers helpful informative understanding. For instance, the converse unitary connection between neighbourhood versatility and theft staying fits with how portability changes in local locations were moderately more modest than those in retail and diversion territories, thus also were the impacts on wrongdoing.

Notwithstanding the requirement for replication and expansion of the work started here, there are different issues for additional examination. Obviously, further investigation of the portability wrongdoing relationship is required, among which the possibility to inspect guilty party and casualty versatility may demonstrate especially productive. All the more, as a rule, elective utilizations of versatility reports, especially if they can be further disaggregated, holds huge potential. Casualty studies should reveal insight into the announcing and recording of wrongdoing in the pandemic. We likewise perceive that there are different sorts of wrongdoing not tended to here that are additionally significant and will have been encouraged by conditions identifying with the pandemic. Changes to virtual versatility, that

is, online traffic in various areas, may reveal insight into online wrongdoings similarly as actual portability has revealed insight into actual violations here.

As we leave lockdown and versatility levels to change, our hypothesis proposes that wrongdoing will react. Numerous wrongdoing types will increment as versatility increments, yet an angular shape bob back would be negative, and strategy and practice to advance an L-formed direction ought to be empowered. A w-shape wrongdoing direction may result from further Coronavirus flares-ups and lockdowns, both broadly and locally. Techniques that expect such changes should be created.

Numerous wrongdoing types have been in long haul decrease in late many years, especially in created nations. Diminished wrongdoing openings, intervened by improved security and decreased objective reasonableness, has arisen as a solid clarification (Farrell et al. 2014). Wrongdoing changes identifying with the Covid pandemic are reliable with impacts upon wrongdoing chances of changes to versatility. That is, the generally momentary fast changes in wrongdoing experienced during the Coronavirus pandemic seem steady with the clarification offered for the more drawn-out term worldwide wrongdoing drop, however so too with expansions in cybercrime, misrepresentation and other new and arising violations that arose as the consequence of expanded wrongdoing openings.

The pandemic could, possibly, produce a comparative however more modest heritage if the 2020 partner of the potential youthful guilty party stayed unenlightened, or discovered culpable more troublesome and less fulfilling, due to versatility limitations. On the off chance that there is something to this, the more modest 2020 associate of proceeding with guilty parties will deliver an incidental useful tradition of Coronavirus approaches in years to come.

06.] RECOMMENDATIONS:-

We allude to Coronavirus as the term utilized by the World Health Organization for what is officially known as 'serious intense respiratory condition Covid 2' or SARS-CoV-2 as indicated by the Committee on Taxonomy of Viruses (New Scientist 2020).

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3. The wrongdoing classifications remembered for this examination are: robbery of an abode (thievery staying) and thievery of non-residences (robbery non-abiding), the two classes including applicable interruption and endeavoured offences; burglary offenses which we split into shoplifting and 'other burglary' offenses (counting robbery of pedal cycle, robbery by a worker, robbery of mail, exploitative utilization of power, burglary from a machine or meter, coercion and any remaining burglary offenses); robbery of engine vehicles; robbery from engine vehicles; criminal harm; public problem; brutality against the individual (counting, attacks with injury, attacks without injury, remorselessness to youngsters, kid kidnapping, murder, homicide, all attacks on a constable and all racially or strictly disturbed attack); homegrown maltreatment; weak kid offenses (any wrongdoing record recognizing a weak kid). We additionally incorporate the classification of all recorded wrongdoing. For additional particulars, pursuers have alluded to the public Counting Rules for Recorded Crime (Home Office 2020).

Wrongdoing information was accessible for some however not the entire five-year time frame for criminal harm, weak kid signs, sex violations and public request offenses, as definite further in the content.

6. As an extra quality control check, we ran a fake treatment model for 2019, and the conjectures it created stayed inside certainty spans for the length of the investigation time frame.

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