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• Health Services • Life Skills Education • Healthy School Environment



The National Life Skills, Values Education & School Wellness Program

Healthy Schools Healthy India

Education is not preparation for life...
Education is life itself

- John Dewey

Submission Guidelines

- All submissions should follow the APA 7th Edition style
 - All submissions should have an abstract summarizing the main points.
 - The submission should have a clear and informative title
 - The submission should be original and should not be in the process of consideration by any other publication at the same time.
 - The submission should have rigorous and reliable information and provide a deeper level of understanding.
 - Submissions should be engaging and accessible to non-expert readers as well.
 - Submission emails must contain an inline declaration stating that the research work is the author's original work and has not been submitted elsewhere for publication.
 - Initial acceptance of any submission does not guarantee publication. The editorial board shall do the final selection.
 - If necessary, the editors may edit the manuscript in order to maintain uniformity of presentation and to enhance readability.
3. Case Reports: These should contain reports of new/interesting/rare cases of clinical significance or with implications for management. The word limit is 1500 words and an abstract of not more than 150 words.
 4. Review Articles: These are systemic and critical assessments of the literature which will be invited. Review articles should include an abstract of not more than 250 words describing the purpose of the review, collection and analysis of data, with the main conclusions. The word limit is 5000 words excluding references and abstract.
 5. Grand Rounds in child psychiatry or psychopathology (Case Conference): This should highlight one or more of the following: diagnostic processes and discussion, therapeutic difficulties, learning process or content/technique of training. This may be authored by an individual or a team, and may be an actual case conference from an academic department or a simulated one. The word limit is 1500 words.
 6. Viewpoint: These should be experience-based views and opinions on debatable or controversial issues that affect the profession. The author should have sufficient, credible experience on the subject. The word limit is 3000 words.

Types of Manuscripts and Word Limits

1. Original Research Papers: These should only include original findings from high-quality research studies. The word limit is 5000 excluding references and an abstract (structured format) of not more than 250 words.
2. Brief Research Communication: These manuscripts should contain short reports of original studies or evaluations and service-oriented research which points towards a potential area of scientific research or unique first-time reports. The word limit is 1500 words and an abstract (structured format) of not more than 150 words.
7. Commentaries: These papers should address important topics, which may be either multiple or linked to a specific article. The word limit is 3000 words with 1 table/figure.
8. Literary child Psychology/ Developmental studies/ Psychiatry/ Disability studies/ Education for mental health: Original Contributions are welcome which cover both literature as well as mental health. These can be in the field of poetry, drama, fiction, reviews or any other suitable material. The word limit is 2000 words.

9. **My Voice:** In this section multiple perspectives are provided by patients, caregivers and paraprofessionals. It should encompass how it feels to face a difficult diagnosis and what this does to relationships and the quality of life. Personal narratives, if used in this section, should have relevance to general applications or policies. The word limit is 1000 words.
10. **Book/ Movie reviews:** Reviews of books or movies relevant to school mental health and wellbeing may also be submitted. The word limit is 1000 words.
11. **Announcements:** Information regarding conferences, meetings, courses, awards and other items likely to be of interest to readers should be submitted with the name and address of the person from whom additional information can be obtained (up to 100 words).

Faculty members are invited to be the guest editors of the journal on a theme relevant to school health and wellbeing.

The Manuscripts for publication in the peer-reviewed and refereed Indian Journal of School Health and Wellbeing (IJSHW) are to be submitted via e-mail to journal@expressionsindia.org along with a copy of the email to the editor.

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Message from the Editors

This issue is specifically dedicated to the ongoing pandemic COVID-19. The papers have emerged from a study, which was conducted during the first wave of COVID-19 witnessed by India. The study culminated in March 2021, before the second wave hit India. The current volume dedicatedly focuses on the Mental health of three prime stakeholders namely students, parents, and teachers in schools and Higher Education Institutions (HEIs). An additional section presents the stories of frontline workers. The volume includes papers based on the perspectives of the stakeholders at school and college. This study involved active participation of students of Education for Mental Health at the Department of Education, University of Delhi and Lady Irwin College, University of Delhi.

In all the papers, an effort has been made to combine quantitative data with qualitative data to arrive at a coherent meaning. Thus, family stories were incorporated with results obtained from quantitative methods. In the narratives, data were collated from two sources: COVID-19 affected families and COVID-anxious families. The findings of the study from quantitative and qualitative methods were woven together to address myriad questions about mental health. The framework of the study was also outlined at the beginning.

The first paper discusses the lives of *students*. At a macro level, students from the school and college levels were taken and analysed through quantitative methods. This data was further supplemented with students' narratives from their own experiences. Thus, students shared their journeys during times of COVID-19. This paper particularly delineates various aspects of students' lives affected by COVID-19 such as family, education, relationships, lifestyle changes, and psychological well-being.

A dedicated article focusing on teachers, shares a story of a student living with a teacher on the campus at Dehradun. It is a narrative about COVID-anxious behaviours. In the macro study, teachers shared their online education challenges, balancing at home, psychological well-being, job securities.

The paper on parents outlines their perspectives in unprecedented times. Parents shared their concerns related to finances, children's online education, psychological well-being, change in lifestyle and many more. The results were coupled with detailed narratives of two students, where they shared detailed accounts of their own families. The stories shared their own family beliefs, life before being affected by COVID-19, life after recovering from COVID-19 and learning from the experience.

The last section of the volume pertains to frontline workers. This paper compiles courageous and optimistic narratives of corona warriors. This article raises hope and optimism amid difficult times.

Happy Reading!

Prof. Namita Ranganathan, Dr. Surabhi Negi and Ms. Parul Kohli

Message from the Patrons

It is a matter of great happiness to note that the latest issue of the Indian Journal of School Health & Wellbeing published by the Expressions India is being released. It is a well known fact that Research publications and Journals in particular are the most authentic sources of verified knowledge and experiences. The sharing of such knowledge and experiences not only amongst the Researchers, Scientists, Policy Planners and Implementers, but also the Activists working in the concerned area and persons having special interest in that area benefits all. It is our privilege to reiterate that the Expressions India has been doing pioneering work since long, in the field of Health Education under its banner of “Holistic Health and School Wellness Programme” to enable the school education and teachers holistic facilitation in realizing the goal of Health Education in Schools. The present publication is a momentous indicator of this initiative.

The major bottleneck in the way of achieving the objective of Health Education has been the particularistic conceptualization of its transaction process. The goal of development of holistic health and wellbeing of young learners cannot be attained by making them gather certain information and rote-learn those. It can be attained only by a transaction process focused on experiential co-scholastic methodology that ensures active participation of learners and substantially contribute to the development of life skills enabling young children to manage their lives more competently and grow as truly empowered human resource of the nation and human society at large. To facilitate this process it is very critical to encourage and empower the teachers, so that they act like facilitators and mentors.

The formal school education system need to look towards interacting and taking the support from the initiatives like the one taken by Expressions India under its National Life Skills Education & School Wellness Programme aimed at realizing the Goal of “HEALTHY SCHOOL.....HEALTHY INDIA”. It is pertinent to state that the Schools and other educational institutions that have been associated with such endeavours have strongly felt the need for such programs to be adopted by all schools including Higher Education System.

It is in this context the Journal of School Health has potential to reinforce the process of realizing the vision of Health Promoting Schools getting integrated into the education system in India. We are more than confident that the present issue of the Journal will strengthen this grand endeavour and empower all who are creatively engaged in the promotion of Health Education in Schools. With immense pleasure we would like to express our gratitude for Advisory group, Editorial Board and Members of the Executive Editorial Committee for their valuable contribution, ungrudging cooperation and keen interest and also for making available the benefits of their rich experiences and knowledge.

“If there is will, there is way, and if the will is reinforced by enlightened path-breakers, the way would lead to the destination at the earliest “.

Dr. Jitendra Nagpal, M.D., D.N.B.

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Table of Contents	Page No.
Overview of the Study	1
Students’ Experience of Dealing With the Challenges During the Pandemic	5
Understanding Self while Dealing with Online Education: Perspectives of teachers	16
Adjustments and Support Provided by Family During COVID 19?	29
Trials and Tribulations of Frontline Workers	49
Concluding Remarks	57
Annexures	59
Authors’ Contact Details	61

Overview of the Study

Introduction

The World Health Organization (WHO) had declared COVID-19 as a global pandemic in March 2020, and it has adversely affected every aspect of human life. India as a developing nation with the world's second-largest population, had to face major challenges during the pandemic. With national lockdown, failing businesses and reduced opportunities, the challenges have been manifold on the financial, physical, social and mental health of the individuals.

This new situation called for novel solutions. Work from home, use of online services and the absolute shift of education from offline to online mode are few to be named. The changes in the education sector were achieved in haste, without leaving much time for training of the students and teachers. With the unavailability of infrastructure and space, the new classrooms needed a lot of adjustment from the learners and the facilitators. Also, the absence of school and workplaces, social meetings with family and friends have affected the relationships within the families. Stress from COVID-19 has added to these disruptions exponentially.

The pandemic has rapidly become a topic of research in the education community. It has become essential to assess the impact of the pandemic on the well-being of individuals and to learn from those who have demonstrated extraordinary resilience during these pressing times.

Research Design

The current study was conceptualized and conducted in the first wave of the pandemic in India. The study was implemented in three strands as follows:-

Strand-I

The first strand consisted of a survey conducted by students of Education of Lady Irwin College, University of Delhi, to understand the impact of COVID-19. During the process of the study, it was realized that this would not be sufficient to capture the dynamics of the way people reacted to COVID-19 and the peculiar impact that it had on the primary stakeholders related to education, viz. students, teachers, and parents. We have

termed this as the Macro part of the study, as it gives a broader picture.

Strand-II

To make the study comprehensive, students of education from Shyama Prasad Mukherji College for Women, University of Delhi, took the responsibility of interacting with the students at the secondary, senior secondary school level and higher education institutes. Some detailed interactions of school and college teachers were also conducted and documented in Volume II of the study.

Strand-III:

In the third strand, the students of the Department of Education, University of Delhi, commenced with family studies to gauge how family life had been impacted by the unprecedented situations. We mentioned this in the volume as the Micro part of the study, as it focused on nuanced and detailed elements of the study.

The common thread across the three strands was the focus on mental health concerns and coping strategies used by people across age groups.

Through the current volume of the Indian Journal of School Health and Well Being, we attempted to share surveys conducted in Strand-I of the study combined with intrigued narratives gathered by students to find out common coherence and learning from the study. However, the second volume tried to narrate the case stories based on interviews conducted in the Strand-II part of the study.

With the present study, we have made an effort to examine the impact of the pandemic on the lives of students, teachers, and parents at the macro and micro levels. We have attempted to identify their challenges and adopted coping strategies to deal with this sudden change. The insights received through this study may be used to develop a well-being and resilience framework that may benefit society at large.

Aim of the study

- To investigate the impact of COVID-19 on the lives of students, teachers, and parents.
- To identify the coping strategies adopted to overcome the pandemic.

- To study the changes in the education system and its delivery due to the pandemic.

Objectives of the study

- To identify the lifestyle changes the pandemic has brought into the lives of the students, teachers, and parents.
- To understand the challenges students,

School students: Twenty-five school-aged students between 12-17 years and twenty-five college students above 18 years.

Teachers: Twenty-four teachers teaching young children (Pre-primary/Primary grade) and twenty-five teachers teaching adolescents/Senior Students (Eighth grade onwards)

Parents: Parents of children belonging to

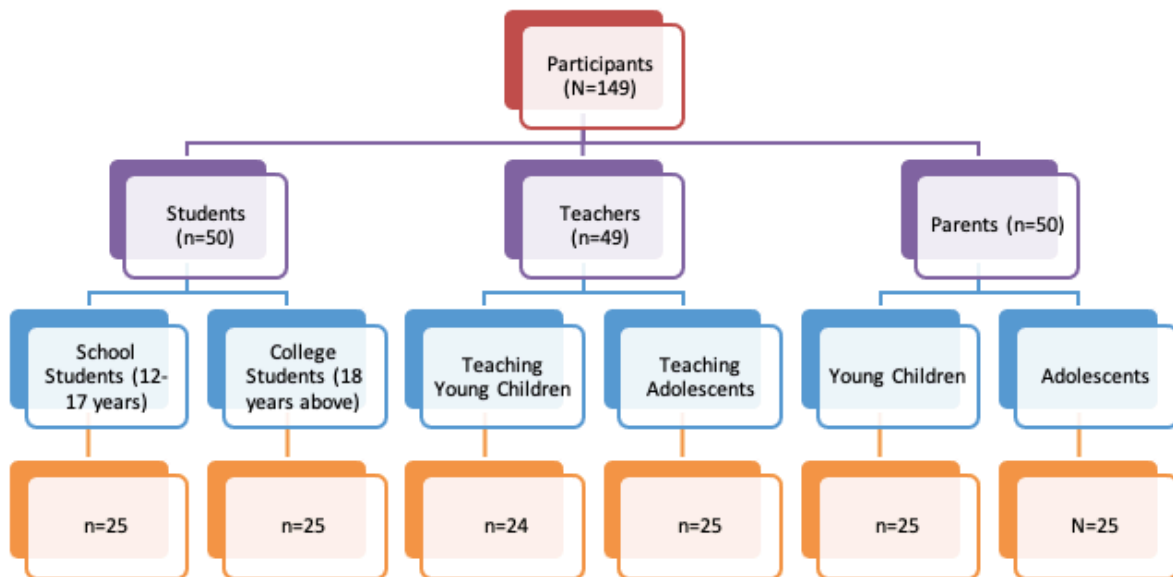


Fig 1.1 Sample and Sample size for Strand I of the Study

teachers, and parents have undergone concerning online education.

- To find out how pandemic has affected relationships within the family and with friends for the students, teachers, and parents.
- To list out the coping strategies adopted by students, teachers, and parents to overcome the stress-induced due to the pandemic.

Methodology

For this section of the study, the researchers have utilized one of the most popular methods in educational research: the survey method. The focus was to understand and record the perception of the students; teachers and parents towards the changes that they have witnessed in their lives due to the pandemic, and this method suffices the purpose of the study.

Sample

A sample is a proportion of the population that is selected and used to represent, as far as possible, the whole population in a study. For the present study's Strand-I, the data from 149 participants were collected. The sample of the study as shown in figure (1.1) included the following groups:-

primary or pre-primary grade/ young children and parents of adolescents were pursued.

In the third strand of the study, two kinds of families were taken. The first one was stories of families that had undergone COVID-19, and the second kind was families that had suffered from COVID-19 fear/anxiety. Each student of Education in Mental Health course from the Department of Education, University of Delhi picked two stories, falling into the two categories.

The students tried to engage in a dialogue with adults, children, and other members of the family. This was done to draw perspective from multiple persons of the family rather than from a single person. Thus, in Strand-III of the study, family as a unit was taken for the study

The entire sample was drawn using the convenience sampling technique from upper and middle-class populations studying, teaching, and living in Delhi.

Tools of the study

Perceiving the dangers and restrictions imposed due to the pandemic, the preferred choice of instrument for this section of the study was an

online questionnaire. Questionnaires were drafted separately for school students, teachers, and parents based on the objectives of Section I of the study. The questions in all three questionnaires were designed and constructed after a thorough discussion with the experts. Each questionnaire had around 25-30 close-ended questions under four subheads. The subheads for the questionnaires were:

1. Change in Lifestyle
2. Psychological well-being
3. Impact on Education
4. Relationship with family and Friends

A pilot study for Strand-I of the study was conducted to test the tool before the actual sample was collected. The questionnaire was tested with three stakeholders, i.e., the students, teachers, and parents. Based on the results, modifications were made concerning the language of certain items in the tool. In the process, some questions were deleted, and a few new questions were added. The language of the instructions for the questionnaire was English.

In the third strand, the areas covered for narratives where family stories begin with a description of the family, age, introduction to family members, education, profession/work, where the family resides, lifestyle, some description about their home, their beliefs, their family values, the share of responsibilities at household chores, and decision-making at home.

Data Collection

Every student belonging to the Education in Mental Health programme at Bachelor of Education (B.Ed.) II year of Lady Irwin College, University of Delhi (DU) was requested to collect data from two-three participants each. 60 students participated in the data collection of the study. The students were able to collect data from 50 students, 50 parents and 49 teachers.

Since the study of Strand-I had a questionnaire, so educated/literate participants were included in the study. The language of instruction in the questionnaire was English. Thus, the sample was drawn from participants who could read English. The location of the study was Delhi. Thus, the sample included in the study were from Delhi, Upper class, Middle-class and English reading participants. This was also the delimitation of the study.

Understanding the situation and allied dangers, an online survey was conducted. The students approached the participants through their emails and a Google link was generated and shared for filling up the forms online. Data were collected separately for each group, i.e., students (young and adolescents), teachers teaching (young students and adolescents) and parents (young children and adolescents). Along with the instructions, purpose of the research, anonymity clause, the contact information of a few selected students was shared with the participants, in case they need any technical support or help in understanding the items in the questionnaire.

As reported by the students, the process of collecting the data was smooth and trouble-free. Most of the participants could understand the questions. Few parents needed technical support and were provided so. The whole process of collecting the data through an online survey was completed in ten days.

In Strand-III of the study, once the data was received, it was put together to narrate the family story holistically. The narratives were documented in first-person mode and were narrated in a dialogical way at different places in the story that may reflect the authenticity of the story. Thus, the student narrated a story to the readers.

The analysis of Strand-III of the study was done based on the following themes:

- Perceptions, Fears and Beliefs
- Life before COVID-19

Precautions are taken by families to protect themselves

- How and in what ways has the family's lives changed?
- Views and experiences related to working from home
- Family time and duties
- Online Education
- Signs of Anxiety, Depression, and unhappiness
- Relations with neighbours and community
- Learned to live with COVID-19

Thus, each story was described and analysed based on the above-outlined themes. Thereafter, stories were shortlisted and put together with Strand-I to find out common coherence and

arrive at conclusions. The current articles in this volume have been divided into two sections, i.e., section A dedicated section A was allotted to findings obtained from Strand-I and section B described family stories. The stories in section B shared in the language that the participants were comfortable speaking in, viz. English/ Hindi. Some case stories have been presented as first-person narratives, where participants were comfortable with the same. In other cases, the student-researcher had paraphrased the stories and presented them in the third person. For this edition, a few shortlisted stories are being shared that may highlight the major changes students, teachers, parents, and corona warriors had to undergo. Significant insights have been drawn from the case stories, complemented with Strand-I findings, to present as a concluding note at the end of the volume.

Students' Experience of Dealing with Challenges During the Pandemic

Abstract

The current paper has two main sections. The first section paints a macro picture of the study that was gathered from school and college students. The micro part of the study consisted of narratives of students' lives. In the first section of the study, a total sample of (n=50) in which half of the students were from school and the other half of the students sampled were from college. The areas covered in the study were changing lifestyle of students, the impact on education, and relationships with family and friends.

In the second section, narratives related to students' lives were captured. In one of the narratives, a student who came from a distant state shared and narrated the changes he viewed in his hometown. The second narrative, outlined in the section B part, was chosen to highlight the insecurities a student may face during the pandemic related to personal life. All the narratives along with the quantitative part of the study arrived at interesting conclusions and one may find peculiar similarities in both sections of the study.

Keywords: *students, pandemic, migrant students, education, lifestyle, and relationships*

Introduction

The impact of COVID-19 did not affect only our health, but the way we spent our lives, worked on a day-to-day basis and most importantly the way we learnt things. When we focus on learning, many questions arise, such as how are our students learning in schools and colleges? What are their home situations? Whether they can cope up with academics and home pressures? Are our students satisfied with online learning? What challenges are our students facing and dealing with in day to day lives?

To address the above queries, one entire article is dedicated to understanding the lives of our students and their mental well-being. In mental health, the best element is being honest with our feelings and sharing with ourselves first and others. This section reflects the honesty of students about the feelings they were encountering in their narratives. Thus, making it more powerful and giving us our share to reflect and move further in our lives strongly.

Section A

This section is particularly dedicated to the macro part of the study, where the data was gathered from a group of students from both school and college fields.

Methodology

In the current study, half of the students were school children and the other half of students

were from college. Thus, the total sample of the study was 50 (n=50). The age of the school students was in the 12-17 years age group. However, college students were above 17 years old. In both groups, the majority of the girls participated (76% in the school group and 78% in the college group). Only 4 % of the school students were single-child, and the rest of the students in both groups had at least one or more than one sibling/s. The data was gathered through online questioning. The data were analysed through quantitative methods.

Findings of the study

This read shares the findings of the study obtained from both school and college students. The revelations bring out interesting questions to mull over and connect to our own lives during the pandemic. There were three main components covered viz. change in lifestyle, impact on education, and relationships with family and friends. Regarding the change in lifestyle; diet and sleep patterns, physical health status, activities during the lockdown, physical activities, substance abuse in immediate surroundings, the role of media and strategies to combat stress came. Impact on education caters to sub-areas such as receptivity towards online classes, the content of online classes, the role of teachers, challenges during online classes. As far as relationships with family bonds were concerned, sub-themes explored were family's emotional well-being, family bond, emotional support, ways to regain connections

Change in Lifestyle

Diet Pattern

8. Has your opinions/preferences changed regarding COVID-19 due to the potential influence of the social media like whatsapp/facebook/twitter ?

25 responses

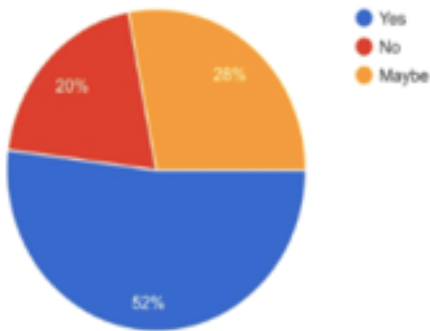


Fig 2.1 School Students (12 - 17 years)

1. Have you observed any change in your dietary pattern during this pandemic?

25 responses

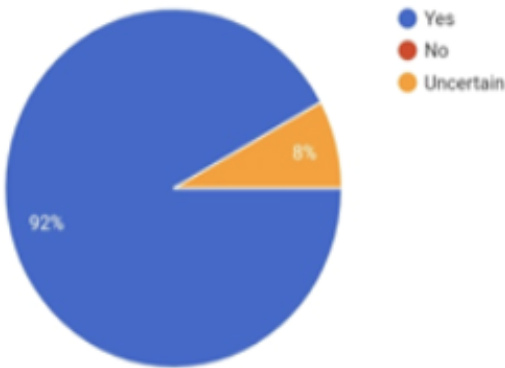


Fig 2.2 College Students (17 years above)

When asked if the participants had experienced any kind of change in their dietary patterns during the pandemic induced lockdown, 72% of school students (12-17years) agreed, as compared to the 92% of the college students who too agreed about the changes. 4 % of the school students and 8% of the College students were uncertain about the changes, while 24% of the school students did not witness any alteration in their dietary pattern.

Around 40% of the school students who confirmed that their dietary pattern had changed, shared that they had started taking their meals timely as compared to 18% who were eating at

erratic hours. Few school students (9%) were taking more junk food during the lockdown. Around 68% said that they had started consuming green leafy vegetables and healthy home-cooked food. As seen from the data above, almost 42% of the College students had started eating healthy and another 20% started eating on time while 33% of the respondents responded that they were eating at erratic hours and the rest 17% responded that they started having more junk food during the lockdown

Activities during Lockdown

Among both groups (school students – 76% and College Students – 64%), listening to music was the activity that most respondents indulged in. 52% of the school students took up physical exercises such as cycling, walking, dancing etc. and 48% helped with household chores. 28% took up yoga and meditation. As per the College students, 52% took up household duties like gardening and cleaning, while 20% kept themselves engaged with physical exercises. In both groups, around 16% of the respondents enrolled themselves on online classes for physical training.

Role of Media

8. Has your opinions/preferences changed regarding COVID-19 due to the potential influence of the social media like whatsapp/facebook/twitter ?

25 responses

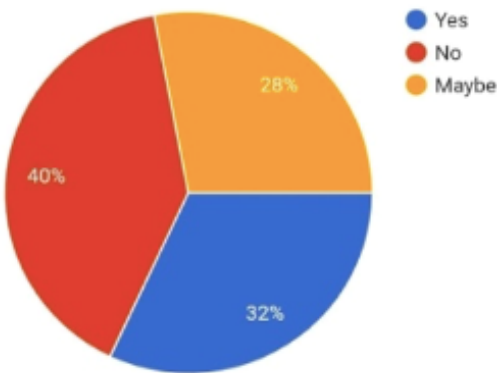


Fig 2.3 School Students (12 - 17 years)

When asked about their perception towards the media, 40% of the school students found the media misleading and only 24% found it informative. 36% of school students were uncertain. Among college students, the majority

(44%) felt uncertain and only 28% responded that the media was informative and the other 28% responded that it was misleading during the pandemic situation.

8. Has your opinions/preferences changed regarding COVID-19 due to the potential influence of the social media like whatsapp/facebook/twitter ?

25 responses

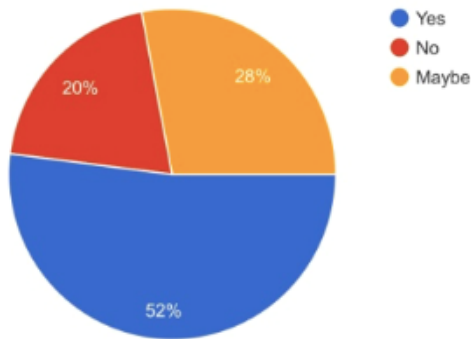


Fig 2.4 College students (17 years above)

According to 40% of the school students, social media had no influence over their opinions regarding COVID-19 whereas 32% agreed that social media does impact their preferences. While 52% of the College students agreed that the media changed their perception regarding the COVID-19 situation. But it failed to do so for the 20% of the respondents from colleges.

Strategies to combat Stress

In the conducted survey, 64% of the school students believed that the strategy of self-talk or talking to someone would be the most helpful in the state of stress, while 44% relied on getting more sleep, 40% said indulging in some physical activity would relieve stress during the lockdown. Whereas 36% believed taking up creative activities could help and 24% choose relaxation techniques. Among College students, when asked about the coping strategy towards managing stress, out of 25 respondents 64% responded that they would talk to someone or engage in introspection, 36% respondents said that they would get more sleep, 24% respondents answered that they would engage in physical exercise, 32% of them said that they would engage in creative pursuits while only 8% of them responded that they would try relaxation techniques.

Impact on Education

Receptivity towards Online Classes

10. Please set your level of satisfaction for the ongoing online classes?

25 responses

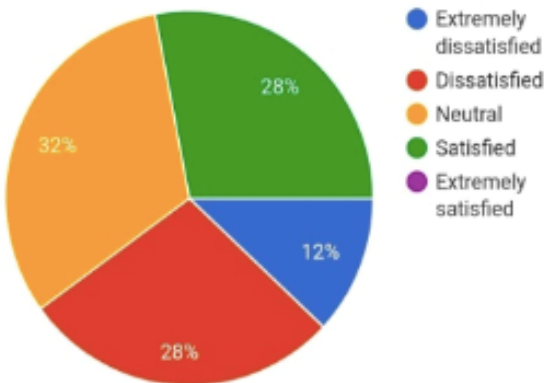


Fig 2.5 School Students (12 - 17 years)

10. Please set your level of satisfaction for the ongoing online classes?

25 responses

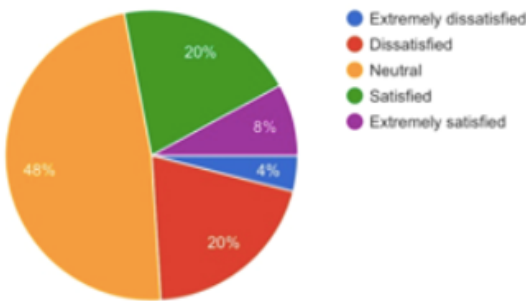


Fig 2.6 College Students (17 years above)

When asked about the satisfaction regarding the online classes, an equal number of school students (28%) confirmed their satisfaction and dissatisfaction, however, 12% indicated that they felt extremely dissatisfied with this change. Among College students, a large number (48%) showed a neutral opinion towards the online classes. 20% of respondents were found to be in the satisfied and dissatisfied category, and 8% were extremely satisfied with classes being held

Content of Online Classes

To know about the content of their online classes, only 4.1% of School students felt that online classes provided the right amount of theoretical and practical knowledge whereas 41.7% of students said somewhat, 37.5% of students said very little, 16.7% of students felt they don't provide much of the content in either form. With the help of the above data, we can see that 44% of the College students felt that

online classes provided a balance of theoretical and practical knowledge while 28% responded that a very little balance is maintained and the rest 24% believe that no balance is maintained between theoretical and practical knowledge while conducting online classes.



Fig 2.7 School Students (12 - 17 years)

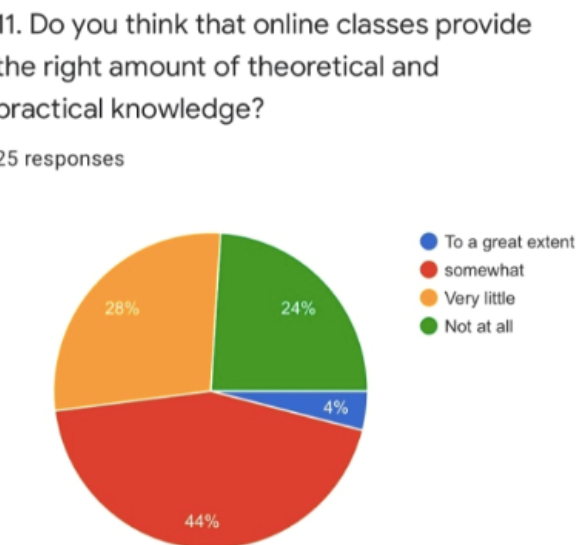


Fig 2.8 College Students 917 years above)

Role of Teachers

When School students were asked about the teachers’ role during pandemic induced online classes, 20% of the respondents confirmed that their teachers have provided them extra lectures, 44% agreed that teachers were compromising with their time in clearing students’ doubts. 56% agreed that teachers were searching for new ways to make teaching effective. 28% said teachers were trying to incorporate new changes in teaching patterns. 36% said teachers are giving new ideas for assignments, whereas 48%

agreed that teachers are using technology to make teaching better.The College students too were aware of the teachers’ role in helping them understand the concept during these uncertain times. 44% of the respondents felt that teachers are trying their best to incorporate changes in their teaching practices and have started using technology to make their teaching interesting, while 40% said that the teachers were still trying to incorporate new ideas for assignments, 24% of the respondents feel that teachers are helping them by compromising their free time while clearing the doubts of the students, and they are constantly searching for new and better ideas for an efficient understanding of the concepts and 16% of the respondents said that the teachers are also taking extra lectures in case students need more clarification.

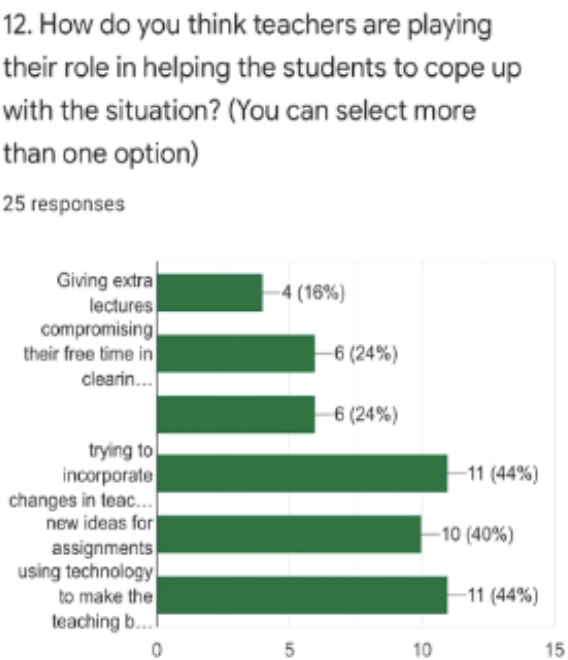


Fig 2.9 School Students (12 - 17 years)

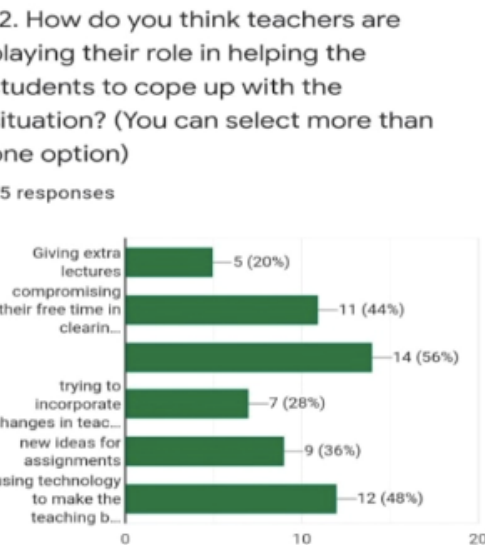


Fig 2.10 College Students (17 years above)

Challenges during Online Classes

13. What are your biggest concerns about online teaching? (You can select more than one option)

24 responses

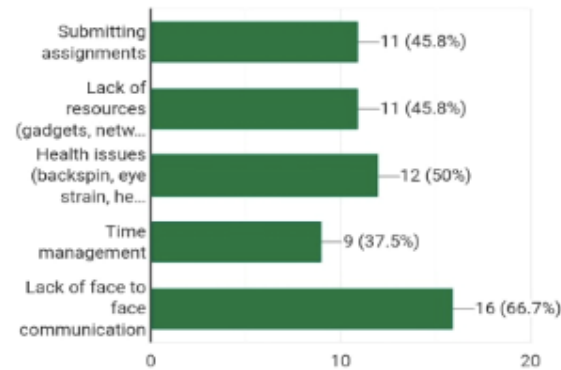


Fig 2.11 School Students (12 - 17 years)

13. What are your biggest concerns about online teaching? (You can select more than one option)

25 responses

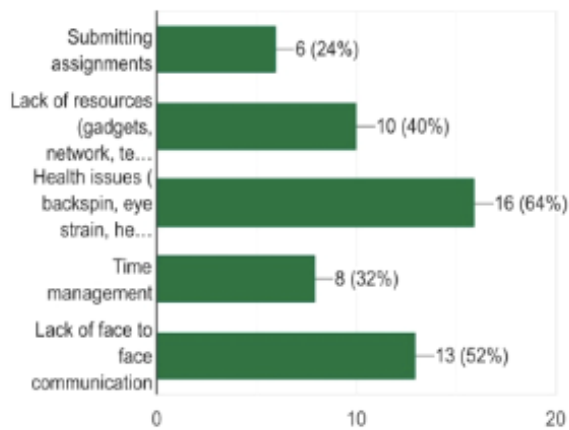


Fig 2.12 College Students (17 years above)

When we asked school students about their biggest concerns regarding online learning it was found to be the lack of face-to-face communication as raised by 66.7% of the respondents, followed by health issues which one might have to face due to the online classes (50%). Difficulties while submitting assignments (45.8%) and lack of resources like gadgets, network, and technology (45.8%) too were considerable concerns.

According to College Students (64%), health issues were the biggest concern about online learning. 52% of the respondents felt that lack of face-to-face communication is a hindrance, while another 40% feared lack of resources. 32%

of the College students were not able to manage their time well and the rest 24% faced difficulty while submitting their assignments.

Relationships with Family and Friends

Family Bond

17. if yes, what kind of change have you observed?

20 responses

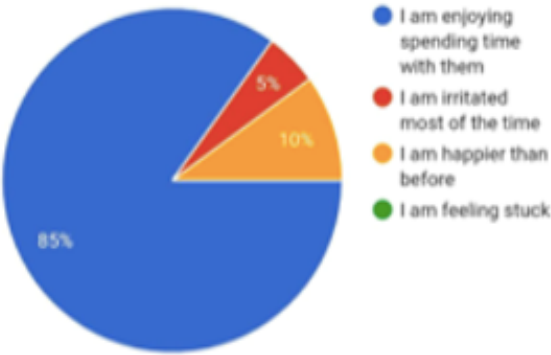


Fig 2.13 School Students (12 - 17 years)

17. if yes, what kind of change have you observed?

21 responses

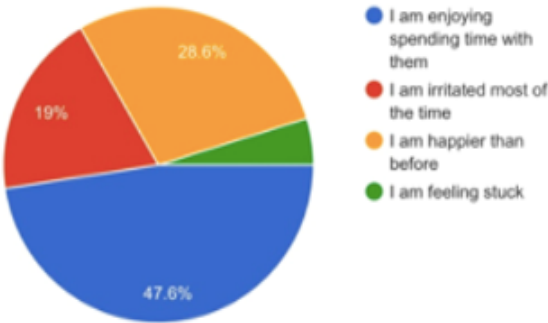


Fig 2.14 College students (17 years above)

Both the School students (84%) and College students (80%) confirmed that during the pandemic, they became closer to their respective families. However, 85% of the school students said that they were enjoying the time being spent with their families, with 10% confirming that they felt happier than before. 5% of the respondents claimed that they felt irritated around their family members during the lockdown. Among College students, 48% of the respondents enjoyed spending time with their family members, 19% of them felt irritated most of the time and approximately 30% of them were feeling that they were happier than before.

Family’s Emotional Well-being

In the conducted questionnaire, 96% of the school students found watching TV together as a good strategy to maintain emotional well-being followed by 68% who found playing games together as a good way to bond emotionally with their families. 20% found group workouts and only 4% found cooking together as another way to maintain emotional well-being within the family. Within the College group, like the school group, watching television together (72%) was the most popular strategy adopted to maintain emotional well-being in the family. 44% of the respondents even played games with the family members for the same benefit. However, conversation (4%) was the least adopted strategy.

Emotional Support

19. Whom are you most comfortable with, for sharing your thoughts and worries during the COVID time? (You can select more than one option)

25 responses

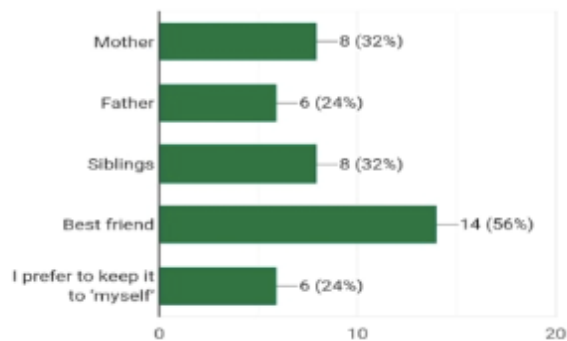


Fig 2.15 School Students (12 - 17 years)

19. Whom are you most comfortable with, for sharing your thoughts and worries during the COVID time? (You can select more than one option)

25 responses

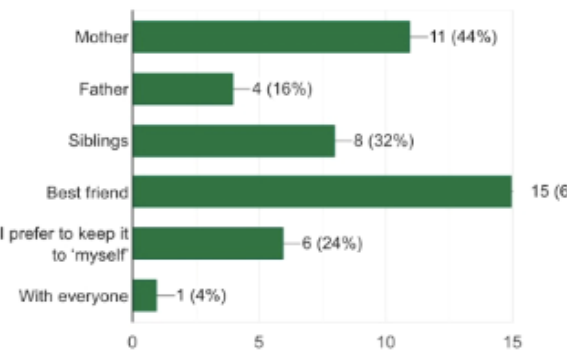


Fig 2.16 College Students (17 years above)

According to the School students, 56% of them said that they could share their thoughts and worries with their best friends most comfortably, followed by their mother (32%) and siblings (32%). The Remaining 24% shared it with their father and 24% kept it to them. College students like School Students felt most comfortable with their best friends (60%). For 44% of college respondents, their mother was the person they could share their worries with during this pandemic, followed by their siblings (32%). There were few (24%) who kept their thoughts to themselves.

Positive Affirmations

20. Do you think positive affirmations (telling yourself positive things) help in coping with the pandemic related stress?

25 responses

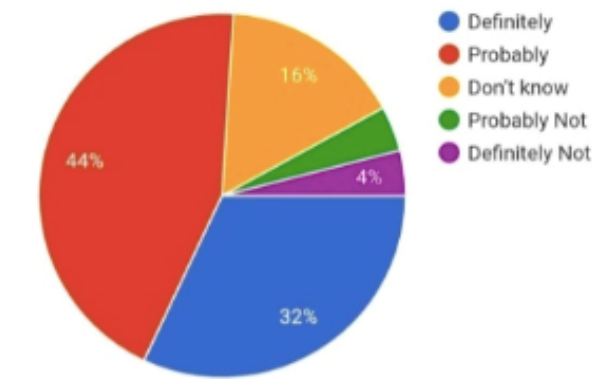


Fig 2.17 School Students (12 - 17 years)

20. Do you think positive affirmations (telling yourself positive things) help in coping with the pandemic related stress?

25 responses

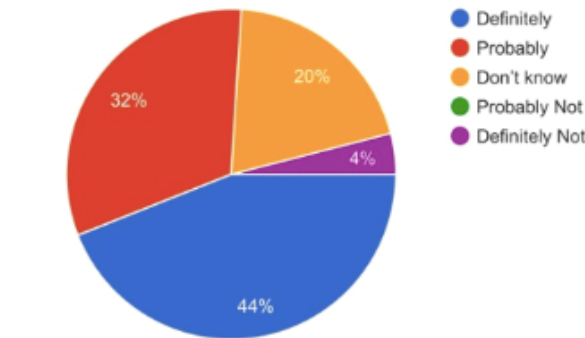


Fig 2.18 College Students (17 years above)

32% of the school students agreed that positive affirmations help in coping with pandemic related stress, and 44% were incongruent and selected probably as an option. While 16% said they did not know, there were 5% of the school students who did not find positive affirmations useful. Amongst College students, 44% said it does help, followed by 32% who said it could probably help. Here also, there were 4% of respondents who did not find affirmations helpful in dealing with stressful situations during the pandemic.

Section B

In this section, perspectives of a student from a different state had been shared to highlight the changes he and his family encountered. He had been settled with his cousin in Delhi and narrated his experience of his journey returning home. The other part within this section highlights the insecurities and tribulations a student faces. Both the narratives reflect COVID-19 anxious descriptions. Thus, this section highlights migrant students and their personal stories.

Perspective of a Student living in a distant village-Migration

परिवार का परिचय (*Nirbhay on self*) COVID anxious

- पिता: राम सुमन सिंह
- उम्र: ५७ वर्ष
- व्यवसाय: प्रधानाध्यापक मध्य विद्यालय, बिहार
- शिक्षा: एम ए पटना यूनिवर्सिटी १९८६ डीडी
- माता: सियामनी देवी
- उम्र: ५३ वर्ष
- शिक्षा: बी ए
- व्यवसाय- गृहणी राइस मिल्स ओनर बार गाया, बिहार गया
- निर्भय कुमार: सोनू (पुत्र)
- उम्र: २९ वर्ष
- शिक्षा: एम ए बीएड दिल्ली शिक्षा विभाग
- व्यवसाय: अध्येता
- अभय कुमार (पुत्र)
- उम्र-३३ वर्ष
- शिक्षा- बी टेक (डिप्लोमा टेक्नोलॉजी) करनाल हरियाणा
- व्यवसाय प्रोडक्शन मैनेजर एंड एनुअल डेयरी मुंबई
- पुष्कर कुमार (पुत्र)
- पत्नी संगीता शर्मा (बहु)
- व्यवसाय- रिलायंस कंपनी

- शशि रंजन (पुत्र)
- उम्र २६
- शिक्षा- बी टेक केमिकल इंजीनियरिंग आई आई टी, दिल्ली
- व्यवसाय- ओएनजीसी मुंबई

इस प्रकार हम अपने परिवार में कुल सात सदस्य हैं मेरे माता-पिता गाया शहर में रहते हैं हम अपने सभी भाई अपने माता पिता से दूर दिल्ली और मुंबई में रहते हैं लेकिन हम सभी भाई और माता-पिता के साथ प्रतिदिन बात करते रहते हैं और एक दूसरे का स्वास्थ्य का खयाल रखते हैं

इस वर्ष होली पर्व के अवसर पर अपने सभी भाई को अपना पैतृक घर जाना था लेकिन मेरे बड़े भाई अपने बच्चों के स्कूल परीक्षा के कारण नहीं जा पाए और मैं भी अपनी बीएड परीक्षा के कारण नहीं घर गया था लेकिन हमारे छोटे भाई घर गए थे होली कुछ दिनों बाद थी ४ मार्च को अपने नौकरी पर घर से लौटा था इस प्रकार हम सभी भाई अपने पैतृक शहर से दूर रहे थे जब २२ मार्च को जनता कर्फ्यू के दिन मैं अपने मससेरे भाई के साथ दिल्ली में रह रहा था २२ मार्च २०२० रविवार का दिन था २२ मार्च दिन रविवार के सुबह सात से रात ९:०० बजे तक सभी नागरिक को बाहर नहीं निकलने की बात कही जा रही थी ज़रूरी सेवा करने वाले लोग लोगों के इस इससे छूट दी गई थी

इस तरह हम दिल्ली में भाइयों भाभी और दो बच्चे पूरी लोग डाउन में दिल्ली लोधी रोड स्थित स्टाफ क्वार्टर में रह रहे थे मेरी भाभी का भी स्कूल बंद हो गया था लेकिन कुछ दिनों के बाद उनकी ड्यूटी स्कूल के क्वारंटाइन सेंटर में खाना बांटने का ड्यूटी लग गई थी घर में प्रीति और गोलू के साथ रहते थे हमारे राजेश भैया भी ऑफिस जाते थे शाम के टाइम साथ में न्यूज़ देखते और कोरोना वाली खबर को लेकर चिंतित हो जाते पहले लॉकडाउन में हम सभी को लगता था कि पी के दिन में हम सब कोरोना से मुक्त हो जाएंगे। लेकिन जब घर से कॉल आते थे तब ऐसा लगता था कि घरवाले हमारे माता पिता ज्यादा ही भयभीत थे। भैया के भी घर फ़ोन पर उनके पिताजी के आदेश आता था कि लॉकडाउन के बाद सभी को गया भेज देना। धीरे धीरे मार्च अप्रैल और मई महीने में हम सब परिवेश करने लगे थे घर में रहना सभी के लिए एक उबाऊ का काम हो गया था भाभी के बच्चे भी प्रीति और गोलू हमेशा बोलते थे कि कब हम सब बाहर जाएंगे क्योंकि उस समय तक बाहर जाने पर पाबंदी थी और दिल्ली में कोरोना के केस बढ़ रहे थे अंकित साथ ही साथ पूरे देश में केस बढ़ रहे थे ऑफिस सप्ताह में तीन दिनों के लिए शुरू हो गया था। हमारी ऑनलाइन क्लास चल रही भी थी। हमारे प्रीति और गोलू को भी ऑनलाइन कक्षा में भाग लेना पड़ता था। इस प्रकार हम सभी परिवार के सदस्यों का पूरा दिन बीतता था।

करोना वैसे बीमारी है जोस प्रकार सर्दी जुकाम में वायरस एक दूसरे को फैलाते हैं। उसी प्रकार करोना वायरस भी आसानी से एक व्यक्ति से दूसरे व्यक्ति में फैल जाता है। उस समय करोना के बारे में बहुत सारी ब्राह्मिक होने लगी थी। आशंका से भरे वे कहते हैं अभी तो उनमे ज्यादा मरीज नहीं है पर शायद जल्द ही यहाँ कोई जगह नहीं बचेगी।

जिसके देश की आबादी रोज़ कमाती और रोज़ खा जाती है उस देश में तीन सप्ताह के लिए लॉकडाउन से पूरा आर्थिक स्थिती खराब हो जाएगी। ऐसी समाचार सुनकर हम सभी के मन में थोड़ा नकारात्मक मन हो जाता था। विश्व बैंक को अनुमान था कि करोना बहुत से लोगों को गरीबी में धकेल देगा। इनमें से बहुत लोग अधिकांश भारत में होंगे। इस समय समाचारपत्र में यह आ रहा था कि दिल्ली से बिहार उत्तर प्रदेश के लिए बहुत सारे श्रमिक पैदल जा रहे थे। इस प्रकार की समाचार पत्र को सुनकर घर में थोड़ा माहौल नकारात्मक होता जा रहा था।

मई महीने, 2020 तक यातायात के साधन शुरू होने की समाचार प्राप्त होने लगी थी। इसी दौरान हमारे कॉलेज की ऑनलाइन क्लास भी समाप्त होने लगी थी। हमारे और गोलू भी कक्षा समाप्त हो गई थी। हमारे भैया ने हम सबका फ्लाइट की टिकट 22 जून की करवा दी थी। और हम सब प्रीति गोलू भाभी हम अपने गृह जिला पटना और गाया पहुँच गए थे। हमारी भाभी पटना अपने घर चली गई थी और हम अपने घर गाया आ गए थे।

हमारे घर में हमारे माता-पिता फ़ोन पर यही कहते थे कि जल्द ही दिल्ली से तुम सब आ जाओ। हमें ही नहीं हमारे बड़े भाई अभय भैया हमसे पहले 12 जून को मुंबई से गाया आ चुके थे। मैं 22 जून को घर पहुँचा, तभी 29 जून को हमारे छोटे भाई शशि का आने का इंतजार था। जब हम तीनों भाई घर आए तो पापा की चिंता थोड़ी कम हो गई थी। 14 जून तक बिहार में फ्लाइट से आने वालों को होम क्वॉरन्टीन किया जाने लगा था। हम सबने घर में सरकार के आदेश के अनुसार होम क्वॉरन्टीन का पालन किया लेकिन हमारी माँ बोलती थी कि अभी किसी पड़ोसी के पास मत जाना क्योंकि तुम सब बाहर से आए हो। लगभग एक महीने तक हमारे घर कोई भी पड़ोसी बात नहीं करते और न ही कोई रिश्तेदार आते। इस प्रकार हम सभी अपने पूरा परिवार के साथ घर में रहते। ऐसा बहुत दिनों के बाद हुआ कि तीनों भाइयों को अवसर मिला होगा अपने माता पिता के साथ लगभग दो महीने रहने का। हम सभी भाई मिलकर अपना काम करते और घर में नए नए खाने बनाने का प्रयोग करते थे। हमारे पिताजी ने सभी को समाचार न्यूज़ चैनल देखने से मना कर दिया था। सुबह के समय सभी लोग छत पर माता पिता, भाभी और बच्चे सभी व्यायाम करते। उसके बाद हम सभी अपने अपने काम करने

लग जाते थे। हम तीनों भाइयों की कोई न कोई योजना बनी होती थी और साथ में काम करने चले जाते।

हमारे गाया शहर से हम अपने पैतृक गांव “बारा” जाकर वही अपने राइस मिल्स का काम देखते। हम अपने कृषि कार्यों में सहयोग करते थे। इस प्रकार हम सभी अपने काम को करते थे।

जुलाई महीने तक थोड़ा नॉर्मल जीवन हो चुका था लेकिन अगस्त महीने तक भैया की छुट्टी समाप्त हो चुकी थी। की कंपनी का फ़ोन आने लगा था कि आप कब ज्वाइन कर रहे हो। हमारा पिताजी के साथ थोड़ा वाद विवाद होने लगा था। हमारे पिताजी को कहना था कि अपनी नौकरी छोड़कर यहीं पर रहे और अपना डेयरी से संबंधित काम करो। वह चाहते थे कि हम सब यहीं पर व्यवसाय करें। घर के पास रहना ही ज्यादा सुरक्षित है। इस प्रकार हम तीनों भाइयों और पिताजी के बीच शाम में इस बात पर हमेशा चर्चा होती रहती थी। उसके बाद हम सबने भविष्य की योजना भी बना ली थी। फिर पिताजी ने अगस्त में भैया को मुंबई जाने का आदेश दिया। भैया अपने स्थान पर चले गए। कुछ दिनों के बाद छोटे भाई भी अपनी कंपनी में जा चुके थे। लेकिन मेरे माता पिता का मन था कि अब कोई भी बाहर नहीं जाएगा। ये सभी विचार उनके करोना के कारण आ रहे थे। लेकिन धीरे धीरे करोना को लेकर उनका विचार भी बदल गया। जब तक 4 सितंबर आया हम सब अपनी अपनी जगह पर पहुँच गए थे। मैंने अपनी ऑनलाइन क्लास शुरू कर दी थी। हमारे गृह जिला गाया में इंटरनेट सही से नहीं काम कर पाता था। इस प्रकार हमारे घर में थोड़ा करोना को लेकर विचार बदलें और थोड़ा सात घर का वातावरण निर्मल हो गया था। हमारे घर के आसपास सभी घर का ऐसा ही वातावरण था। कुछ पड़ोसी के घर वाले के बच्चों की नौकरियां चली गई थी। उन्होंने अपने शहर में अपना व्यवसाय प्रारम्भ कर दिया था।

इस प्रकार हमारे लिए लॉकडाउन तथा हमारे परिवार को एक साथ बहुत दिनों बाद रहने का मौका दिया। हमारे लिए, करोना का भय और आतंक हमारे परिवार के लिए शुरू में था। धीरे-धीरे असमान्य से सामान्य वातावरण हो गया था। परिवार के सभी सदस्य अपने अपने सामान्य जिंदगी में परिवेश कर चुके थे।

मैं भी 4 सितंबर, 2020 को दिल्ली आने के बाद, एक अपना कमरा लेकर भैया के सहयोग से अलग रह रहा हूँ, क्योंकि हमारे मौसरे भाई ने लगभग आठ महीने तक हमारा साथ निभाया और इस महामारी से हमारी जिंदगी को यादगार बना दिया। मेरे लिए एक ये भी महत्वपूर्ण है कि मैं इस वैश्विक महामारी के बीच अपनी से दूर एक अज्ञान शहर में पढ़ाई के लिए रह रहा हूँ। मेरी जिंदगी एक अनमोल और एक यादगार पल के रूप में है। इस चुनौती पूर्ण वैश्विक करो ना महामारी ने

हमें एक अनोखी शिक्षा दी है। हम बिना बाहर खाएं या बिना ज्यादा घूमे भी रह सकते हैं। हमारी आवश्यकता बहुत ही कम चीजों की है। हम अपनी जिंदगी बहुत ही कम संसाधनों के साथ व्यतीत कर सकते हैं। इस महामारी को मुझे एक सबक के रूप में लेना चाहिए। “धन्यवाद”

निर्भय कुमार

Romantic Relationship (COVID- anxious)

This story is of my family about the experiences which we went through in COVID-19 times. We are a family of seven members and residents of North-western, Delhi. We have been residents of Delhi for over 32 years. My both parents' hail from a village in Uttar Pradesh. My father is a government employee and works as a clerk in a post office. My mother is a homemaker too. I have one elder sibling and a younger one. My elder brother is married and works as an accountant in a mall. His wife is a homemaker. They recently became parents to their first child in February 2020. My younger sister is doing post-graduation via distance mode, and she has been staying in the house to help with her daily chores. I am a male and currently pursuing B.Ed. from the University of Delhi. In the past, I have done graduation in psychology. Alongside, I am also preparing for a competitive exam to secure a government job

.....I would like to talk about myself now. When COVID-19 started, I was in the first year of the B.Ed. course and our class were planning a college trip to Jaipur. But everything got cancelled as we received the news that Rajasthan has reported one of the first cases of COVID-19 in India. At the same time, we got our autumn break, and it was for about one week. It continued because the government decided to shut educational institutions as a precautionary measure. When I heard this news, I was happy, just like every other student. Till now, these educational institutions haven't opened for students yet. The classes are going on an online mode. I did not expect that one day we will be having classes like this. Initially, I did not attend these classes because I thought to utilize this free time for my preparation for competitive exams. Soon, I received the news that we would be promoted based on internal assessment and exams will not happen. The news was good and bad both because I did not take my internal assessment seriously which had gone till now. After this, I tried to do good in every assignment

which the remaining teachers were going to ask for. Later I got promoted with decent marks. The competitive exams for which I was preparing were postponed. When the new dates of exams approached, I was expecting it would further get extended. But it did not go as I thought. I remember when I went to write for my exam, I was very anxious and stressed out due to the pandemic. I told myself, “I am giving an exam and I might go back home carrying an infection”. I was also concerned that if I get infected, then it is very likely that everyone in our family will catch the infection from me. The most important part was that we had an infant in our home. I thought about quarantining myself after returning from the exam hall but later dropped the idea. Even I got a fever and cough after a few days of exams, and I thought to myself that I might have gotten infected at that time. Also, two people in my family were coughing. I was so afraid and tense then. I discussed it with my girlfriend, and she tried to calm me down. I was panicking at that time so much that I thought I would die and if I die, then anyone would check my phone, and it will not be good. My phone had a few unwanted elements. I decided to delete all the things which I did not want others to know. I was so convinced that I would die, and finally, I just deleted all the inappropriate content from the phone. Fortunately, it was not COVID-19 and I got healthy in a few days.

One important event took place in my life during this lockdown time. It was my break-up with my girlfriend. The last time we met was in January 2020. After that, we never met each other. It was a very difficult phase of my life and our relationship. At times, she needed my support and help. I tried to be with her emotionally but not in person. We used to talk late at night every day, and during the days I used to give time to my studies only. She was very supportive of my studies. She kept telling me about how people around her house were getting infected. I used to encourage her and ensure that she did not worry about it. Things were moving smoothly between us. Unfortunately, something happened, and we had to break up this relationship. We loved each other and wanted to marry. I feel sorry for her that I discontinued this relationship. I also feel sorry that we could not meet even last time. If COVID-19 had not happened, at least we could have met even last time. I did not think our January date could have been our last date.

Because of this breakup, I got very disturbed and went into a very low state. I did not feel like doing anything. I tried avoiding people. During this time, my second-year classes also started online. I was emotionally so much disturbed that for many days I did not attend any class.

Now, I would talk about how covertness was creating fear in me. As I earlier mentioned that by watching news coverage daily data, I was so much threatened that I could not watch the news. Whenever I watched the news, I just got scared, especially in the initial few months. Later although the fear reached saturation point and even the number of cases came at the rate of 90,000 per day. I did not feel the same fear. I think the media exaggerated the whole issue which instilled fear among people. Media was showing viral videos from social media about how migrant workers were going back to their villages. I got very emotional by looking at their condition and thought how vulnerable the life of a poor is. I saw people standing in queues to collect the free cooked food provided by the government. We also witnessed how migrant workers were travelling in trucks by risking their lives and many accidents were happening in which migrant workers got killed. One relative of my neighbour reached his village from Maharashtra to Uttar Pradesh by cycling for about 7 to 10 days.

During this time, when people were at home, the government came up with a plan. The government telecasted one of the most popular television shows, Ramayana, on a Doordarshan. Everyone in my family used to sit together and have dinner along with Ramayana. This show was magical as it brought many families together. I also watched Upanishad Ganga on Doordarshan.

Lastly, I want to share about the education sector, which had been impacted by the pandemic in a very different way. It had moved to completely online mode. I am attending my classes daily on my mobile. I remember when online classes started, it was so difficult for all of us to study this way. The amount of time I see on the screen has increased too much. I spend almost five to six hours on average on the screen. This much usage of the screen had sometimes caused irritation and fatigue to my eyes. I think I should get my eyes checked soon. I'm enjoying my online classes, although I also hope things return to normal soon. We got new

things from this pandemic like we got to know a new world called quarantine, sanitiser, and social distancing. We have developed a new habit of wearing masks while going outside. I Hope Indians soon start their vaccination program and we all return to pre-pandemic life.

By Amit

Discussions

Regarding the lifestyle change, findings revealed that the majority of the participants (School and College students) had observed changes in their dietary patterns during the pandemic. The maximum number of participants had started eating healthy home-cooked food like green leafy vegetables. This is supplemented with narratives where a student shared that he along with his brothers were involved in cooking. School students were eating more quickly compared to college students. This may be because school students were taken care of by their parents due to age. As the children grow up, they become more independent. More than one-fourth of the participants in both groups did not engage in any physical activity outside the premises of their homes during the pandemic induced lockdown. More School students found the role of media misleading during the pandemic as compared to the responses shared by the College students. This is complemented by the narratives of a student where he described the way news in the media during the pandemic instilled pessimistic views among the family members.

About the impact of the pandemic on Education, nearly one-fourth of the participants in both groups showed their satisfaction with the online classes and equal numbers of participants were dissatisfied. Most of the School and College students felt that the right amount of theoretical and practical knowledge was not being provided by the online classes. The role of teachers in innovating new assignments, providing extra time, was acknowledged by students in both groups. School students found a lack of face-to-face communication as the biggest concern during the online classes, while for college students, health concerns marked the highest. The findings in the macro part of the study supplemented the micro aspect through narratives where college students distinctly outlined that they initially enjoyed online classes but later started getting bored. The health issues

suffered were strain in eyes such as watery eyes, lack of concentration and many more. In relationships with family and friends, the majority of participants in both school and college groups confirmed that during the pandemic, they became closer to their respective families. The majority of school students enjoyed spending time with their families as compared with their college counterparts. Watching Television together was marked as highest when participants in both groups were asked to choose an activity that they indulged in upkeep with the emotional well-being of their family members, followed by playing games together. More than half of the participants in both groups agreed that they could share their thoughts and concerns most comfortably with their friends. This is further supplemented by the second narrative of Amit, who had a partner with whom he shared his concerns. Most importantly, the way mutual support was provided to each other in times of difficulty. However, more

college students believed in the power of positive affirmations to deal with stress as compared with the school participants.

Conclusion

To conclude the student aspect about mental wellbeing, students are confined to homes. Many areas are impacted such as physical aspects such as exercise, diet and outdoor activities. There are new ways of countering the pandemic such as online education, doing exercises indoors using technology. Even though the media has an immense role to play, the kind of content displayed needs to be mulled over especially in unprecedented times like this. The media may be such which instils power of hope, resilience, and happiness apart from facts. Maybe showing good things/brighter side of a situation may foster optimism in one's mind.

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Understanding Self while Dealing with Online Education: Perspectives of Teachers

Abstract

Parental involvement in children's education has always been considered as important but its significance has increased manifold during the pandemic. As the schooling takes place from the home, parents have to take up the role of full-time educators, manage household chores and work from home and fully take the responsibility of child care and children's education in absence of any institutional support. The parental engagement becomes all the more challenging in single parent families and dual earner families. The role of schools become important to ensure home-school connect (for the child) and to ensure parental participation and collaboration in the time of pandemic.

Keywords- *teachers, online education, stress, family relationships*

Introduction

During the pandemic, there were mounting concerns over the education of students. How would our teachers connect with students? Are teachers equipped enough to teach through technology? How effective would our online education be? How are teachers balancing online education and home responsibilities? With these concerns, many studies were carried out in the education arena. The real question arises of how teachers maintain their mental well-being, especially in difficult times.

Methodology

This section elaborates on the Strand-I of the study. An online questionnaire was given to teachers of primary grades and teachers teaching adolescents. The total teachers sampled for the study were 49 (n=49). In the study, the majority of teachers who (75%) facilitated young children and adolescents were females and the rest were males. In the primary grade, the majority of the teachers (96%) were dealing with the Vth grade and very few teachers were taking VIth and VIIth grades (Elementary level). In higher grades, almost an equal proportion of teachers 48% in Secondary and 52% teachers in Senior Secondary were taking classes of adolescents. In the primary teachers' section, the majority of the teachers (66.7%) had less than five years of experience. Teachers teaching adolescents reported that 40% had less than 5 years of experience. The majority of the primary teachers (41.7%) were post-graduates.

In primary grades, 25% completed Nursery and Primary Teachers Training (NPTT). In senior secondary grade teachers, 76 (n=19) were reported to be post-graduates. The majority of

primary grade teachers (70.8%) reported being in the age group of 22-30 years. In addition, very few primary teachers are in the age group of 41-50 years. 32% of senior grade teachers were in the age group of 22-30 years. 66.7% (n=16) of primary grade teachers belonged to a private type of school. A large portion of secondary teachers (60%) were teaching in private schools.

Findings of the Study

This part of the read elucidates the findings obtained from Strand-I of the study. The data was gathered through an online survey and teachers were from Delhi/NCR. The findings of the study are organized in four major areas such as Impact of Pandemic on teachers-their challenges and concerns; change in their lifestyle, impact on education and relationships with family and friends.

Impact of the Pandemic: Challenges and concerns

Mental well-being

1. How the pandemic has affected you?

24 responses

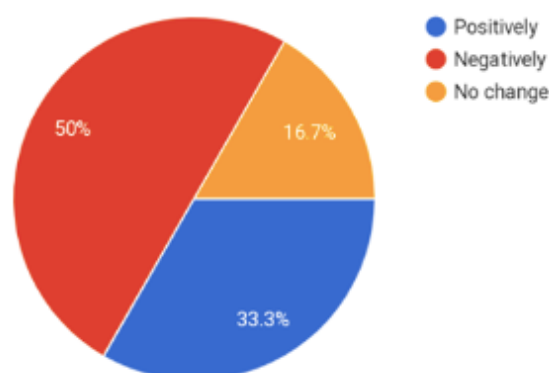


Fig 3.1 Teachers teaching young children

1. How the pandemic has affected you?

25 responses

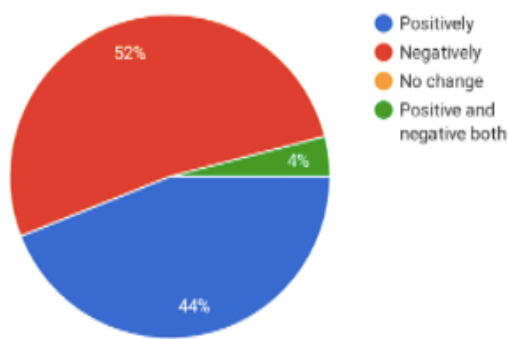


Fig 3.2 Teachers teaching adolescents

On being asked about the impact of the pandemic on teachers, almost a similar number of teachers of primary grade (50%) and secondary school teachers (52%) shared that the impact had been negative. However, 33.3% of teachers in primary grade the pandemic was positive, in sync with 44% senior grade teachers. 16.7% of the primary teachers reported that there had been no change during pandemic induced lockdown. This is in contrast to 4% of senior grade teachers who said it was both.

Challenges faced during Lockdown

On further being asked regarding challenges faced, it was found that 45.8% of primary teachers and an almost similar percentage of secondary teachers (40%) felt low, anxious and fearful. This was followed up with financial stress and pressure by 37.5% of primary teachers, and an almost similar trend was visible in secondary school teachers (32%). However, a similar set of secondary school teachers 32% also said that there were no challenges faced during the pandemic and for primary teachers. On the contrary, the next higher percentage received the category of anxiety and panic that was reported by 33.3% of primary teachers. However, 24% (n=6) of secondary school teachers also reported the same feelings of anxiety and panic.

Feelings during Lockdown

The responses from the teachers showed that 48% of secondary school teachers along with 45.8% of teachers handling primary classes reported that they were neither stressed nor calm/ were neutral. However, 33.3% of primary teachers along with 28% of secondary grade teachers reported being stressed during the

lockdown. In addition, 12.5% of primary grade teachers shared that they were too stressed, as compared to 4% of teachers teaching adolescents. However, 20% of secondary teachers were reported to be calm, in contrast to few primary teachers (n=1).

3. How did you feel during the lockdown ?

24 responses

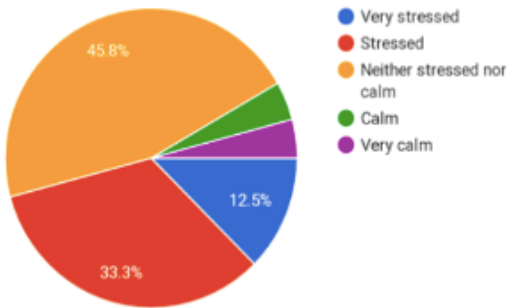


Fig 3.3 Teachers teaching young children

3. How did you feel during the lockdown ?

25 responses

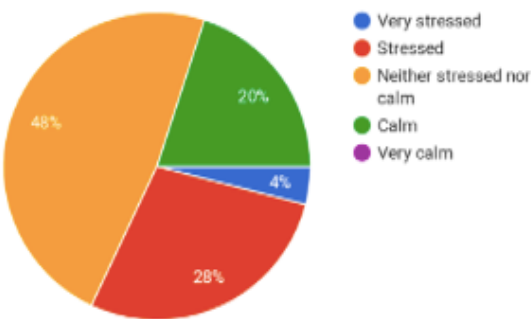


Fig 3.4 Teachers teaching adolescents

Employment concerns

5. How often do you worry about lockdown's effect on your job and financial status in a month?

24 responses

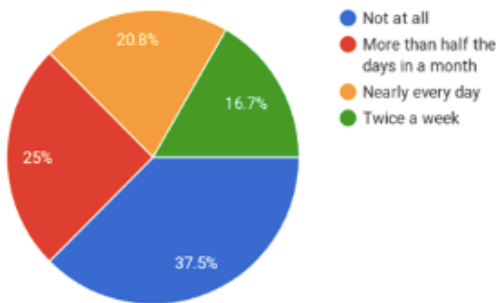


Fig 3.5 Teachers teaching young children

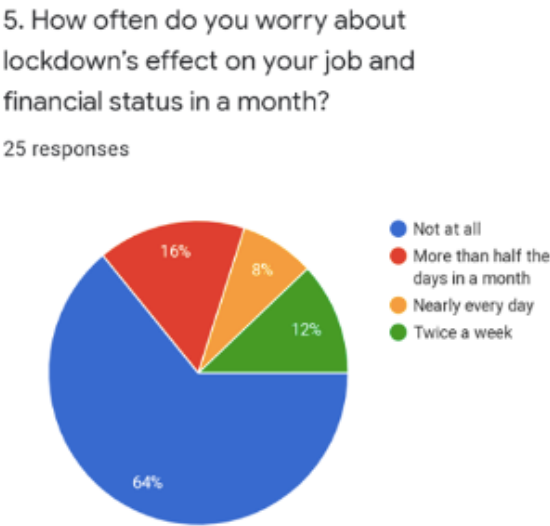


Fig 3.6 Teachers teaching adolescents

64% of secondary school teachers and 37.5% of primary school teachers reported that they did not worry about the lockdown's effect on on-the-job and financial status in a month. However, 25% of teachers of primary grade and 16% of teachers of adolescents worried about more than half the days in a month. Nearly every day worrying about the job was reported by 20.8% primary grade teachers along with 8% secondary grade teachers. However, 16.7% of primary level teachers reported worrying twice a week, along with 12% of secondary grade teachers.

Professional life concerns

In the questionnaire when asked about the impact of the pandemic on professional life, the data emerged in the study as follows. The pandemic had led to odd working hours for 66.7% of primary teachers, as compared to increased workload for 28% of teachers leading adolescents. However, an increased workload was also reported by 58.3% of primary teachers, along with 52% of teachers with adolescents and children. Extended working hours were reported by 50% of primary school teachers, as compared to 28% secondary school teachers. The major impact on salary cut was reported by 44% of teachers with adolescents, as compared to 37.5% of teachers with primary grades.

Changes observed in own behaviour/s

On being asked about behavioural changes observed during the lockdown, the major change observed for 50 % of teachers of young children was that they were delighted to stay at home and spend time with the family, as compared to 36% of teachers teaching adolescents. The next behavioural change was devotion to learning

technology for 52% of teachers handling adolescents, along with 45.8% (n=11) teachers handling young children. Moreover, 33.3% (n=8) of teachers handling young children became less patient as compared to 4% of teachers handling secondary school-aged children above. A high level of frustration was reported by 25% of teachers of young children, along with 16% of secondary school teachers. However, becoming more creative was true for 32% of teachers teaching adolescents, along with 20.8% of primary teachers.

Coping with Stressful Situations

To cope with the stressful situation due to the pandemic, 45.8% of teachers with young children supported watching a television show, as compared to 32% of teachers of adolescents for the same category. The next emerging category was cooking for 45.8% primary teachers as compared to 40% secondary teachers. 48% (n=12) secondary teachers shared chatting to someone and doing household work for each category, as compared to 25% primary teachers for chatting and 33.3% primary teachers engaged in household chores. Remaining up-to-date with the latest news was true for 37.5% of primary teachers and 32% of secondary teachers. Being engaged in exercise and yoga was adopted by participants from the primary wing, as compared to 36% from the secondary wing.

Feelings about Future

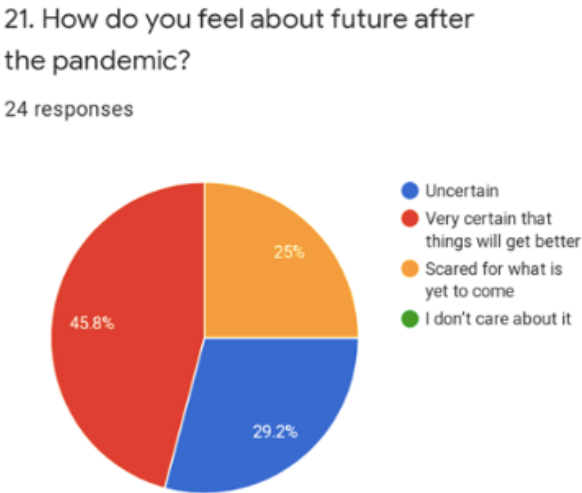


Fig 3.7 Teachers teaching young children

45.8% of participants related to young children and 56% of participants of adolescents shared that they were very certain that things would be better. However, 29.2% of the primary teachers and 24% of the secondary teachers showed uncertainty about the future. 25% of teachers of

the primary wing as compared to 20% of teachers of the secondary wing shared that they were scared for what is yet to come.

21. How do you feel about future after the pandemic?

25 responses

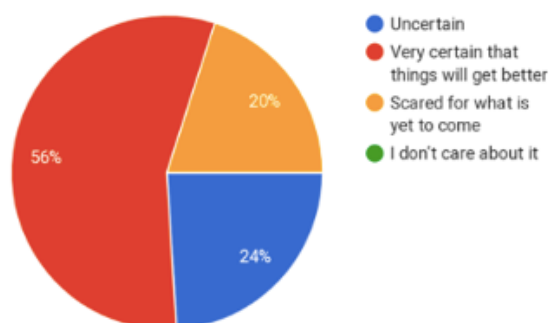


Fig 3.8 Teachers teaching adolescents

Changes in Lifestyle

Developing new habits and hobbies

The data received from the questionnaire found that 58.3% of primary teachers along with 48% of secondary teachers resorted to cooking. The next major activity reported was watching web series/ surfing the internet for 50% of primary teachers and 36% of secondary school teachers. This was followed by another favourite habit developed during lockdown for 41.7% primary teachers along with 36% secondary school teachers was yoga/ workout/ exercise. Writing a diary/ maintaining a journal was reported by 16% of secondary school teachers and 8.3% of primary teachers.

Activities performed for a peaceful mind

To maintain a sound and peaceful mind, talking about feelings with family and friends seemed to be the highest reported activity that 62.5% of primary teachers and 44% of secondary teachers adopted. This was followed by eating well for 58.3% of teachers with primary children, as compared to 16% of teachers with secondary school-aged children. However, remaining active was reported by 50% primary teachers as compared to 40% secondary grade teachers. This was followed by 45.8% (n=11) primary teachers along with 40% secondary grade teachers on doing meditation and yoga. Using social media to maintain a sound and peaceful mind was reported by 33.3% of primary grade teachers, along with 28% of secondary grade teachers.

Any major lifestyle changes observed

When being asked about the lifestyle changes due to pandemic induced lockdown, 54.2% of teachers teaching young children reported that they started spending more time on gadgets as compared to 60% of teachers of the adolescent age group. The major lifestyle change that emerged during the pandemic was 72% of teachers related to secondary school reported that sleeping schedule was irregular, along with 54.2% of primary teachers for the same category. Being less socialized such as meeting friends was shared by 62.5% of primary teachers as compared to 28% of teachers teaching adolescents. However, 37.5% of teachers of the primary group along with 36% of teachers of the secondary group (n=9) shared that about disturbed eating patterns. In addition, 20.8% of teachers with young children along with 12 % of teachers with adolescents (n=3) reported that they had little to no exercise.

Diet Patterns

15. Has your appetite/ food intake changed during the lock down?(multiple answers available)

24 responses

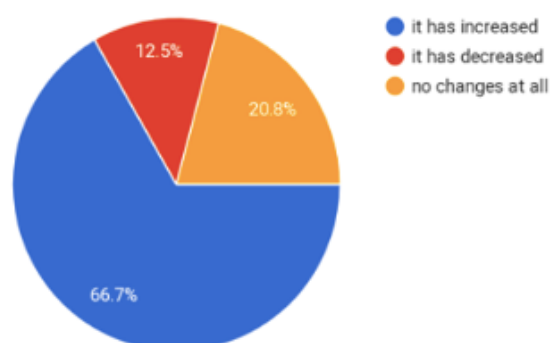


Fig 3.9 Teachers teaching young children

15. Has your appetite/ food intake changed during the lock down?(multiple answers available)

25 responses

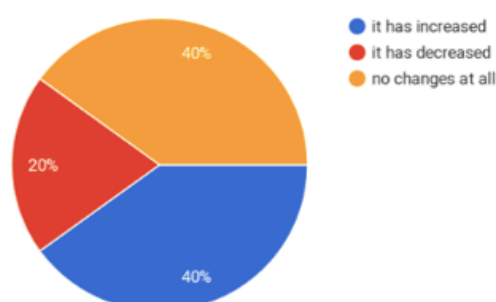


Fig 3.10 Teachers teaching adolescents

For 66.7% of teachers teaching young children as compared to 40% of teachers teaching adolescents, the appetite has increased. However, 40% of teachers related to the secondary grades and higher and 20.8% of teachers related to primary grades the diet pattern had not changed at all. Only for 12.5% of primary teachers and 20% of secondary teachers, it has decreased during the lockdown induced pandemic.

Impact on Education

Feasibility of Online classes

8. Do you face any pressure while taking online classes?

24 responses

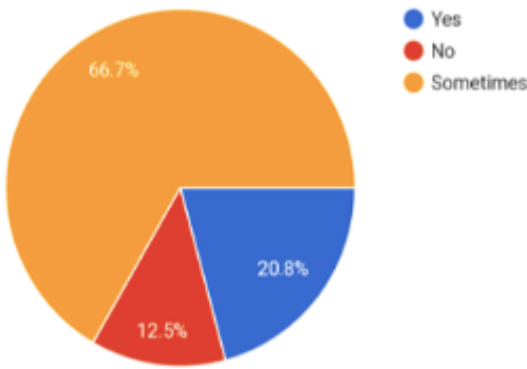


Fig 3.11 Teachers teaching young children

8. Do you face any pressure while taking online classes?

25 responses

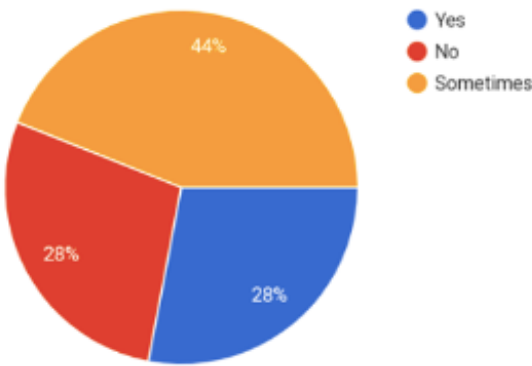


Fig 3.12 Teachers teaching adolescents

Pressures of taking online classes sometimes (Not always) was reported by 66.7% of primary grade teachers, along with 44% of secondary grade teachers. This was followed by consenting pressure by 20.8% of teachers teaching primary grade children, along with 28% of teachers taking adolescent children. However, 12.5% of primary grade teachers as compared to 28% of

secondary grade teachers denied that online classes created any pressures on them.

Challenges about online classes

The major challenge in educating school-aged children for 62.5% (n=15) of primary teachers reported was pressure to deliver content using different methods along with managing household chores along with work, as compared to 32% of secondary teachers who reported pressures to deliver content in different ways. However, the fear to handle technology was visible for 40% of secondary school teachers as compared to 8.3% of teachers with young children. Also, fear of performing in front of parents was reported by 29.2% of primary school teachers, in contrast to 4% (n=1) of secondary school teachers. Also, fear of judgement from authorities with 25% of primary teachers shared fear of judgement from authorities as compared to 16% of secondary school teachers shared for the same category.

Health issues faced during extended Screen Time

The major health issue faced due to extended screen time induced by lockdown was an excessive strain on eyes for 66.7% of primary teachers along with 64% of secondary teachers. This was followed by the next most frequent health issue was headache reported by 58.3% of primary teachers along with 44% of teachers teaching adolescents. Back pain occupied the third category for 41.7% of primary teachers, along with 36% of teachers with children of secondary grades. However, an increase in body weight too was also reported by 58.3% of primary teachers along with 28% secondary grade teachers. Restlessness was reported by 37.5% primary grade teachers, as compared to 20% secondary grade teachers.

Relationships with Family and Friends

Dealing with the change at the Household front

To deal with the pandemic, 83.3% of primary teachers as compared to 72% of secondary teachers reported sharing responsibilities at home. However, 16.7% of teachers related to young children as compared to 16% of teachers with adolescents reported that they had adapted easily. Moreover, 12% of secondary teachers shared that they were not able to adapt easily

Change in Family Relationships

On being asked about the impact of the pandemic on family relationships, 62.5% of

teachers belonging to the primary wing shared that they were learning to adjust with each other, as compared to 48% of teachers from the secondary wing. 58.3% of primary teachers and 60% of secondary teachers reported that as a family they had come close to each other. Frequent arguments and fights were reported by 16.7% of participants from the primary section, as compared to 8% of participants from the secondary section. However, one primary teacher shared that she tried to learn being a student from her child and the other secondary teacher said there were problems in dealing with children.

16. During lockdown, how is your family dealing with this changed household environment?

24 responses

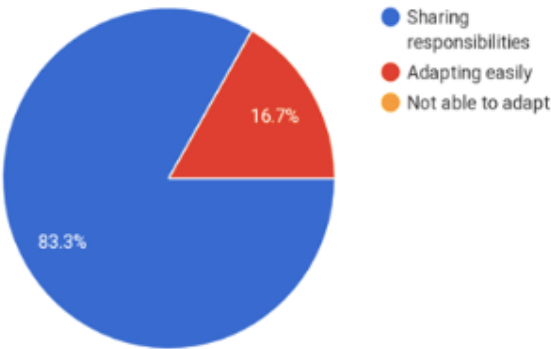


Fig 3.13 Teachers teaching young children

16. During lockdown, how is your family dealing with this changed household environment?

25 responses

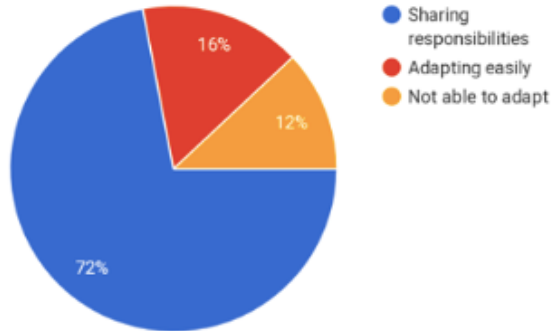


Fig 3.14 Teachers teaching adolescents

Spending time with Family

Taking out time for the family and managing ‘work from home’ responsibilities was reported by 95.8% of teachers teaching young children

and 96% of teachers teaching adolescents. For the rest, for both groups of participants, nearly 4% reported they failed to give time to the family.

18. Are you able to make time for your family along with this 'work from home' phase?

24 responses

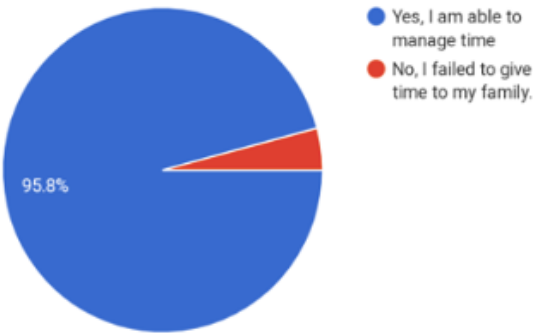


Fig 3.15 Teachers teaching young children

18. Are you able to make time for your family along with this 'work from home' phase?

25 responses

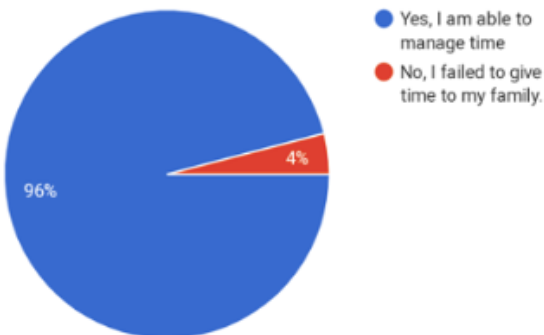


Fig 3.16 Teachers teaching adolescents

Safety Measures adopted to protect family

20. What measures do you take to protect your family members? (multiple answers available)

24 responses

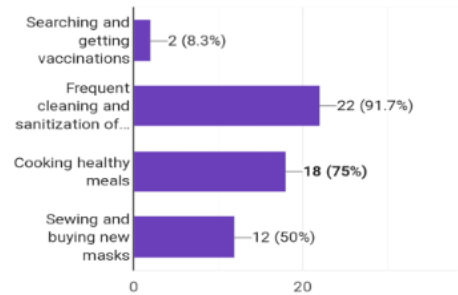


Fig 3.17 Teachers teaching young children

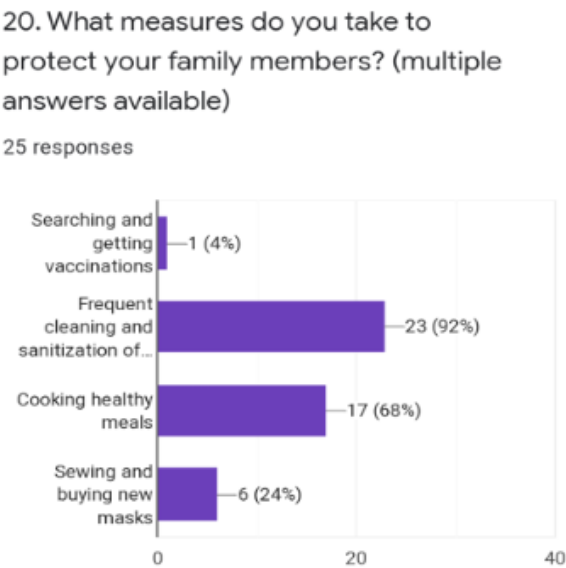


Fig 3.18 Teachers teaching adolescents

When asked regarding measures taken to protect family members, 91.7% of teachers belonging to young children and 92% of teachers related to adolescents reported that they were engaged in frequent cleaning and sanitization of homes. The second measure was cooking healthy meals for the family members for 75% of participants with young children and 68% of participants with adolescents. Sewing and buying new masks were also reported by 50% of primary teachers, as compared to 24% of secondary teachers.

Section B

Case Study: Living in a staff quarter with a teacher

I was in Delhi when WHO announced the novel coronavirus, a global pandemic. My mother immediately called and told me to move to Dehradun for a few days. I hesitated a while as I did not think this would last long, and I had to attend college, however, on the next day, the University of Delhi announced a 21 days lockdown. So, I thought about moving to Dehradun. So, my journey from Delhi to Dehradun began on the night of 13th March 2020. I had travelled a lot of time between Delhi and Dehradun, but never felt paranoia. The six-hours journey felt suffocating as the bus was closed. A lot of people were on the bus, and I was worried that someone would sit next to me. The fear and anxiety of coming across someone who might have COVID-19 woke me up throughout the journey and kept checking for anyone coming close to my seat.

On the 20th of March 2020, I went to stay at my friend’s place in Selaqui, Dehradun. His name is

Tenzin Topjor. He is a computer teacher in Tibetan Children Village School, a co-ed boarding school. The school has students varying from six to twelve standards. We have known each other for the last three to four years and have been friends since then.

My friend and I are in one room set with a kitchen, bathroom, and toilet. There are two balconies, one from the kitchen side and the other from the room side. It was the end of March and summer heat was yet to knock on. We would wake up early and go for a run or walk for 45 minutes or so. We would move on in making our breakfast, Topjor would make roti and I would make the sabzi or omelette and a cup of chai. We would hardly indulge in cereal or bread in the morning unless we don’t want to cook. The school was to begin classes on the 3rd of March 2020, but the authorities decided to return the students of class six to eight on the day of their arrival itself, which created quite a chaos and fear among the parents and students. Many parents were cooperative with the administrative decisions, but some parents thought the decision was unnecessary and done in haste.

Lockdown

As a resident of this country, this was the first-ever nationwide lockdown situation I had experienced. There was news of states curfew and area lockdowns but never a whole country in the past. Therefore, we were anxious and at the same time excited to live through the first-ever one-day lockdown.

The first two to three days of the 21 days lockdown were quite tense and perplexing. In the school, students and staff were waiting for the orders and decisions of higher authorities. During the lockdown, school campus gates were locked unlike usual, which stays open from 5 am to 10:30 pm. We were scared to even step out of the room as if the COVID-19 virus had already entered our campus. The entire school was empty and silent the entire day, only in the evening, some people were coming out for their evening walk. I heard the news of police lathi charging people who were either unaware or deliberately distorting the lockdown rules; opening the shops, riding bikes and scooters.

In April, we were finding things to keep us occupied. We would mostly sit in our place reading books or skipping through social media. Topjor had been taking two or three online

courses to improve his professional profile. Though we hadn't fixed a concrete timetable for a day, we followed the same routine. After lunch, Topjor would continue his online classes as much as he wanted, and I was on social media. Listening to all the political, social and Bollywood news.

My mother fears about my health as I am an ex TB patient and my mom thinks corona can be easily contactable to people who have gone through severe disease. My parents called me regularly and checked about my health. She consistently mentions wearing a mask, not going outside for unnecessary things, washing hands and also wearing our Tibetan protective thread, a consecrated nylon thread that is also common for Hindus. The protective thread is important and precious and supposed to keep us safe. My family were worried as I was not staying with relatives and had been staying with someone who was a stranger to them. But I keep on assuring myself about my health and safety. My lovely parents have three children, I being the eldest, have a younger sister and a younger brother. We are a family of five. In Shillong, during the lockdown, there were no cases of COVID-19 which was relieving as I was worried about them, but they seem to be taking the lockdown as a holiday from daily lives. They were less worried about themselves and were worried about me all the time, asking me to come back to Shillong when the lockdown was lifted. I did not, as I feared the consequences of travelling due to the pandemic.

In April, we were finding things to keep us occupied. We would mostly sit in our place reading books or skipping through social media. Topjor had been taking two or three online courses to improve his professional profile. Though we hadn't fixed a concrete timetable for a day, we followed the same routine. After lunch, Topjor would continue his online classes as much as he wanted, and I was on social media. Listening to all the political, social and Bollywood news.

During that time online class was yet to happen and no one thought this would last long. We all were waiting for the normal classes to begin. Topjor stayed free of school duty, but he said some teachers were teaching on WhatsApp. Zoom is less known and Google Meet was yet to introduce it to the market. In the evening, Topjor and a few of his colleagues would go for a long

walk, including a short rest at the other campus. We started doing short Zumba dance, few physical exercises. After that, a few circumambulations at the Stupa would end our day well by offering our merits for the benefit of all living beings and confessing our sins and demerits for our wellbeing. Our prayers included all the people who were affected by this pandemic; the dead and their bereft families.

Locking down inside the school was no punishment, for we have all the space and social activities to keep ourselves engaged in. The school has lots of space excluding the football and basket grounds, there are two huge parks; 'Peace Park' and 'Healing Farm' which are full of fruit trees and flowering trees. In the second week of the lockdown, people were coming out in the parks and grounds for their afternoon and evening walks. Being new to this place and people, I was uncomfortable going out. Topjor would go for his regular evening football game with his colleagues. Students were on the ground too. We would hear daily that the lockdown rules in the markets were getting stricter every day, but no one knew for real, as school gates were closed.

One evening, Topjor came running back to the room earlier than usual. I asked him for any reason to end the game sooner, and he said, "there are two policemen on a bike, honking at us over the gate to stop playing. We all ran our way". He went quickly to the balcony to watch them. "They told the gatekeeper to open the gate, but the gatekeeper too was playing with us, Ha! Ha!" Later we came to know that policemen had met the school principal. He then announced on the School WhatsApp group to stop playing and prevent future gatherings on the school campus.

Since the rules were not that clear, students and teachers were on their usual routine. Class 9, 10 and 11 students were in school as the school heads were not sure about returning them to home and if I was not wrong CBSE had issued guidelines to keep the senior students at school until further notice. They all left for home at the end of the 21-day lockdown.

Every Tuesday is meant for vegetable and fruit buying, which is organized by an individual in the school campus for staff who cannot go outside or are afraid to go outside. The benefit of this has been very convenient in these difficult times, for some they did not have a vehicle to go

to market and for some it might be the fear of contracting coronavirus, for some, it's the wholesale price and the freshness of a variety of vegetables and fruits. Once in a month the same individual sends a Google form to order ration orders to every staff residing on the campus, this also helps the staff and their children to remain safe within the campus and not fear going out and contracting the virus.

I started cooking our meals except for roti. I cooked whatever fresh vegetable Topjor got from the truck. Alu-Dam for the morning, rice and dal for lunch, and roti and some sabzi for dinner. Topjor liked all my food. He has been calling me an alchemist. He said, "You turn every vegetable into gold, ha-ha". I never thought I can cook so well, maybe I have inherited my mother's cooking skills as all mothers are great cooks. She is a known cook in my hometown. She has been cooking for most of the town's communal gatherings, such as prayers and weddings. Of course, I have been reporting my cooking progress to my mom by sharing a picture on WhatsApp to indirectly tell her not to worry as I am doing well and eating well. She too thinks I am good at cooking. Topjor tried cooking a few things and ruined them all. He makes only roti. But I have to also acknowledge that he taught me how to prepare a good cup of sweet tea. There would be days as we both would be thinking not to cook and reliant on instant noodles as we both have this joke regarding our cooking; the cooking normally takes 90 minutes but only 10 to 15 minutes to eat. We think it's unfair as a lot of hard work and time we had put in which we wanted the results to last longer. The outcome of lockdown is that I come out as a very fine cook, which would not have happened in pre-COVID as I would not indulge in cooking and experimenting with new recipes. Someday I would make our Tibetan spicy snacks "Laphing", Biryani, and bake some yummy Oreo cakes without oven. During the lockdown, we both relish the various fruits and vegetables available which would not have happened in normal times. I am aware of the importance of green vegetables and fruits for our health and the words of doctors, experts recommend building our immune system to reduce the risk of contracting coronavirus. One way of building the immune system is by consuming lots of fruits. It's also taking care of the body. Both of us would drink six litres of water every day as we feared if we did not drink

water, it would be easier for the virus to contract. We thought if we have good immunity, then the virus would not be able to contract. Even if we contracted, recovery will be assured without hospitalization.

I had been hearing daily how millions of Indian migrant workers were trying to get back to their village on their feet. Having lost their jobs due to the closure of factories, shops, restaurants, hotels and other manufacturing and service sectors due to lockdown. They had nothing but to return to their village to survive. Barkha Dutt, an eminent journalist who was relentlessly covering the story of migrants, unlike the mainstream media who were boiling in other discussions. Her series of videos was eye-opening about these struggles. Negligence of Central and state governments regarding the wellbeing of these workers. I saw the story of a migrant family who was walking in the wee hours and when she asked "why walking in this time to go village and not waiting for the government officials", the mother replied, "since in the day it gets very hot, so they have to walk at night and if we waited for government help there won't be any help coming for us". I felt sad watching stories of the migrants trying to survive the hunger and hardship while losing all hope in their government. My friend and I both would pray for the people who are affected by the pandemic. I felt blessed and grateful that I have a friend to rely on, a place to stay, caring parents and relatives who always look after me.

Partial Lockdown

At the end of April, a partial lockdown began, where there was an opening of essential shops and other services. The school opened the gate from 7 AM to 12 Noon, but only a few people were brave enough to exit. In May, many staff members started to go to the market to buy things and for other purposes. Words were going around that the nearby village had a COVID-19 case which feared us all. But one of the Indian workers from that village assured us that no such case was reported. Several industrial workers in the nearby town had tested positive, and the whole factory was closed. This made an informal discussion in our school about the staff who were going out. Some were saying that going out is unnecessary, some were saying that the gate should remain closed, some others were unbothered, at least if they were wearing masks and carrying hand sanitiser.

I remember we would wear our masks, carry hand sanitiser, and keep sanitizing our hands after touching something. Going to market was an easy job earlier with no preoccupied thoughts but in COVID-19 times everyone can be the carrier so the thought of meeting a COVID-19 patient had always been in our thoughts and at the same time keeping us a bit safe. When we came back from the market we would take our shoes outside, and we would directly take shower and wash our clothes, dump our masks. We washed and sanitized the things we bought. With lots of guidelines and safety measures about how not to get COVID-19 after visiting markets from the likes of Dr. Gupta of CNN, and other medical experts and researchers, about how to wash our shopping items, how to restrain from touching metallic surfaces, we were compelled to follow certain steps to feel safer without certainty. One of the teachers in the school washes all the vegetables and fruits before carrying them inside. Another teacher keeps all her items bought online outside the room for a whole 24 hours.

School administration started to sanitize the entire campus weekly. They had bought two sanitizing pumps and PPE for the one who was sanitizing. At one time they had washed my bike with that white liquid and stains had left for a few weeks even after washing. A bottle of hand sanitiser is always at the gate. Anyone coming in has to sanitize their hands and then check the temperature. Non-residential people coming inside the school, for fixing school WI-FI or fixing the staff's cable, were required to fill the COVID-form along with submitting their Aadhaar Card.

We were receiving news of Hospitals charging huge sums for COVID-19 beds. There was a forwarded WhatsApp news which said the minimum bed charge for COVID-19 patients in a hospital would be around 2 to 5 lakhs. 2 lakhs to reserve a bed and then a few more lakhs for the treatment. This was one of the most shocking news that we heard as to how can common people afford all this. After this news, we started taking more precautions.

The Internet has been the only service that remained undisturbed by this pandemic, and the whole world found a medium to stay connected and do their jobs. I loved watching shows, dramas and series, so I found solace in apps like Netflix, Amazon Prime, and YouTube. The

Internet-connected strangers to strangers and when there was a good thing happening it was touching, and I was so grateful for the kind people who were voluntarily helping strangers.

The first time we travelled was when Topjor had a bad tooth, and we went to see a dentist. There are lots of dental clinics in the city, but we travelled almost an hour to a remote clinic to minimize the risk of coronavirus exposure. When we go to the market, he makes sure that whatever we touch our hands should be sanitized. He makes me wear a double mask, as he thinks one mask won't be able to stop the virus. I get irked by all his weird actions in the market. He would even sanitize the scooty. He would make sure to keep his distance by standing far away from people and would avoid all the crowded places. I was scared of getting COVID-19, but sometimes his actions in the market were so careful that it annoyed me a lot. I used to tell him to move to the Himalayas for a while and then come back when things get normal.

The fear of getting COVID-19 was so severe that sometimes too much thinking on the subjects of "what if" leads to a lot of anxiety and mood swings. Sometimes you realize after reaching your home that you didn't sanitize your hands when visiting that shop earlier. Sometimes we forgot to cover our mouth and nose when that stranger was speaking to us, or I was asking him something. After every trip to the market, we had to stay in, our hearts floated with the fear of contracting corona. Anxiety would fade only after days. The situation involved not only me but also my mate, neighbours and the whole school. If I had asymptomatic COVID-19 and unknowingly became a carrier in the school. The Consequences would be huge, and I would have to take the blame for bringing in the virus carelessly.

A more concerning part is if there were any deaths. This was the reason the wife of one of Topjor's colleagues quit working at a local hospital, where there were several COVID-patients and the hospital was not providing adequate PPE for the nurses and other staff.

Topjor was quite paranoid about the entire COVID-19 scene; the changes that came along to him were drastic. He had always been carrying a big bottle of sanitiser wherever he went. Especially when things were being

delivered, he made sure to sanitize things before he brought them inside the home. After bringing things in, he made sure to wash them again. Sometimes his new habit irks me as he is being completely paranoid about all these.

As the summer heat burned the low land river bed, every single drop of liquid in our body was squeezed out. This place is so hot and humid in comparison with nearby areas. As the heat grew, everything was hot and baked. Even the concrete walls and wooden doors, not to mention the marble floors. I have been staying in Delhi for the last three years and didn't feel hopeless about how to get rid of heat and humidity. When it shines, everything was baked and all stood still. No animals were seen, no humans were to be seen, even trees were motionless. When I came from Delhi, I had brought only a couple of T-shirts and pants and some warm jackets as it was cold in Dehradun and who knew it was going to last so long. When the summer started soaring in, I did not have some light pyjamas so when things started opening in May, I had gone to Big Bazar to get a pair of shorts from their clothing section. Never had I seen such an empty convenience store, where there were only the storekeeper and cleaners. I got two pairs of shorts and spent my entire summer in those. I have learned to live minimally in this pandemic. Later when online shopping started up and things were being delivered, I could order some nice sets of pyjamas and T-shirts. Usually, in Delhi, I would always end up buying clothes whenever I go to the mall or market, but this time clothes were not necessary. I did not have to go outside, so pyjamas and t-shirts had been my regular clothing.

When you are sharing space with one person constantly and there would be some argument and frustration. We both had to go through once or twice a week where we would not agree on the same thing, or someone expected the other to do things, but he failed. Eventually leading to disappointment and frustration. When you expect too much from someone, it surely leads to one's disappointment. We would argue over different things from food eating habits to being lazy throughout the day. In the first few weeks of lockdown, we would be constantly having arguments over silly little things. Over time, we have evolved over our arguments and learned to understand each other by placing ourselves in others' shoes. The understanding is not easily

achievable, but we are thriving with sharing one another's feelings and growing in this COVID-19 times.

My online classes had also begun, there were a lot of challenges for the online class as the network was a big problem and once the network stopped working the concentration in the class also zones out. However, I've been used to this online mode now as an introvert like me in normal class helps me in keeping my ideas and view in front of the class. I was thankful that we did not have an online examination, as it would be a big concern for people who have weak internet connections. We were assessed by our assignments.

Summer went so fast; I had no clue what we had done except complaint about the scorching heat. Only at the end of July did I see a clouded sky lashing the fresh breeze beneath. And then the monsoon kept pouring rain for two months. Besides our online classes, we started planting a few trees around the school campus. Topjor likes to plant trees and flowers. I helped him to water, but ploughing and digging were done by himself.

Soon, my final year of B.Ed. had started, and I was excited and nervous about this online process. There were a lot of questions as our School Experience Programme was yet to be held, and we were worried about which mode is it going to be as the school is not yet open. The classes are being held regularly online and still facing the same issue of connectivity sometimes.

At the end of October 2020, school children started to come back for regular classes. Many of us were scared that someone would come with the virus, though authorities had issued a series of measures to combat any such incidence. Students had to submit their COVID-test report at the gate and their bags were sanitized. School made it mandatory for all the residents to give COVID-test just to make sure that everyone is clean and to produce a sense of security to the parents. We took our rapid- antigen test at the local government hospital for only 13 rupees. While standing in the queue for the test, I was scared that the result may come out positive. The long rubber test kid was pushed through my nose into the throat and pulled back after leaving there for a few seconds. Those few seconds felt like a way longer as it was so uncomfortable and hurt a little. I had to sneeze out the itch several times. After waiting for 30 minutes the policeman at

the hospital gave us the report with a negative result which was a huge relief. We all were smiling while coming back to school with the report.

We have been slowly getting more comfortable with this pandemic and forgetting safety practices and precautionary measures. We are going out more often than needed. We are taking it easy with sanitizing our hands when in the market. We have our usual discussion about the COVID-19 situation, but fear and anxiety reduce as time passes.

As people were trying to bring back normality, the coronavirus had never stopped its pace; the graph has always been climbing upward. And it has already reached our neighbouring retired army colony, where many blocks were put into quarantine after a family attended a wedding in the city. A Tibetan settlement in Sahasdhara, Dehradun, had 50-60 COVID-19 suspects put into home quarantine. We are still in the market, forgetting social distancing and hand sanitizing, waiting for a vaccine.

By Ngawang Yangkyi

Discussions

From section A, many major points emerged. There were almost half and more than half of the teachers in both the groups, viz. primary teachers and secondary teachers respectively shared that the impact had been negative. The major challenge that emerged in both groups was feeling low, anxious and fearful for the majority of teachers (45.8%) of young children and 40% of teachers of adolescents. The most frequent feeling reported was being neutral (neither calm nor stressed) for 48% of primary group teachers and 45.8% of secondary group teachers.

The majority of secondary grade teachers (64%) reported that they were not worried about the lockdown effect on the job, as compared to 37.5% of primary grade teachers. The majority of the primary teachers (66.7%) expressed odd working hours along with increased workload and extended working hours. Similarly, a study conducted by Arora and Srinivasan (2020) reported teachers faced problems like internet problems, a lack of orientation with technology and, more importantly, a lack of personal touch as there is no physical interaction as major challenges.

Nearly, both the groups, viz teachers of young children (37.5%) and 44% teachers teaching adolescents supported the lockdown which had an impact on salary cut. The major change observed in their behaviour, reported by half of the primary teachers (50%) was being delighted to be at home as compared to teachers teaching adolescents who were learning new technology. To cope with a stressful situation, nearly half of the primary teachers reported that they watched a television show and were engaged in cooking, as compared to 48% of secondary grade teachers for chatting with someone and being involved in household chores. Nearly half of the primary teachers (45.8%) and 56% of secondary grade teachers reported that they are certain that things will be better in future

About lifestyle changes, many new habits that emerged during pandemic induced lockdown were cooking, watching web series, yoga/ exercise for the majority of primary teachers along with secondary teachers. To maintain a peaceful mind, sharing feelings with family and friends followed by eating well and remaining active emerged to be favourite activities for primary and secondary teachers. Major lifestyle changes are observed to be spending more time on gadgets for the majority of primary teachers (54.2%) and secondary teachers (60%). The diet patterns seemed to be increased for the majority of teachers teaching young children, as compared to 40% of teachers teaching adolescents.

Regarding online education, pressures of taking online classes sometimes were reported by the majority of participants teaching the primary group (66.7%) as compared to 44% of participants teaching the adolescent group. Managing classes and household chores together was shared by the majority of primary teachers as compared to secondary teachers where the majority (40%) shared learning new technology is the biggest challenge. The major health issue that emerged in both groups was eye strain for participants dealing with young children (66.7%) and 64% secondary teachers. For nearly half of primary teachers (52%), the presence of family members did not bother them. On the contrary, for the majority of secondary teachers, it did bother sometimes.

In the arena of relationships with Family and Friends, sharing responsibilities at home was the way reported by the majority of primary teachers

(83.3%) along with 72% of secondary teachers. Majority of the teachers in both the groups, viz. 58.3% of primary teachers and 60% secondary teachers, shared that as a family they had come close to each other. Taking out time for the family and managing work at home was agreed by the majority of teachers teaching young students (95.8%) as compared to 96% teachers teaching adolescents. The major safety measure adopted by both the groups (nearly 92%) was being engaged in frequent cleaning and sanitization of homes.

However, in Strand-III of the study, the story shared is regarding COVID-19 anxious behaviours. The narrative reflected life in staff quarters. It also intricately defined the ways of balancing household responsibilities and professional duties. Equal division of labour was seen between two friends staying together. To deal with the unprecedented situations, COVID-19 appropriate behaviours were incorporated. Initially, when the lockdown was

announced, there were no particular guidelines to follow, gradually everything became streamlined. To beat loneliness, many hobbies are adopted like cooking, reading books and many more.

Conclusions

The findings received from both strands may conclude with the note that online education was challenging with teachers along with household responsibilities. There was an environment of uncertainty during the pandemic, yet our teachers faced it with absolute dauntlessness. They struggled with the technology and yet carried forward online education despite challenges.

To keep themselves sane, many activities were adopted like yoga and other activities, an equal share of responsibilities were seen. Thus, the role of families is reflected in teachers' contributions.

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Adjustments and Support Provided by Family During COVID 19

Abstract

This paper elucidates parents' perspectives related to online education and family relationships, along with lifestyle changes in times of pandemic. The study shares findings from strand A part of the study. It was gathered through an online questionnaire. A total of 50 parents were taken to share their views on various aspects of their wards' lives, online education and maintaining balance in life. There were parents of primary grade students and parents of adolescent children.

Section B part of the study described Strand-III of the study. In this, detailed narratives of two students were selected. One of the COVID-19 affected families and the other family is of COVID-19 anxious family. Both the narratives described the family beliefs system, life during the lockdown, life after COVID-19 (when lockdowns were gradually opening) and many more aspects.

Thus, the findings from both strands bring out interesting aspects of family life and lessons to build resilience and strength.

Keywords : *family, lifestyle, online education, beliefs*

Introduction

In India, a family is a basic unit, and it's continuously changing over some time. In times of the pandemic when schools, offices, and other workplaces were closed, it was the family that provided the space to adapt and cope. Homes became offices and students were constrained at homes. Moreover, many families witnessed deaths and sufferings. In these difficult times, many questions arise. What did our families do to cope up with stressful situations? How did relationships change? What happened to our grandparents, parents, siblings, relatives, neighbours, and beloved ones? With these questions, this article opens a new perspective regarding our view of family and its importance.

Methodology

The study adopted a survey method through an online questionnaire. It explored the basic five themes: change in Lifestyle, relationships with family and friends, psychological well-being, financial status during the pandemic and education of their children during the pandemic.

In the study, two kinds of parents were chosen. One group of parents had young children and another group of parents had adolescents' children. In parents of young children, the majority 52% of the parents had a female child. However, parents of adolescents aged children had 64% male children. More than half of the parents with young children (52%) reported being home-makers. However, in the parents of adolescents group the figure was 48% were

home-makers A large portion of the parents of young children (84%) reported that their ward was admitted in private schools. Therefore, most of the participants belonged to the middle-income group (84%) followed by an equal percentage (8% each) of higher and economically weaker section (EWS) groups. In contrast, 68% of the participants in the adolescent group mentioned that their ward went to a Government School. Thus, 80% of the sample belonged to the middle-income group in parents of adolescents. 12% sample was from an economically weaker section and 8% of the sample was from High-Income Group

Section A

The current section shares the findings from the macro part of the study. This was gathered from an online questionnaire from parents of Primary grade and adolescents' groups. The four areas outlined were already mentioned above. Regarding the change in Lifestyle, sub-themes explored were the health status of the family, participation of members in the household, physical activities, screen time, dietary patterns. In Relationships with family and friends, areas explored were family time, the impact of the pandemic on relationships, regaining connections during the pandemic. For psychological well-being, further themes explored were state of mind, the impact of work on mental well-being, coping with stress, the role of media. Because of financial status during pandemic involved employment status, expenses, and budgeting. Regarding online

education, adjustments made at home, school fees, receptivity, and the impact of digital learning were explored.

The study came up with interesting results to mull over about adaptations made during challenging times.

Findings from the Strand-I of the study

The findings of the study obtained from a separate online questionnaire have been shared below, organized in five themes as follows:-

Change in Lifestyle

Health Status of the Family

On being asked about the health of the family members, 48% of the parents of young children revealed that it was the same as before the pandemic. 8% reported that there was also improvement in the health of the families due to lockdown. On the contrary, 32% of respondents from the primary group were reported to be diagnosed from COVID-19. However, 12% of parents reported symptoms of flu, typhoid and dengue. According to the parents of adolescents, 76% of the respondents said that the health status of their family has remained the same as before the Pandemic. 12% of the sample shared that few members of their families have been diagnosed with COVID-19 and the same number confirmed that their family had suffered from common flu, typhoid, Dengue etc. 4% of the participants said that their health, as well as the physical health of their family members, has improved during the pandemic.

Participation in Household Chores

When asked about the involvement of parents in the household chores, it was found that 72% of parents with young children had been more engaged than before the pandemic. However, 24% of parents from this group reported their involvement was the same as before the pandemic. Furthermore, 4% shared less involvement in household activities than before the pandemic.

Participation in household chores during the Pandemic had increased for 56% of the parents with adolescent children, while only 4% (n=1) differed and said their involvement had been higher than before the pandemic. For the remaining 40% (n=10), the involvement in household chores had stayed the same as before.

Physical Activities

When asked about the physical activities during the pandemic, 40 % of the parents with young children shared that they attempted new physical activities online such as yoga, aerobics and so on. This was followed by the 32% of parents of young children who witnessed no change in their physical activities as it remained the same. 16% of participants openly shared that there was no involvement in physical activities, and 12% of respondents shared decreased physical activities than before. Among parents with adolescent children, 36% had tried new physical activities like yoga classes, online aerobics etc. during the Pandemic while 28% said that their participation in physical activities had decreased and an exact number of participants, 28% said their activity has remained the same as before. 8% were not doing any physical activity.

Screen Time

On being asked regarding the impact of screen time on their health, 44 % of parents of young children agreed that screen time has increased considerably and impacted eyesight and health. However, 36% of participants reported that it has increased but not impacted their health. 20% of parents of young children shared that screen time has remained the same for them as it was before lockdown.

Among parents with adolescent children, 36% confirmed that their screen time has increased a lot during the Pandemic and has impacted their eyesight and health. However, 44% of them did not face any such issues. The screen time remained the same for 20% of the sample in this category.

Dietary Patterns

The diet patterns for 52% of parents of young children witnessed the incorporation of healthy foods, followed by 28% of respondents' diet remaining the same as before the pandemic. Furthermore, 8% of parents of young children who reported started including multivitamins in their diet. 4% of parents reported that they started eating junk food, followed by 8% of participants whose diet patterns got disturbed due to the pandemic. 40% (n=10) of the parents with adolescent wards started including healthy foods in their diets, half of which have started including multivitamins in the diet. 24% of this sample was continuing with the same dietary pattern as before the Pandemic. A few participants (4%) faced imbalance in diet plans,

restricted junk food and had only home-cooked food by avoiding food from outside.

Relationships with Family and Friends

Family Time

When asked about spending family time during the lockdown, 40% of parents with young children reported that they spent indoor time primarily watching television. This was followed by 36% who reported spending time together by playing indoor games and sports. However, 16% of respondents shared that they adopted any old/new hobby or interest. In contrast, 8% of respondents shared that their family time has decreased due to official work.

Among parents of adolescent children, 48% played indoor games and sports together with the family to spend time together, 28% preferred watching television with their families. 16% had restarted an old or adopted a new hobby or interest. However, there were 8% of the respondents in this sample, who felt that their family time has decreased due to the official work that was to be done from home owing to the pandemic.

Impact of the pandemic on Relationships

When the parents were being asked about the impact of the pandemic on their family relations, 68% of parents of young children responded that the pandemic had helped them to know each other better. However, 16 % of respondents shared that it had led to more conflicts and for the remaining 16% of participants of young children it had remained the same as before the pandemic.

Among parents of adolescents, 52% shared that the pandemic and lockdown allowed them to spend more time together with family and that has helped them to know each other better. Whereas, 24% said that more time together has led to more conflicts and the same number of participants maintained that nothing has changed much within their family relations due to the pandemic situation.

Regaining Connections during Pandemic

On being asked regarding the ways the parents connected with their family and friends during the pandemic induced lockdown, 84% of parents of young children reported that they connected through online platforms by making audio and video calls frequently. This was followed by

16% of respondents who started calling frequently through phones/ mobile phones. With the parents with adolescent children, 84% confirmed that they had started using audio and video calls to keep in touch with family and friends during the pandemic. There were 8% of the participants in this group who were meeting quite regularly, and also another 8% who had started calling and meeting occasionally to connect with family/friends in these changing times.

Psychological Health/ Mental Well-being

State of Mind

When asked about the mental well-being of parents during the lockdown, 28% of parents of young children reported that they suffered frustration, 16% of participants felt happy and calm. However, there were 12% of caregivers felt anxious in this group. Considering the state of mental health during the pandemic, 20% of the parents with adolescent children shared that they were calm, while 16% (n=4) stated they felt annoyed and the same proportion said they were often frustrated during the Pandemic. However, of the comparatively same proportion, 12% confirmed being happy, angry, and anxious.

Impact of work on Mental well-being

Ques 10. What are your views about the "Online studies /work " during the pandemic ?

25 responses

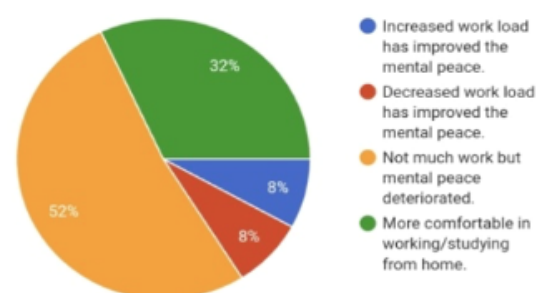


Fig 4.1 Parents of young children

44% of parents of young children reported that online work had deteriorated their mental peace. On the contrary, 28% had supported online work as it improved their mental well-being, along with 20% of parents too supported work from home culture. However, 8 % of respondents shared their work had been decreased online, which led to mental peace. Around 32% of the parents with adolescent children felt comfortable

in working/studying from home, while 52% (n=13) opted towards that, though they have less work online, their mental health had deteriorated. 8% of participants felt that along with their workload, their mental health had also improved during the online work mode, while the same number of participants felt that decreased workload had improved their mental peace.

Ques 10. What are your views about the "Online studies /work " during the pandemic ?

25 responses

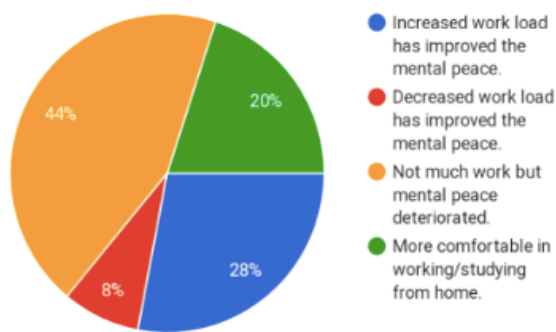


Fig 4.2 Parents of adolescents

Coping with Stress

To cope with stress during the pandemic, 52% of parents of young children reported that they talked to a friend/ family member. This was followed by an equal number of participants, i.e., 36% shared that they started listening to favourite music and reading new books, watched series or movies/ comedy shows and were involved in household activities. However, 32% of caregivers spent more time with children playing indoor games. Few of them developed a new hobby and started physical activities indoor and outdoor activities (12% in each category).

When asked about the activities that participants may have taken up to cope with stress during the pandemic, 56% of parents with adolescent children had started watching series, movies, or comedy shows while 52% choose household activities. Another 40% of the sample had started spending more time with children in playing and school activities, and the same number was found to be talking with friends/family to cope with stress during the pandemic. 16% were involved with indoor/outdoor physical activities like yoga, Zumba, aerobics. 28% developed a new hobby and 20% of respondents developed

reading habits, 36% started listening to their favourite music during stress.

Role of Media

Ques 12. How media/news has changed your perception about pandemic?

25 responses

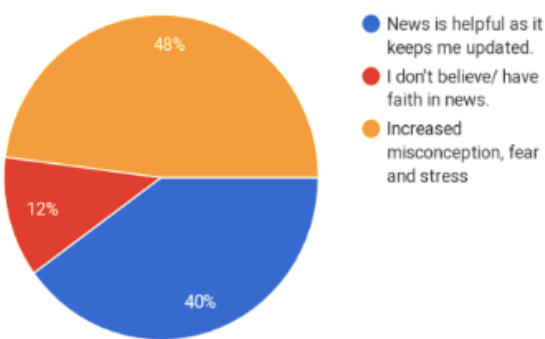


Fig 4.3 Parents of young children

Ques 12. How media/news has changed your perception about pandemic?

25 responses

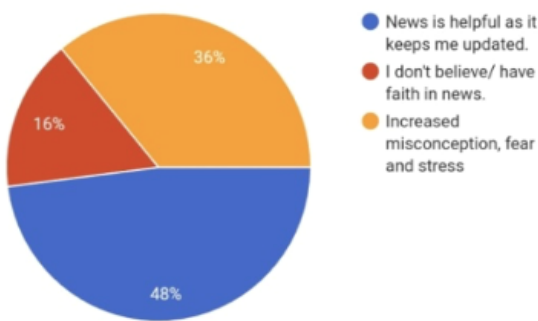


Fig 4.4 Parents of adolescents

Regarding the role of social media in changing their perception about pandemics, 48% of respondents from the sample of parents with young children reported that it had increased misconception, fear, and stress. However, 40% felt it helped update them with current news. Only a few caregivers of young children (12%) felt that they did not have faith in the news. For parents in the adolescent group, 48% said news helped keep them updated, while 16% from the same group had no faith/belief in the news. Rather, 36% of them believed that the media had increased their misconceptions, fear, and stress during the pandemic.

Financial Status during the Pandemic

Employment during Pandemic

The data on employment status among parents of young children revealed that 40 % of

participants worked for the same job/ business. The other 28% reported they were either struggling for income or had no source of income. In addition, 40 % of the participants of the study shared that they were dependent on their spouse/ family. Moreover, 4% of parents of young children shared that they switched to a new job/ business.

52% of the participants in the second group continued working for the same job/business, while 12% joined a new job/business during the pandemic. However, 20% of them were struggling for a source of income and 12% had either no source of income or were dependent on their spouse and other family members. There were also 4% of the respondents who started a small enterprise during the lockdown.

Expenses during Pandemic

When asked about areas where the expenses increased during the pandemic, 60% of participants and 48% of parents of young children mentioned Groceries and Sanitation and safety-related materials, respectively. The other areas included internet-related expenses for 40% of the caregivers of young children. An increase in school fees remained for a few of the participants (28%) followed by medical expenses for 16 % of participants. Grocery and internet expenses have increased during the pandemic, as reported by 56% of the parents of adolescent children. 48 % confirmed that expenses on sanitation and safety materials too had increased. For the remaining 28%, medicine expenses had increased during this situation.

Budgeting during the Pandemic

Ques 15. Has there been a need to cut down the expenses? If yes, what all expenses have you cut down ?

25 responses



Fig 4.5 Parents of young children

Ques 15. Has there been a need to cut down the expenses? If yes, what all expenses have you cut down ?

25 responses

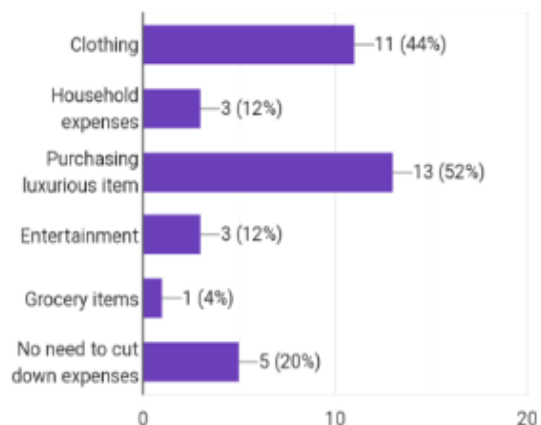


Fig 4.6 Parents of adolescents

The areas where expenses needed to be cut down were on luxurious items for 52% of the participants, followed by clothing-related expenses. The least emerged areas in the study were household related expenses and entertainment areas for 12 % of the respondents (each). Within the group of parents with young children, 20% of the respondents said that there was no need to cut down expenses during the pandemic.

During the pandemic, 48 % of the respondents in the latter group confirmed that they had cut down the expenses on luxurious items. While 40% reduced their budget on clothes, there were 36% who saved on entertainment expenses. 32% of respondents in this group found no need to cut their expenses.

Education during Pandemic

Adjustments at Home

Ques 16. What changes have you brought in your house for online classes of your child?

25 responses

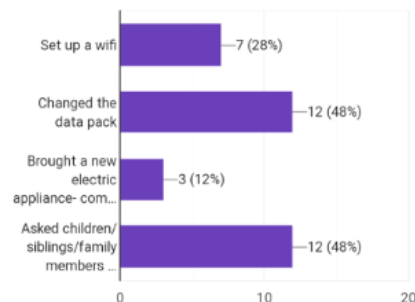


Fig 4.7 Parents of young children

Ques 16. What changes have you brought in your house for online classes of your child?

25 responses

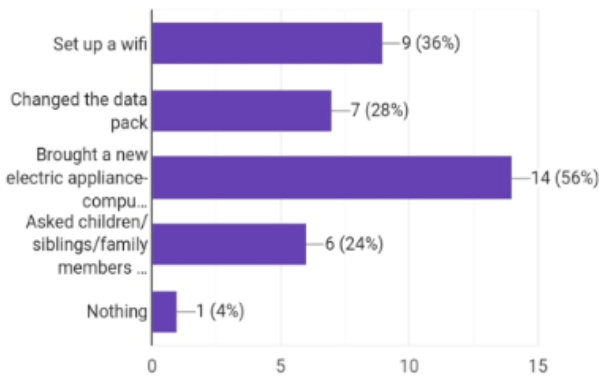


Fig 4.8 Parents of adolescents

In the study, 48% of caregivers of young children reported that they changed their data pack. In addition, an equal number of participants, i.e., 48% requested their children to adjust with their siblings by sharing for online education. However, 28% of participants had to set up their Wi-Fi and very few participants (12%) reported bringing new electronic appliances such as computers.

During the pandemic, many changes have to be brought in the houses for the online classes of adolescent children. 56% of parents in this group had to buy a new electrical appliance like a computer, laptop, and phone, while 36% had to set up Wi-Fi and 28% had to change their data pack. 24% of the respondents of this group had to request their children/siblings/family members to adjust with each other for the online classes.

School Fee

Paying school fees was reported not a problem during the pandemic for 52 % of the parents of young children. However, 16% of parents of young children spent savings on school fees, along with 8% of parents who reported borrowing fees. In addition, 20% of participants reported that it was deferred. Thus, 48 % of the parents faced some kind of difficulty paying school fees. Among parents with adolescent children, 40% did not face any difficulties while paying school fees for their children while 24% shared that they had to spend their savings to pay the school fees. The Remaining 36% (n=9) said that they had to delay the fee payment during the pandemic.

Receptivity towards Online Classes

Considering the perceptions and experience with online classes, 56% of parents with young children said that it had increased workload and stress for their ward. However, 32% of caregivers reported that their child/children had started missing school environments. However, 12% of parents of young children reported that their children started enjoying learning from home. Around 44% of the participants with adolescent children mentioned that their children were facing an increased workload and stress due to the changed mode of education. 36% shared that their children started missing the school environment, while 16% said that this new set-up has decreased the workload and stress among children.

Continuation with Online Education

Ques 19. According to you, should online classes continue after the pandemic ?

25 responses

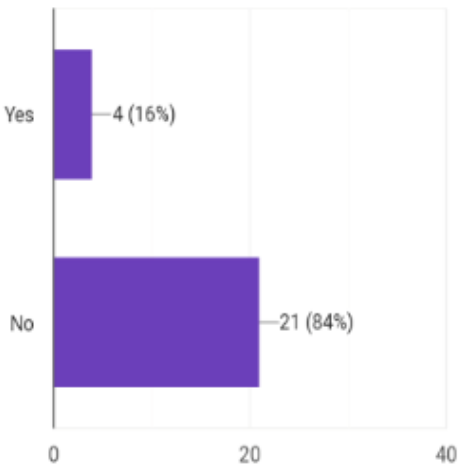


Fig 4.9 Parents of young children

Ques 19. According to you, should online classes continue after the pandemic ?

25 responses

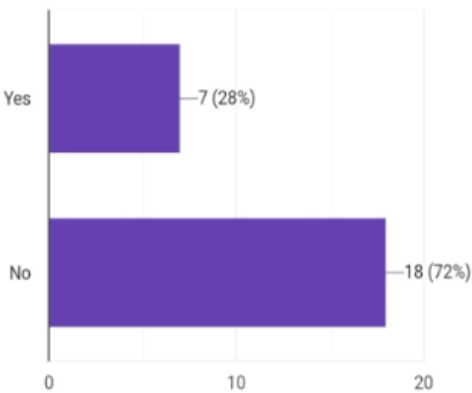


Fig 4.10 Parents of adolescents

The continuation of online classes after the pandemic was not supported by 84% of the parents of young children. However, only 16% of the respondents supported this phenomenon.

When asked about the preference for the continuation of online classes by parents in the second group, 72% shared that the online classes should not continue after the pandemic, while the remaining 28% confided that they would like the online mode to continue.

Impact of Digital Learning

On discussing the impact of digital learning on their ward's future, 60 % of parents of young children out rightly shared that this would reduce the performance of their children. However, the rest of the 40% of parents of young children reported that it would bring interest in the content and mode of learning and create more opportunities in their children's careers.

When asked about the effects of digital learning on the child's future, around 68% of parents with adolescent children felt that this would reduce the performance of their children. While 20% felt that this will create more career opportunities and 16% felt that digital learning has brought interest in the content and ways of teaching.

Section B

The current section particularly elaborates on two case studies viz. one of a COVID-19 affected family i.e., The Lakheras and the other is a case study of a COVID-19 anxious family i.e., The Naga Family. A special effort is made not to edit any part to give a complete picture of a family in both the case studies. Both the stories reflected on changing dynamics within the family, students' life, mental state and many more interesting aspects during unprecedented times.

Case Study 1: The Lakheras Family

In the Lakhera household, COVID-19 was received differently by each of the four members of my family, including myself. There is Mr. Suresh Lakhera, 53; father and business person, my mother Mrs. Seema Lakhera, 49; Businesswoman, brother Abhishek, 21; who has recently started a new job in Noida. I am Ekta; 24, a prospective teacher. We are a very close-knit group and rely on each other immensely, from menial tasks to mental and emotional support. My brother and I have been raised by

our parents in a "protective" manner. My father's parenting style has evolved tremendously from my childhood to the present day, almost adapting to the changes in his children and the environment. This reflection about him is important as it is also his biggest strength, his adaptive nature and ability to grow. His motto in life which he states quite often is "When life gives you lemons, make lemonade". My father and mother work hard every day. They had instilled this ethic deeply in my brother and me. They head separate businesses in the same field of electronics. As both of them contribute to the family income, we have slowly and steadily been able to increase our standard of living over time. There is an enhanced appreciation of the upper-middle-class lifestyle that we enjoy due to this gradual succession. Hard work, honesty, and focus were the values that rang in the household growing up and in hindsight, this has impacted my identity and relationships tremendously.

All four of us are very different personalities, but all of us share the trait of strongly associating our identity to our work. This shared sentiment during the lockdown resonated in the household. The house we live in is a two-room flat in Karol Bagh. My mother and father have one room and the other is shared by my brother, Abhishek and me. We have stayed in this arrangement for most of our lives. Sharing a room with a younger brother has taught both of us how to coexist in a small space. It has made us more accommodating to each other's differences. It also taught us a way to find a corner for ourselves within a shared space. This has helped both of us adjust to being confined to the same space without irritation or conflict. Our mutual understanding has also developed over the years, but this strange and difficult duration of time has if not anything strengthened the bond I share with my brother. He was particularly Stoic in times when I panicked and helped me with my anxieties. There is, in the aftermath of corona infection, an enhanced camaraderie and joy in my household.

Life during Lockdown

My mother is the driving force of positivity and fun even when her health wasn't great. She maintained her fun-loving attitude and amused all of us with new ideas for family games and entertainment. My father has only seldom been spotted in the house lazing around due to his hard-working ethics, and also got to spend more

time around the family. Initially, after the lockdown was imposed, what a great fun time we had as a family. It was the first time in my family that all of us sat and talked. Before that, everyone was busy working or leading their own separate lives.

The first day after the lockdown was imposed was quite memorable as that night we sat and played cards the whole night and my father prepared tea which we all enjoyed quite a lot. The laughter and fun lifted the veil of anxiety and looming fear, even if just for that time.

Every family has a value system, and mine is not very different in this manner. In our household, another big value is treating your body as a temple. All four of us, even in our busy schedules, manage to find time for exercise. My father, as a rule, wakes up early to go for a walk. My brother and I hit the gym regularly. My mother enjoys yoga and Zumba classes. We eat a relatively healthy and balanced diet. My mother who takes primary responsibility for cooking has always tried to give us a healthy balanced diet. None of us has had a health problem in the past and none of us has any history of medical ailment, so there wasn't much anxiety in the household initially concerning coronavirus. We all however took individual measures to continue our exercises in different manners.

My father woke up at the crack of dawn to avoid any contact and walked into the colony despite guidelines restricting movement outside the house. He came home every day and sanitized everything feverishly; from his chappals to his mobile. My brother and I took turns in exercising in our lobby. We would help each other with our postures and poses and in the duration of lockdown managed to shed significant weight. My mother on the other hand bordered on fanaticism for exercise. She exercised in the morning and evening with undying devotion for an hour and a half each session. "It keeps me engaged" she would say as my brother and I would tease her about it.

We also learned to give our parents the support and love they needed during this time. I learnt cooking during this time and prepared quite a few meals for my family. The family breakfast prepared by me was something my family has started looking forward to. I would plan elaborate breakfasts with an element of everyone's liking. I saw the delight and pleasure

at the breakfast table, and it made me appreciate the task of cooking more.

After a few days of lockdown, our parents had asked us to cut back on unnecessary expenses and shorten the elaborate grocery list. This had come after the panic which had swept the labour community. My father also had labourers working under him who were stuck at worksites and otherwise, and most of them had expressed the need for funds and the desire to go home. This labour crisis also resonated in our household, as my father would get frantic calls from labourers who wanted to go home and were in fear of being stuck without funds. My father had decided to help his employees by helping them reach their homes and extending monetary help to each of them from his savings. This created a crunch of cash in our household, but everyone accommodated fast to this change. Mother declared that no luxury grocery items would be had, and we would have to eat what was served. There were no biscuits to be had with tea and bread was now a luxury, but my mother and I rose to this challenge and started baking bread and cookies at home. No one noticed or missed any item we sacrificed. Everyone shared empathy for the labourers and was happy contributing as much as we could from the comfort of our homes.

The Lakhera household has evolved together from this shared experience. We have learnt to communicate more freely and openly. My father, a recluse by nature, has also opened up and started communicating to all of us, a change felt most by my mother who is grateful for it. My brother after having a conversation with both my parents felt so alien that he confronted me with his feelings about the experience. "It must have been the first time I've talked to both of them at the same time without anyone arguing. It felt good to casually talk to them about life" It was not as if we had just started talking to each other, but in our experience, we would say that we had just started listening to each other and that has made a world of difference in our relationships.

Abhishek, my brother, is a graduate of Indraprastha University, from where he has done his undergraduate in Mass communication. By nature, he is an extrovert and a social butterfly. He has many friends and in his own words finds the best way to unwind around the company of his friends. He very recently got employed at a public relations firm based in Noida. He was the

one out of us four who was visibly irritable after a few days of the imposition of the lockdown. “I remained confined to my room and my phone, maybe Initially I isolated myself from the family.” He was initially overwhelmed by the possibility of staying confined for a long time within the house as a big part of his day entailed going to work and interacting with people.

He works in public relations, and it is something he loves to do, as he is a people’s person. His favourite relaxing activity is also going out with friends, and not being able to go out and meet his friends was a big stressor during the time. It was also however very clear to him that coronavirus infection was no joke and hence stayed away from socializing even when restrictions were lifted. “After a point, I had to go out for even a breath of fresh air. I was feeling suffocated inside”. He stayed clear of interacting with other people but went out for early morning runs. “It gave me a breather and helped me cope up with not being able to socialize”. “I wasn’t scared of the virus until the virus infected me.”.

My brother was the first one in the family to report a fever. This happened after the lockdown restrictions were lifted and people were allowed to go to markets and start their businesses, which had been heavily affected. My father was already itching to go out. We took all precautions, but my father has an office in a crowded market. We expected the worst and had prepared for it. We had decided to place a shield in front of the office gate to avoid direct contact with customers, and bottles of sanitiser and gloves were also put in the office. It could have been anything. Maybe my father slacked in his sanitization or there was some unavoidable contact that he made, but one day my brother came to me and said that he wasn’t feeling so well. He reported feeling slightly feverish and fatigued.

Life during COVID-19

The first day nobody jumped to a conclusion, in my mind COVID-19 was a possibility, but my parents were too reluctant to even consider the possibility of him having the virus. “It’s normal to have a slight fever this time of year,” my mother said. The fever did not subside after day 2. I remember having a conversation with my brother, telling him to consider the possibility of having coronavirus. He said to me, nonchalantly,

“I’m sure that I’m coronavirus positive”. He said he had all the symptoms, fatigue, fever, dry cough and loss of taste. He said, “Loss of taste was the differentiator for me”. In the evening, when Dad came back from work, my brother announced to the parents that it had been three days and his fever had not subsided. My parents’ reaction was far from reasonable.

“I was angry because they were endangering themselves and others”. My mom and dad still found it hard to believe that my brother could indeed have Coronavirus, and was firm on the decision to not get tested. “I did not get any sleep that night, I was worrying if we all could die of not being provided treatment due to this bizarre denial from parents”.

Not long after my brother got sick, all of us started experiencing the same symptoms. I started feeling hot 3 days after my brother reported fever and soon after my mother also fell ill. It had been 4 days since all of us had fallen ill, and my brother’s and my protests continued. We wanted to get tested for coronavirus and our parents were not in support. On the night of the 4th day, a heated argument ensued and everyone in the house found themselves to be more stressed than ever. The next morning, I woke up, and mom and dad were nowhere to be found. On the family, WhatsApp group were messages from our parents stating that they had gone to get tested. “I thanked God for bringing them back to senses’ '. Although I was happy that they had gone to get tested, I was expecting the obvious, just as my brother was. A few minutes later, my father confirmed our fears in the group by sending a picture of their positive reports. They came back to the house with defeated looks on their faces. My brother and I felt a little guilty about not being more patient with them.

My father admitted his lapse of judgement, however, the same could not be said about my mother. She seemed angry that first day when her reports came. I remember her telling me, “Now you are happy, I am confined in the house. The government workers could come and paste stickers outside the house and everyone would know”. This behaviour was not alien coming from my mother, and I understood her sentiments quite well. My father stepped up on this occasion and at night organized a movie night. He asked us to play our mother’s favourite movie and I cooked the food. After the movie, the spirits were a little better in the house, which

gave me and my brother the window to explain to our parents our stand and why getting tested was important not only for ourselves but to also prevent infecting someone else. The tensions between family members had subsided, but there were health tensions still floating.

All of us had the coronavirus and at the time felt very vulnerable and scared. I remember waking up in the middle of the night and my mom would still be walking in the hall. "I'm not able to sleep," she said. Our temperatures rose from 99°C to 102°C. I felt fatigued all the time and unable to get up from my bed. My mother was also fatigued, but the household duties had to be done. Food had to be prepared and my mother and I took turns to prepare it. Cleaning was done by my brother as he reported his fever had dropped, and he would do it at any odd hour when he felt the least tired. My father at this time would try to contribute to each of these tasks wherever he could. He would sometimes prepare breakfast, which to our great surprise would be tasty. My brother's fever had subsided a few days before my fever, but he had started reporting a complete loss of taste and smell. He felt increasingly irritated at not being able to taste food, and as a result, would also eat less.

A day or two after, I suffered from the same loss of taste and smell. It was strange at first and then for a short time it became a source of fascination for me and my brother as we amused ourselves by trying out different food groups and if we could taste them, but it also affected my appetite drastically. Since I could not smell or taste the food I was eating, it became very difficult to eat consistently in adequate amounts.

My mother did not experience this loss in smell and taste, and neither did my father. During this time of recovery, I tried to maintain a positive outlook. I started listening to songs and watching positive movies, it helped uplift my spirits. I'm a naturally anxious person and getting infected was certainly very stressful for me, but I knew stress would only add to the ailment and what I needed to do was to keep my mind and body healthy. All of us during this period avoided the news and especially kept my mother away from the news as she was already feeling the stress. She however had her 25th anniversary to look forward to. She was quite excited about celebrating it and even though the pandemic drastically altered our plans for having a big celebration she was still quite excited about

having a small party for family only. We knew of this and frequently discussed with her the details of the party. It became a source of joy for her and soon after she started getting up from bed more and moving around the house, eventually, her fever also subsided, what remained was the fatigue which after a few more days was no longer there. It took our family 2 weeks to fully recover from COVID-19, and the entire time we provided each other with the mental support that any of us needed.

My mother comes from a traditional family and has grown up with that value system. Her parents have ingrained in her a fear of society and rejection from it. It seems more pronounced in her, as she is a very social person. She has a lot of close friends, she is very active, she is independent as well. A large part of her self-image is associated with her perceived image by everyone else around her. Even though she feels that one should not do things that attract criticism from society, she has never stopped me or my brother from our divergent thinking. When coronavirus came to the capital and spread in the capital she believed "*jisko hoga bachna mushkil hai*" and hence she said she became engrossed in doing everything she could to keep herself healthy. For her, outside the house was what she longed for, but it was something that she knew she had to avoid. So, she would consider going grocery shopping for her time out and enjoy it quite so much. She started joining dad in his early morning walks, and she started to love exercising even more. She bought a mat and started doing yoga. "It filled me with energy and positivity". She was loving the clean air outside when no one was to be seen. "*Maine itna saaf aasmaan dilli mein shayad kabhi nahi dekha*". She for the whole lockdown and even before it remains on alert as she was the one who purchased masks for the family even before it was a guideline. I remember going on a walk before the lockdown was imposed, and her friends made light-hearted fun of the fact that there was only a case or two in India, and she was already wearing a mask. In hindsight, it might have demotivated her a little.

"*Ab mask necessity lagti hai*" she says, reflecting on the months of lockdown. She also has now purchased masks of different styles to go with her dresses. "It is just to break the monotony. Why does everything have to be plain and sad"? She was very happy with the fact that

I learned to cook during the lockdown and helped her with the cooking, especially when she fell ill. After she got a diagnosis, telling all her family and friends didn't come easy to her. She avoided telling them, but her friends in the colony knew since they had seen the tape outside the house. She was thankful that they were supportive and helpful.

“They advised me to drink Giloy and Kadha every day”. All sorts of advice, some sound but other dodgy, were being given and this new commotion of calls from all friends and family also kept her busy. Her sisters would call her every day, and that helped my mom overcome her anxiety of being ostracized for having corona. *“Mujhe darr tha ki theek hone par bhi mujhse logg door bhagenge hai aur darte hai jinko corona hota hai unse, ye soch kar ki mujhse logg ab door bhagenge mujhe bahut bura lagta tha, raat ko neend aana band ho gayi thi”*

However, during the time she was in lockdown, her friends in the colony continued to call her. They tried to make her feel loved and that helped her overcome this fear. She also said the anniversary kept her going. “My 25th was something I had planned for so long, and I was really upset because I thought the lockdown would not allow me to celebrate at all. When the restriction was lifted a bit, it gave me a ray of hope. It was more than okay to just celebrate with family. That's all I needed” At that point in the lockdown the restriction was lifted, and it was allowed to have a gathering of 100 people. We decided it was best to invite 50 that covered all of our immediate family. We made lists and were planning the event, but then on one occasion my mother's sister and her niece showed reluctance to come to the event. They were uncertain whether we were still infected or not. Even though we had completed the mandated days of quarantine, there was a looming fear if we could still infect.

To me and my brother, the fear was unfounded but reasonable, so we thought it was best to get tested before inviting anyone over. The same did not sit well with my mother at all. For her, it was as if her worst fears had been realized. “I knew that once they knew I had COVID-19, they would treat me as if I would have it forever.” At home, we tried convincing her that it was not true, and it was because people cared for their safety that this precaution was necessary. Mother

took it hard and stopped talking to any of us. She stopped receiving calls from her sisters as well. My brother and I meanwhile got tested and informed everyone that we were free of the virus. My mother's oldest sister out of love for her younger sister came to visit her and cheer her up. This followed a very emotional exchange between the two. My mother expressed to her sister how low she had been feeling, and not going on and not being able to interact with anyone for three weeks had taken a toll on her. She was feeling exceptionally low and depressed during the time of her sickness and thought everyone would abandon her afterwards. It opened my eyes to the struggle of my mother during the COVID-19 period. After reassurance from her sister, she felt way better in the days to come.

My own COVID-19 experience has been a rollercoaster from start to finish. As it goes for anything in life, you never think it's going to be you. When I got infected myself, it felt unreal, but it was happening. I took all the precautions, my family was on high alert, but we were also aware that going out meant risk. When the lockdown restrictions were lifted, my father jumped to work not only because he could no longer bear it to sit at home and do nothing, but also it was straining him mentally the awareness about lack of funds and a worldwide pandemic. He had spent a lot of his savings trying to help the labourers he had working under him, but that had set us back and put us in a tight crunch. He still was responsible for feeding us primarily and also the workforce under him. Not only that, but he felt compelled to go to work. We had no choice but to let father open up the office, and when he did, we took that risk. Living in a pandemic state, for a short while, was quite enjoyable and relaxing for me. I am a homebody, and the first few days were especially relaxing and nice. I read books, cooked, listened to songs, finished movies, but as days turned into weeks, an unsettling feeling of not being able to do productive work started taking over. I am a person prone to anxiety and depressive thoughts, as is anyone during a worldwide pandemic. It is quite difficult to stay sane when there is a disease infecting everyone and everything becomes about survival. My initial reaction to the pandemic unfolding was one of caution.

I had in college done engineering in biotechnology, which has become the centre or

focal point during this pandemic. Although the word biotechnology isn't being thrown around as much, there is a lot of anxiety and hope surrounding vaccines and a huge part of biotechnology is engineering a vaccine for its production and marketing. I was very much familiar with the situations of the outbreak and the intricate process of vaccine making. I was scared about the veracity of reports running around on news channels feeding my loved ones who did not care to check. I was also worried about how dangerous the virus is.

I started reading research papers immediately about initial reports and found the virus was extremely infectious and was expected to spread very fast, this put me on alert. A few days after the cases started rising, and the lockdown was imposed, I gave all the information I had gathered from sources I considered to be credible and gave it to my family. They put their trust in me and knew I was more informed and knew about the issue, and essentially took my word for it. "Mask is essential to avoid contracting the virus." We had masks at home, but also, we bought some new ones which were better quality. We sanitized every object that went out, like chappals or mobile phones. We considered washing hands with hand wash every time we went out, an extremely crucial step. These precautions helped all of us maintain confidence and a sense of control over this unprecedented situation that had occurred out of nowhere. I initially enjoyed my time staying inside and doing things that I had wanted to do for so long but couldn't find the time to do.

I read a lot of books. I listened to a lot of music and learned how to cook. As time went by and the cases kept on increasing, my anxieties related to COVID-19 started increasing, and they had reached a peak when my father had decided it was best to resume work. I had a particularly paranoid time every day as I convinced myself that I would eventually contact the virus due to my father going out. It was not an unfounded fear, but the intensity of panic and paranoia of contracting the virus was causing a lot of stress for me every day. If I had a slight irritation in my throat, I would think of the worst. Here to calm down I started reading and meditating. I read a book called Ikigai, which also made me realize that there was no matter in fretting about things that were out of my control. The more I started to perceive it that way, the less paranoid I

became. I understood that what was within my control was taking precautions, but to some misfortune, anyone could catch the virus and that small lapse of precaution was not in my or anyone's control. At that point anyway it had been declared a pandemic and that meant that if we were suffering, we were not alone because this time the world was sharing this problem. Everyone was stuck in their homes; everyone was dealing with COVID-19 anxiety and loss of social contact. A lot of people were out of work and were facing financial crises.

I started reading about people's accounts and experiences of COVID-19 so far, their anxieties and fears and stories. It made me aware of the sphere of life on earth and how we had been affected. During that time all nature was flourishing. The sunset and sunrise seemed even more beautiful. The skies had cleared due to pollution reduction. The animals were free to frolic around in the streets but a lot of them were also searching for food which, in the absence of people, was getting harder and harder to obtain. After getting tested positive for COVID-19, my mentality towards keeping good health also changed drastically. I'm anaemic by birth, so this grievance could have set me back drastically had I not taken good care of my health from day 1. I also took the supplements that were advised. I made sure I exercised daily and also meditated to keep myself free from anxiety and stress.

My dad is in the age bracket that was getting the most affected during this pandemic. The whole family depended on him during the time to provide.

He not only had our responsibility on his shoulders but also the workers who were appointed under him. They were going through a lot of stress and anxiety related to the pandemic. The lack of knowledge and misinformation also caused a lot of panic, and my father was very involved in seeking to resolve their issues and problems. We used to see on the television as a family what happened to the migrant labour, and it touched us all. Labour was not just labour, but we had been acquainted with all the people who had worked with our father. From an early age, we used to call them uncle or bhaiya. There was a sense of familiarity and pleasantness being with them.

To see them go through a tough time when they had worked with my father with loyalty for over

decades, it was time for us to give back to these people and provide whatever help they needed. “Some of them were stuck at a worksite in Saharanpur. They were scared and had asked me to give them money weekly for their food supply and recharges. I did what I could” Funds were also getting short as time went on. It was getting harder and harder to feed all the labourers, provide for their maintenance, food, clothes, mobile recharges. They were getting more and more anxious each passing day.

“I think they were more scared because of the news stories and the rumours, and when the borders were sealed, it was the nail in the coffin”. There were a lot of calls made to and for from the workers, and they expressed their desire to go to their hometown as soon as possible. “They wanted mainly to be around their family in an unpredictable situation like this. In their hometown they were surrounded by family and neighbours who would help each other in difficult times. “I understand that family support is important, so I helped them go back.” Some buses were on for labourers and my father gave them adequate monetary support as well as mental support.

“When they reached safely, at least for that time, there was a sense of calm”. My dad is the biggest hard worker I’ve seen, and his need to work constantly was something that bothered him during the time of lockdown. “It was boring and unproductive”. My father spent most of his time through the net or fixing things around the house to feel as though some work was getting done. It was running in the house. “Don’t fix what ain’t broken”. That did not put a stop to his need to be doing something all the time. Small chores around the house found their way into his hands. He was responsible for the morning tea, and we got it exactly at the same time every morning without fail.

My family in hindsight could only get through this with the help of the constant mental and emotional support of our extended family and friends, and also each other. Our family’s consistent watch on our health, positivity from the youngest to the oldest member of the family kept us happy and raised our spirits.

My mother was the worst hit in terms of deterioration of health. She had a high fever for quite some time on and off, and also had fatigue. Her singular positive outlook and her will to get

better fast helped us keep our wits on hold. She was the centre that provided us with the comfort we needed. We also followed the advice of our doctors, whom we consulted after we were tested positive. The right guidance and help are a very important part of the security we felt. We were as a family very aware of the privileges or made aware of the privileges we had through the struggle of the people that helped run the family business. This time was when we as a family appreciated the time, we could spend with each other and understood the importance of keeping a check on our mental health.

Case Study 2: The Naga Family

When the first COVID-19 case was found

I was with friends in college and that is when we heard about the first case of COVID-19 and now, COVID-19 is already a year old. We didn’t know that the COVID-19 was here to stay. The past few months have been like a rollercoaster journey where it started with us not caring about COVID-19, thinking it is just a phase that’ll pass but later, when the cases got worse, we became a lot more careful, taking all precautions and staying home to the situation right now where we have normalized a lot of things. We are now used to the new normal.

When the first case of corona in India was found, many people didn’t take it seriously. Our college arranged a field visit to Lal Quila with the whole batch and a guide. My friends and I reached the monument wearing our N95 mask and our gloves, but we noticed that many of the people, including our college friends, were not wearing a mask at all. They were not bothered, and they did not like the idea of wearing masks. During my stay in Delhi over the years, I have always opted on wearing the mask because of all the dust and therefore, it wasn’t a problem for me. We did our best in taking all the precautions, but we ended up eating our lunch in McDonald’s. It is not that we were not scared, but we were hungry. Our mid-semester break was in just a few days.

Our family had planned a trip to Bangalore to drop our youngest brother at his new college and to meet my other sibling. We are a nuclear family with three siblings and my parents. My father wanted us to cancel our trip because of the outbreak of coronavirus in Wuhan, but my mother and I insisted on going. I received a call from my father. “Won’t it be better for you to

cancel the trip and plan some other time?” he asked, and I could hear the concern in his voice, but my mother doesn't go on any vacations, so I wanted to take her and promised him that I will take full precautions.

My mother and Norsang (my youngest brother) were to leave first, and I was to join them later. I prepared everything from masks to sanitisers to gloves to ensure their safety. I realized that the price of the mask had gone up, and I remember buying 50 masks for 5000 Rs, but it was an emergency and I had no choice but to pay the price. They were received by my other sibling who works as an engineer in Bangalore, Tridhe and stayed at his place till I came.

When the mid-semester break was announced, I booked an early morning flight to Bangalore. I had taken all precautions starting from mask to sanitisers to gloves and tried to maintain as much distance as possible, but the seats were all together, so there was nothing much to be done. I could only pray that I do not get the virus.

My brother had come to pick me up from the airport. When I reached his home, the stares that I was getting from all the people were so scary, and I could hear them whispering ‘corona, corona’ just because of the way we looked. This stare didn't end at all. Throughout my whole trip around Bangalore, Mysore and visiting Bylakuppe (Tibetan settlement), the stare and the constant whispering continued. We tried to take all precautions throughout our holiday and finally took a flight back to Delhi.

It was just me and my mother who came back. Norsang joined his new college and Tridhe had to stay for his internship and to finish his college. I received an email from the college saying that the college is closed for 21 days due to coronavirus. It was scary for my mother to continue her stay in Delhi and therefore, we booked her ticket to Dharamshala (our home) immediately. My mother wanted me to come with her, but I thought I'd have to join college after 21 days and therefore decided to stay back.

I continued to stay home and was discussing assignments with my friends online. I was staying at Majnu ka Tila (MKT) in Delhi and there are a lot of restaurants, hotels, and cafés in Majnu ka Tila (MKT). It was when I received the message about the shutting of Majnu ka Tila (MKT) from the next day that hit me so hard about the fact that it is getting serious. We

immediately went to buy all sorts of stuff to eat which includes rice, flour, dal, veggies, a lot of instant noodles and ten dozen of mineral water. We were so scared.

That same night, I received a call from Tridhe, my brother from Bangalore. “My exams got cancelled, and I got the permit to work from home for two weeks. I want to come home” he said. He immediately booked his flight and I booked the bus ticket from Delhi to Dharamshala. I called and confirmed at least five times about the operation of the bus, and the bus conductor agreed that it would be going. That same night, I received a call from the bus conductor that they wouldn't be going and that we would have to find a different means of transport. I immediately called my brother to cancel his ticket, but it was too late. His flight was in two hours, and we thought it was such a waste of time and money to come here for just two weeks, and the expense of booking a taxi is expensive. Even if we cancelled the flight, we were hardly getting any refund.

They say everything happens for a reason, and I felt it too. My brother soon received another mail from his office saying the work from home has been extended for 2 months and his flight didn't go to waste. I went to pick him up from the airport, and we grabbed our meals from McDonald's for takeaway. There was no indoor seating in McDonald's and I knew that the time had come for me to go home. Delhi didn't feel safe anymore.

Since there was no bus operating from Delhi to Dharamshala, we booked a taxi which cost us 10,000Rs, but we didn't have any option. It was me, my brother Tridhe and my cousin Wangchuk travelling with us. Wangchuk is my cousin who was in his second year of B.Ed. and his home was in Arunachal Pradesh. Therefore, he decided to come home to Dharamshala to visit my parents with us. To enter the border of Himachal Pradesh, the ID proof of being a resident of Himachal Pradesh was required, and so we borrowed one for him from a friend just so that he could enter Himachal.

We didn't face any problem getting home. We got entry into Himachal Pradesh as well, but all our ID cards were checked at the border and a lot of policemen were on duty. It was all thanks to the masks that we were wearing. We haven't informed our parents that we were coming, or

we knew that they'd worry all night. It was a surprise for them, not sure if it'd be a good surprise or a bad surprise.

In my home in Dharamshala, my parents and two cousin sisters were staying together. We reached Dharamshala at around midnight, 22nd March 2020 just before the Janata Curfew. Our parents were super happy to see us. We recorded everything in a video as well. We were asked to get changed, wash everything, keep our luggage outside, and we slipped into bed.

The next morning, our home was filled with people. The term 'quarantine' was new to us, and all of us were locked in our homes together. There were 7 people at home during the lockdown: mom, dad, my brother Tridhe, two cousin sisters Tashi Tsomo and Chuki and one cousin brother Wangchuk. Unlike any usual day, we had to make a huge amount of breakfast, lunch, and dinner. Our home has only two rooms, one kitchen, one storage and washroom. All of us chose our beds, and some had to sleep on the floor.

Announcement of lockdown

We were all enjoying our dinner and watching the news for any kind of update. That's when Prime Minister Narendra Modi announced that there will be a nationwide lockdown for 21 days. Everybody panicked with the announcement of the lockdown. We immediately went to check our ration to see if we had enough food for 21 days. Luckily, my parents like to stock everything beforehand, and we didn't face any problems. Soon, the condition of having to stay in institutional quarantine came by, and we felt so lucky to be able to be home just before the lockdown was announced. We heard various stories of friends and family having to stay in institutional quarantine with unknown people and poor facilities.

Our lockdown journey started with some wonderful memories. Most of us were coming back from cities and this seemed like our long-awaited holiday. We were filled with family members. None of us had online classes and all of us were free. We cooked for each other, talked about all kinds of things, read books, planted flowers and that's how we spent the first week.

After spending a week with each other, we realized that some were working a lot and some were just chilling the entire day, which didn't seem fair. So, we had a meeting one night. "Let's

all divide our work and make a system since we will be staying together for a long time," I suggested some seemed okay with the idea and some were not sure if it was necessary. But we finally decided to go with the suggestion. We made sure that our parents need not work, and we will divide the work among ourselves.

Division of work

There were five of us at home. We usually have roti or puri with alu, egg and tea for breakfast and lunch, it is rice, dal and sabzi and finally, for dinner, we have steamed bun/roti with some sabzi. Depending on the amount of work that would be required, we decided that 2 of us will make breakfast, 2 for lunch and 1 for dinner. The pairings were to be changed every day, and we wrote our names on paper every night to see who is assigned to which duty for the next day. We played games every night to assign our duty for the next day.

Other than the preparation of the meals, there was no system at home to be followed. My father made all of us sit one day. "It is a very bad time for everybody, and there is very little that we can do for other people. I would like it if all of us could pray for an hour for all sentient beings" he said. The last time when I prayed with a lot of people together was when I was in school. We had time allotted for prayers. We realized that we spend hours on our phones not doing anything productive and therefore, we agreed to what he had to say.

The next morning was a little different. All of us started waking up early, doing our chores and praying for an hour. Honestly, I did feel a lot better when I could devote one hour of my time to praying. It was successful. Everybody started showing their skills in cooking meals and YouTube was a great source for learning new recipes. During every meal, we would switch on our TV and watch the news. The news of migrant workers having to walk to his/her hometown, how the market has been affected very badly and the number of people suffering from coronavirus increased tremendously reached us every day, and it would break our hearts. It was very scary and there was no good news at all. Every bad news on television made us realize how fortunate we are to not have to worry about food and shelter during the tough time. We would occasionally watch movies or

dance shows during the weekend. It became a family activity that made us spend time together.

COVID-19 anxiety

We were all aware that the coronavirus wasn't going anywhere and that all we can do is take precautions and stay at home. We didn't step out from our home at all for a week. But soon, our ration and vegetables started to finish and to buy more, stepping out of the house was necessary. There was a time when people could go out to buy necessary items. My parents were super scared. "Let's just try to survive on what we have at home and if need be, let's eat Tsampa" they said. Tsampa is a staple Tibetan food (roasted barley) that we have stocked at home. We can simply eat that with hot water or Tibetan butter tea, and it's heavy food. But to survive on that alone didn't sound reasonable.

The younger members of the family had a meeting that night and decided that the boys would go out in the morning at 7 and buy all things necessary for at least a week. We arranged the masks and gloves for them to wear. We kept our main gate open so that they wouldn't have to touch the gate when entering, turned on the geyser and kept their changing clothes outside. As soon as they came home, all the things were kept outside, sanitized, washed everything and took them in after several hours only. They had to take shower, change all their clothes, put them in a machine and then only could they walk into the house. It was for their safety and everybody else's as well.

The rising cases of coronavirus were heard, but none in our area were tested positive. It was not until one case of corona in our neighbourhood was found that it hit us, the effect of lockdown. We couldn't even get out of our home to do anything. We were all stuck in our home and considering we were so many people in one small home, it started to get a little suffocating. We started having small fights and not talking to each other, and the situation got a little worse.

Starting a YouTube channel

We started recording our daily lives on our phones just for memory, to begin with, but a lot of people started creating their own YouTube. Tridhe also started editing one video, to begin with about our journey from Delhi to Dharamshala. We weren't expecting many viewers or subscribers but on the first day itself, our video received 500 views and 100

subscribers. It was unexpected and this somehow motivated us to make more videos. All of us started recording random stuff that we do at home and the jokes, and Tridhe would edit them all.

The love we received on the YouTube platform was unbelievable, and we slowly started making money on it as well. I used to assemble all the videos that I think would make a good video, and he could edit them since he has a good sense of humour. Finally, to have more viewers and attract viewers who don't speak Tibetan, I started adding subtitles as well. It brought light to our monotonous life. Our family and relatives all around the world loved our videos and the audience loved them too.

We would spend hours watching and re-watching our videos, reading the comments and discussing them. Many of the Tibetan people these days are concerned about preserving our Tibetan culture and language, and they were fond of us speaking in Tibetan language, taking time to study the Tibetan language from our dad and that we prayed. Moreover, they liked the bonding and the fondness in the family. We made fun of each other all the time, and they enjoyed the pranks we did on each other.

Education and work experience

All of us were engaged in one thing or another before the lockdown was announced. I was in my first year of Bachelor of Education (B.Ed.) and soon the online classes started. It was nothing like the classes that I would attend in my college. Some teachers never took classes, and we were given lots of assignments since the exam was cancelled. I knew that we would be marked, but sometimes I didn't know on what basis. I am good with computers and using internet connection, but somehow even then the online mode of classes was not very suitable. I couldn't focus most of the time.

My brother Tridhe is in the final year of his Engineering and he gave his exam online. We are living in the hills and the internet connection wasn't very good. We lost power in between while giving exams sometimes. It was a difficult time for him too. He was doing his internship at Cerner and had to apply for a job afterwards but didn't know if the online mode would be sufficient. Luckily, online was suitable for computer science engineers and hence he got the

job after his internship and completed his studies as well. He now has a full-time job online.

My cousin brother Wangchuk was in the second year of B.Ed. and he gave the exam online. It was time for him to find work and start his career but due to the lockdown and the situation, he is unemployed and is helping a friend out running a café at the moment. ‘You spend years studying all kinds of things and this is what you end up doing, watering’ said some of his friends, which did hurt his feelings. It is not a job that he’s doing, but hurtful comments kept on coming.

My mother works as a curator at the museum of Tibetan Medical and Astrology Institute. When the nationwide lockdown was announced, her office was closed, and she didn’t have to go to work. But slowly when things started to get better, employees living on the premises of the organization were offered work and were given full salary whereas my mother didn’t get to work and was given only 25% of her salary. Even though she wanted to continue working and earn, she wasn’t allowed to. Her workplace was 5 minutes away from home. It was difficult to stay at home and not earn for her also. “I miss going to work, I am tired of staying at home” are what she would often say. Her work is mostly offline, and her physical presence is required at the office to do so. Therefore, working from home was not possible. She loves flowers and gardening and therefore, to get her mind off the sad situations, she got herself engaged in a lot of gardening, and she loved it.

My father is the head of the Cultural and Research Department at the Library of Tibetan Works and Archive. Unlike my mother, his organization was kind enough to let him stay at home and pay the salary in full as well. But my father loved working, and he was not allowed to go to his office also, even though it was fifteen steps away from our home. “People should be allowed to work, but in a lesser number” was what he would often say. He brought plenty of work from the office when the lockdown was announced and continued to do all of them during the lockdown. He is the head of the publishing department and therefore was involved in editing all day long.

My two cousin sisters, Chuki and Tashi Tsomo. Tashi Tsomo also works as a teacher at the Library of Tibetan Works and Archive and didn’t

have any salary reduction. She enjoyed her stay at home and was happy to be able to work on her Tibetan language even more under my father’s guidance during the lockdown. Chuki was an IInd year English honours student from Delhi University. She is a very outgoing girl, and therefore she had much difficulty staying home. My father would make her read books and write essays, but she was keen on not doing anything. Soon, she got into the habit of playing PubG and ruined everybody’s mood every single day. There was no time limit for her playing and was often very loud. Many fights have happened at home because of her PubG, but the game is addictive, and she couldn’t stop playing.

Engagement with social media

We were always engaged with social media, but the use of social media during the quarantine period has increased drastically. The connectivity in our home wasn’t that great and therefore, we installed a Wi-Fi connection at home. Engagement with social media has increased for everybody, including our parents. My mother is always on her phone, talking with her siblings and other relatives. She speaks on the phone for hours because there wasn’t much communication inside the home except for when we are having a meal together.

My father started being on Facebook a lot more than usual and updated his status regularly. All his posts were mindful, educative and his ideas. Then he would spend hours replying to each comment. It was unusual to be on his phone all the time, and we would often tease him, but he would always defend himself by saying all his posts for other people to learn. When we were young, my father would frequently scold us not to be on the phone all the time, and now it was the other way around, we tell him all the time to get off his phone and be present with us.

The rest of us were young, our engagement with social media has increased drastically because there was nothing much to be done at home. All of us started watching a lot of series on Netflix, Amazon, and YouTube. Many young Tibetan started their own YouTube channels as well, and we used to enjoy watching their videos. There is one YouTuber that caught our attention. He was a schoolmate of mine and during the lockdown, he started helping a lot of people in need and would shoot videos about it. It would give us immense joy to just watch the people in need get

what they are deprived of, and the smile on their faces would make our day. There were times when they asked for contributions to help a particular family, and I have contributed too.

Other than wasting time on social media, on the brighter side, I learned a lot of new recipes on YouTube and started cooking nice meals, sweets and started baking as well in the rice cooker. My mother used YouTube to watch videos about flowers, and she grew a lot of plants and vegetables in our very small garden. My brother used YouTube to not just upload his videos but learned to code on it which benefited his work as well. It wasn't all a waste of time.

Family tension

No family is perfect and there are disputes, and it is not always happy. We fought several times among ourselves regarding work and space. Since the house was very small to fit seven people, it was very difficult at times. There was no privacy at all. Sometimes, the frustration of one would be taken out on the other, and this is how the family tension grew. We stopped making videos because the tension in the house was growing, there was more silence than talk, and it was awkward. We would get angry at each other for all the small matters, and it was sad, to be honest.

The office soon provided a house for Tashi Tsomo, and she shifted to her new home with all the cousins. It did feel a lot better to have a bed, space, and quietness at home. It was just me, my brother and my parents left at home and the peace felt good. The workload on me and my brother increased, but it was better to have our own space after all we are all adults. My father even managed to rent a different room near our home so that my brother and I could have a workspace as well.

We were being extra cautious, and we were not going out at all unless necessary after taking all precautions. But the neighbours didn't refrain from doing all that. They went on hiking, picnics, restaurants, etc. every weekend. It was very scary because we share the same washroom and I give tuition to the son of the neighbour. We are in contact all the time, and I was often reluctant to teach whenever he would come with a red or runny nose and cough. I cancelled many classes and told them to rest at times. But we obviously couldn't tell them to not go out. COVID-19 has put all of us in very awkward

and uncomfortable situations where we are unsure how to react and deal with it. One time, they even went to Manali for a week and expected me and my father to take our classes with their son as soon as they were back. I refused to teach. I told them to quarantine for at least a week, and then we resumed our teaching where no signs were shown. My father teaches him Hindi and Tibetan. We started with the idea to help the child because his parents were both illiterate and online teaching wasn't very effective for the child.

Visitor from Delhi

I was living with my boyfriend in Delhi before the lockdown. I was lucky enough to come home at the right time, but my boyfriend Rinchen was left behind. He had some work to take care of earlier and then the lockdown happened and was stuck in Delhi since then. He recently got a job as the Executive Director at Tibetan National Sports Association and was supposed to join the office in June in Dharamshala, but due to lockdown, he couldn't join. Furthermore, he would often call me and tell me how suffocating and difficult it is for him to stay in Delhi alone. The pressure to stay home every day and not do any work was hitting him badly. I could hear the tension and the anxiety in his voice every time he called, and I would always tell him to come to Dharamshala.

He owns a spa in Delhi called Om Health Spa. Due to the lockdown, the work has stopped and so has the income. He still had to pay the rent, electricity bill and the salary of the spa. To be in Delhi without any income and huge expenses, was very tough for him. Sometimes, there were times when he couldn't even speak on the phone. There was nothing much he could do in the room as well, so the thought wouldn't go away as well. He would often tell me that he is depressed. I was lucky enough to be surrounded by family during the lockdown, but he was all alone.

His parents are in Nepal and all the international flights were cancelled and there was nothing much he could do. The decision to come to Dharamshala was good because his job would also start soon, and one source of income would be better than having none. Travelling in times of COVID-19 was different. The Central Tibetan Administration had turned one whole school into a quarantine centre for Tibetans who are coming to Dharamshala. We planned that he would come

to Dharamshala in his car, quarantine himself at the facility provided by CTA, get himself tested and then would come home after that.

None of the things went as planned. He was stopped in his car at some unknown place after entering the border of Himachal. He was told to quarantine and get himself tested in a school turned quarantine centre by the Himachal government. The facilities were very poor. The safety was in his own hands to wear a mask at all times. He was provided with a very thin mattress to sleep on. Luckily, the food was nice, and he said that he didn't face many problems. He was tested negative and was soon allowed to go home. He isolated himself in the room that we had arranged. All the food was provided to him until he completed his two weeks of quarantine, and then only was he allowed to go out and visit us as well.

Living with COVID-19

In June, everybody realized that COVID-19 was not going anywhere and the decision to reopen most of the offices was taken. My parents, sister, and boyfriend started going to their office. Their office was on alternate days to ensure that there is the maintenance of social distancing and less contact. All of us made major changes in our lives and started living with COVID-19. Masks and sanitiser became our essentials, and even speaking to other people felt dangerous. Changing our clothes before entering the home, washing our hands regularly, became the new normal.

Earlier, when cases of COVID-19 were found in our area, we would freak out and won't even step out at all, but that has also changed. We still go out to purchase necessary items but with better precaution. We have come to realize that there is nothing much that we can do. All that we can do is to take precautions because safety is in our own hands. We have now learned to live with COVID-19 and slowly, the economic activities are also resuming. The things that we were missing out on like meeting friends, eating outside, and going for a walk, etc. have now resumed. I do meet my friends and go out to eat outside occasionally. We all try not to go out unnecessarily but when we do go out, it is with our masks on, sanitisers in our bag and less contact with other people. I tell the taxi drivers to wear masks all the time whenever I ride a taxi.

My father didn't step out from our neighbourhood at all for almost 6 months. It is only recently that he updated on his Facebook status 'I have stopped fearing the virus, I have learned to live with it. I will take full precautions, but it won't stop me from doing other things.' it said. I liked the mindset that he was following, and it made me realize that all human beings are slowly learning to live with COVID-19. It is a difficult time for everybody, but it is the mindset that one has that can help people get through it.

We were very lucky that none of the family members suffered from COVID-19, but we have never taken the situation lightly. We do not step out from home unless necessary and with all precautions. We are now getting used to the new normal, and we have also realized the safety of ours in our own hands. Wearing a mask is not even a problem anymore, it has become a habit to wash our hands regularly and to wear masks. If I step out without a mask, I feel incomplete.

by Tenzin Dronme Naga

Discussions

From the above two strands, we could see that in a family, marked changes were observed. This is gathered from Strand-I of the study. The main findings related to change in lifestyle where more than half of the parents in both the groups found their own and their family members' health same as before the pandemic or improved during the pandemic. Parents of young children were more involved in household chores during the pandemic as compared with the parents of adolescents. Fewer parents with adolescent children were involved in exercises as compared with parents of young children who attempted to stay active through joining online physical exercises such as yoga, aerobics and other activities. Both sets of parent groups were including healthy food in their diet patterns during the pandemic. In comparison with parents of adolescent children, more participants with young children agreed that screen time has increased and affected their eyes during the pandemic.

Concerning relationships with Family and Friends, the findings suggested that parents of younger children were watching television together, while parents with adolescents chose to play indoor games with their children. More than half of the participants in both groups felt that

spending more time with the family has helped them understand each other better. The majority of participants in both groups had regained contact, using audio and video calls, during the lockdown.

For Psychological Health/Mental Well-being, findings bring out that the parents with young children were feeling more frustrated as compared to the parents who had children in the adolescent years who were calmer. More than half of the participants with adolescent children reported that though the workload was less, their mental peace has deteriorated during the pandemic. While parents of young children felt the workload may have increased. Watching television, talking to a friend, and engaging in household activities were the highest chosen strategies to combat stress in both groups. None of the participants opted for counselling or medical treatment as a strategy to deal with stress. As compared with the other group, parents with adolescents felt that news was helpful to keep themselves updated during the pandemic, while more participants in other groups felt that news created misconceptions and fears.

The findings in financial status during the pandemic suggested that more than half of the parents with adolescents continue with their old jobs, as compared to the parents of young children. More participants from the latter group were dependent on the income of other family members than the former group. Grocery, Internet, and safety and sanitation material were the items on which the participants from both groups spent the most. Clothing and purchasing luxurious items were the areas where expenses were cut by the participants in both groups.

The most critical part was education that was online during the Pandemic, the findings showed that parents with adolescent children had bought more electronic devices as compared to the parents of young children. The younger students were asked to adjust more during their online classes as compared to the senior students. Almost half of the participants in both groups said they did not face any problem while paying the school fee. Delay in payment was more reported by parents of adolescents. In comparison with parents of adolescents, the parents of younger children felt that online classes have increased workload and stress for their children.

More than one-fourth of participants in both groups confirmed that their children have started missing the school environment due to the online classes. The majority of the parents in both groups had shown an aversion to the idea of continuing online education for their children.

Conclusion

From the above analysis and discussion, it brings out that during the pandemic, the family was the foundation to adapt and deal with the crisis. Everyone at home adapted to the changes happening outside and took utmost precautions. Parents could sense that screen time had increased for students and pressures at the workplace mounted. Even though there has been no satisfaction from online education for both parents and students, it was a solution to continue education in times of crisis. Online education was more a compulsion than a choice. Financially, many parents struggled but managed with unity at home. Adjustments were made with the siblings and ways to engage self were found such as reading books, cooking, and many more. Watching television together was another way to combat stress. Talking to relatives, family members, friends was also a way to deal with the mounting stress and workload at home.

Many students and parents resorted to social media for good and bad reasons. Parents and students both said it led to more fear, spreading misconceptions than they helped. Many families disliked what was evident in Strand-I and Strand-II of the study was that cuts on luxurious items were made and restricted to essentials. To follow COVID-19 appropriate behaviours, sanitisers, masks, and physical distancing became mandatory items. Along with expenditure on data packs and connecting online also led to the diversion of funds. Thus, having a congenial environment, adjusting with each other, adapting to the family needs becomes important to deal with the crisis.

Trials and Tribulations of Frontline Workers

Abstract

This is the compilation of narratives from the perspective of frontline workers, illustrated by the students. In addition, a narrative of pharmacists had been incorporated in the current article to share the perspective of health care professionals.

The article started with the journey of a police person and his family. It delineates the challenges of being in the profession and their state of mental health. This is followed by a description from a student who had a family member engaged in a medical care profession and living with her. The last part of the narrative is of a person who had his medical shop in Bihar, who installs hope and resilience among the readers. This compilation of narratives shares their journey during the first wave of COVID-19.

All three narratives are precious in many ways from the perspective of mental health. The read answers many questions arising within and leaves with us new kinds of questions to reflect upon further.

Keywords: *frontline workers, nurse, pharmacist, police personnel and mental health*

Introduction

The psychological health state of frontline workers is a very critical element in the fight against COVID-19, as frontline workers are the first line of defence against virulent waves that India witnessed. This volume would be incomplete without their voices. In the first wave, since the country was reeling with the COVID-19 impact, the biggest challenge was the vaccination of frontline workers. Thus, an attempt was made to include the perspectives of frontline workers and their families. It is important to understand the way our corona warriors dealt with the challenges along with their mental well-being.

Some research suggests the frontline health workers are more at risk get problems related to mental health such as anxiety, depression, burnout, and many more (cited in Gupta and Sahoo, 2020)

This section has only one part, and it has all the combined narratives of all the three professionals, viz. Police official, Nurse, and Businessperson. Thus, two of the professionals are in the ambit of frontline workers. The third is a professional who has his medical shop, thus, involved in the care of patients. All three narratives succinctly describe their respective journeys. These three narratives are compiled by the students of the Department of Education, University of Delhi.

The first part delineates the journey of a police professional and his family. The roots of this family are in the village. As the police officials are supposed to follow government orders, the challenges to ensure order becomes a major responsibility with the danger of getting infected. It also shares the reaction of family members when their head of the family encountered COVID-19.

Case study 1: A family of a police person who had undergone COVID-19

Family Members, Routine, and time spent in pre-COVID times

This family has five family members who live in a village named Hassanpur in the district of Rohtak, Haryana. This is a nuclear family in which the father, mother, and three siblings are living together. One of the siblings is married, and the other two children are receiving their higher education. They have their extended family in the same village, and they used to visit their grandparents frequently, who live with their uncle. The family had a field that was two kilometres away from their village, in which they did farming with the help of workers. They have some cattle and all the work related to those cattle and fields are done by the hired workers who are from another state (the migrant labourers migrated for farming to earn the livelihood)

- *Shri Kamal Nath Saini, Head of the family*

He is 52 years old. And he works as Sub Inspector in the Delhi Police. He works as an investigating officer in the Department, Delhi. His working hours are not fixed and this is the reason that he comes home once in two days and sometimes daily as it depends on the case that he is engaged in. He has done his education from the Government Senior Secondary School, Hassangarh Rohtak District and after completing his 12th. He cleared the exam of Delhi Police and got appointed and then promoted to the post of ASI. He takes all important decisions of the home. He has three children; the elder daughter is married and the other two children living with him.

• *Shrimati Vimla Devi*

She is 48 years old, and she is the wife of Shri. Kamal Nath Saini. She has done her senior secondary Education at the government senior secondary school, Gohana in Sonipat. She is a housewife and does all the domestic chores. She wakes up early in the morning, cooks the food, does the cleaning, and then makes sure that the cattle are being fed properly by the workers. They supply milk to the dairy. In the afternoon, she visits the fields to manage and oversee the works assigned to the migrant workers in the field. After returning from the fields, she usually sits on, veranda and gossip with her peers in the neighbourhood. Then, she cooks food in the evening for the family. This is how she spends her day.

How and in what ways family life has changed?

In this family, the changes may be felt as workload started mounting on Delhi Police due to the pandemic. This also increased responsibilities on Shri. Kamal Nath Saini as an investigating officer. All the officers and Delhi police personnel continued to work hard and diligently to maintain the law and order, despite acknowledging the fact that it may expose them to the virus and their family too.

The process of unlocking began in June, the problem increased as Delhi Police had to ensure that everyone in the capital is observing the COVID-19 appropriate behaviours. Shri. Kamal Nath Saini was the in-charge of the general awareness campaign that was being conducted by Delhi Police across the city. They went door to door for this campaign and tried to cover the maximum slum area as the area was believed to be more vulnerable to the virus in the

slum areas because of congestion. At the time of the campaign, he did not come home for almost one month. The family was extremely worried about him, but they were helpless. At the same time, the workers that were hired for the field as well as for cattle work went back to their state and all the burden of the work came on his spouse Smt. Vimla Devi and the two children.

On July 5th, in the evening, the family heard the news on Television of spreading coronavirus in the same police station where Shri Kamal Nath Saini was appointed. The highlights of the news were “15 police personnel got infected with the virus out of 23 in total.” The daughter called her father immediately and asked him about the news. Her father told her that the news was correct, and they came to know about it when one of the constables from the police station who was having symptoms of coronavirus got his check-up done. After the constable reports came positive, then everyone else in the police station had to undergo their coronavirus check-up. Shri. Kamal Ji reports also came positive. At that time, he was having no symptoms of coronavirus except a mild cough. After revealing to his family, everyone was terrified, and all became completely clueless about further steps. The mother of the children started crying, and fear of anxiety overpowered her usual behaviour. Nobody had dinner that evening. All the family members, relatives, and friends started calling them and encouraged them to keep their hope alive and stay strong in the most difficult of times. The two siblings told in the interview that they started searching the websites thoroughly so that they can get clues as to what is to be done further when Corona happens to someone. Their father told them that he and his colleagues were already taking desi treatment, desi kadha which has the following ingredients: (*Haldi, daru haridra, mulethi, dalcchini, tulsi, shahad*)

During this time, their father was quarantined at Jhajjar AIIMS due to the scarcity of spare beds in the hospitals of Delhi. But there were no facilities available. As the doctors were not coming for a check-up, he was instructed only to take cough syrup and a pack of paracetamols till further symptoms are shown. He told in the interview that the food and water came packed in the quarantine centre. He was quite upset with this. The good side was his family supported him with everything possible for them. All of them, chatted on the video calls thrice a day. Both

children shared links to Haryanvi movies with him, motivational videos, audio and quotes so that he could not feel lonely and alienated. He shared in the interview that it helped him a lot. He advised that in this type of situation when you are alone, frustrated, and anxious, one should always talk to people with whom to confide. Also, to keep oneself in regular contact with near and dear ones. Share your feelings with them. He also said that Corona gave him plenty of free time that he was always short of. He got the opportunity to know his family members and children better. Though he was not satisfied with the hospital services as the doctors were discharging the Corona patients after 15 days without any confirmatory test. They did the same thing with him and told him to go home by that time, the news spread in the whole village and the neighbours of Shri Kamal Nath Saini were not ready to allow him to come to the village as his report had not come negative. The conflict happened between the relatives of Kamal Nath and the gram panchayat and then the gram panchayat decided that they will allow him to come back home, but he has to remain in quarantine at his home for 20 days and even the mild symptoms were not there. He came home and all the family members welcomed him with clapping. He remained in quarantine on the third floor of his house. The family started practising yoga early in the morning and after 20 days the Gram Panchayat allowed him to interact with people. He along with his family started going to the fields for a morning walk. He spent all with his family happily. He said he enjoyed the one week very much as all of them together made some new dishes, they watched movies together, he told his children about his childhood days, school days and his struggle days also. Then the notice came that he has to continue on his service and for that he had to submit his corona negative report in the department. Therefore, he got his check-up done in the nearby hospital at Sampla as well as at Delhi police headquarters. After 5 days, one of his reports came positive, and the whole village started taunting his family that they will be responsible for the spread of coronavirus in the village. It was a very difficult situation for them as everyone was hating them. A team of six doctors came to their homes and took samples of every family member for the test. Thereafter, for 4 days their reports came negative and finally once again he joined his service. There was always a sense of anxiety

because cases in Delhi and Haryana were increasing at high speed. The family told in the interview that it was a horrifying and very bad experience for them except the one week that they all have spent together in the home

How the family build resilience towards the pandemic?

Nowadays, Shri. Kamal Nath started going to his job again with all the precautions, and he doesn't come home as he started living in a room on rent in Delhi so that he can avoid exposure to the virus while travelling and his family will also remain safe in this way. He talks to his family regularly on video calls.

One of their workers came back from his village and started living in the same village after being tested for corona. He does all the work of the field as well as the cattle. The family has hired him as a full-time worker. They are providing him food also so that he can send all the money to his family and support them.

The two children made their timetable accordingly. Deepika started taking online coaching classes, as some coaching centres have now adopted the online mode of teaching. She wakes up early in the morning, as it became her habit in the lockdown. Meditation helped her a lot in reducing stress and anxiety. She helps her mother also in the domestic chores. She talks with her friends on phone calls and video calls. She told me that in her leisure time she does painting and sketching, nowadays. It helps her to cheer up her mood whenever she feels unhappy and misses her friends.

Ankit has also made his timetable and has found out ways to reduce the screen time so that irritation doesn't happen in his eyes he also wakes up early in the morning as he daily goes for a morning walk and after coming from the fields, he does yoga for one hour and then after having breakfast, he attends his online classes. In the evening he goes to the playground and plays cricket with his childhood friends, with whom he had lost touch after school, but now during this pandemic, they again have a lot of time to spend together.

The family is keeping a healthy routine

- As they are getting up early in the morning, going for morning walk, playing, practising meditation and taking proper rest every day

- They are keeping up personal hygiene as well as using face masks, frequent handwashing and sanitisers. Sanitizing the frequently touched surfaces.
- Eating healthy meals at regular times and washing everything properly.
- Time management to balance out studies, online classes, and household work.
- Dedicated their energies to activities they love to do.
- They have found ways to take breaks during continuous on-screen activities.

This shows the family had built resilience during stressful and difficult times. They helped each other in every possible way and became the strength of one another. They shared due to pandemic family time which was alien before the pandemic.

by Anjali Sharma

The second narrative is of a nurse who got COVID-19 and her sister, both living together. The narrative is written by a nurse's sister who shared her journey and perspective as a nurse in detail too. This narrative also shares anxiety from COVID-19. In the end, lessons learnt from the journey are also woven to make a powerful and meaningful piece.

My family story: COVID interview family

My parents have five children, two daughters and three sons. I am 25 years old and my sister, Dawa (29), lives in Delhi. My sister is working as a staff nurse in St. Stephen hospital. And I am doing a B.Ed. in CIE. My eldest brother is a Software App developer and his wife is a staff nurse (35).

Pre-Lockdown

It was the month of February 2020 when my family gathered to celebrate Losar, Tibetan New Year. Soon after Losar, my sister and I came to Delhi after a week of celebration of Losar. My sister continues her job as a nurse. I went to class regularly. At that time, COVID-19 cases were rare in India, but only those who travelled abroad were suspected of COVID-19. Suddenly there was a scarcity of masks and hand sanitiser in Delhi. I asked my mother to parcel me some sanitiser to Delhi. My sister bought dozens of masks in February, which was before lockdown enforcement. She is proactive regarding health issues.

Earlier, my sister and I used to stay in the same room. Among us, whoever was free used to cook food or do the laundry. As my sister visits the hospital, she used to buy all the vegetables and other rations every week. I cooked food at home and cleaned at home. We do our laundry separately. My sister willingly decided to isolate herself and started sleeping in the guest room. Back then, I had an option to return home. Since it was locked down in Delhi, my parents advised me not to come home as my sister needs company. Moreover, there are risks in travelling.

We all were under complete Lockdown, excluding police personnel and healthcare workers like my sister Dawa. She usually commuted to work either by auto or by metro. Since the lockdown was imposed, she struggled to find an auto and many times she had to walk on foot for a few kilometres and take a lift from a random person. It sounds dangerous, but at that moment it was a sink or swim situation. She was left with no other choice. "I bet many of my colleagues have suffered the same". She was being careful every time she went to the hospital, so she regularly washes her hands and takes baths every time she comes from work. She always wears a mask, N94. In addition to that, she washed her clothes using Dettol disinfectant liquid. She was trying her best not to get infected since we are living together, albeit, she tested positive for COVID-19.

COVID-19: July – August

On 31st July night, my sister had one spike of fever. She consulted a doctor, and they told her to take the COVID-19 test. Unfortunately, the report turned out to be positive, and my sisters phoned me about the report. I felt incredibly sad for her. My reaction to her report was, "what will happen to you?" She told me she wants to get admitted to the hospital. The doctor instructed me to do a home quarantine for **15** days since I don't have any symptoms. Well, I tried my best to console my sister and bury my emotion from her. After the call ended, for a moment I was taken aback since we have to go through this tragic phase of COVID-19. After a day, my sister informed me that a government official had pasted one big poster on the wall of the house. Even though my sister was admitted to the hospital, they still pasted that poster. I felt that poster was drawing unnecessary public attention, and it was creating a stigma. The very next day, I received a message and picture from a friend

through WhatsApp. She sent me a poster picture which was pasted on my house. My one neighbour shifted to another colony even after 15 days of home quarantine. I have witnessed that people avoid crossing the lane beside my house. One incident happened to me in mid-August. I went to dry my clothes outside the house, which is near the lane. So, a group of boys was walking from the same lane and suddenly one boy suggested switching lanes. I felt as if I was treated like an untouchable person, just like back then. Pasting a poster was not helpful in my case.

My sister, Dawa's point of view regarding COVID-19 as she tested positive

"The moment I was diagnosed COVID-19 positive, I felt sudden numbness all over my body. I couldn't believe it. How it happened to me when I tried my best to follow the guidelines and precautions. I was very careful while working and still got infected. I might have missed something. I was just wondering where I missed it. The doctor advised me to isolate myself at home only if I have separate bathrooms and toilets. Otherwise, get admitted to the hospital. Initially, I refused to stay at the hospital, but the Doctor insisted on getting admitted at the hospital due to the lack of isolation facilities such as separate bathrooms and toilets. I called my mother and told her that I tested COVID-19 positive". Mother replied, "Don't worry, my child; you will be fine after treatment. People do recover from this disease." After hearing that, I was hopeful, yet I could sense and feel that my mother was worried. Yet, mother was trying to be composed and advised me to follow and listen to the doctor's guidance.

Later I called the nurse in charge and a senior colleague. They replied, "Don't worry Dawa, you'll be alright in a few days because you don't have any severe symptoms and other diseases and don't worry about the work". At last, I called my sister at home and informed her about the report, and she asked "what are you going to do now?" I replied, "I'll get admitted to the hospital since I am a staff here, so I don't have to pay for the hospital bill except for the dietary charges and COVID-19 test". And I will get the pyjamas and gown from the hospital. So, you don't have to worry. In case, if I need anything I'll call my staff colleagues for help so don't worry. While you have been contacted with me, so you have to

home quarantine for 15 days as per the consulted doctor".

During my stay in the hospital: for the first few days I lost my taste and olfactory sense. Hospital food is bland and it's almost tasteless. In addition to that, I lost my taste. I lost my appetite. I could eat only a few spoons of rice for lunch and a few bites of Roti for dinner. After that, I felt tired. Thinking that it may go worse, I started to eat a little more and always tried to take extra bytes in every meal.

I was constantly watching motivational videos and gratitude videos. I was grateful for everything I received. "Feeling grateful lightens my mind and soul. I was being hopeful." All my family and relatives called me now and then and asked about my condition. I even receive calls from the government health administrative officers. I was trying to be cooperative with them.

I was admitted for a month and within that period; I had experienced a roller coaster of emotions. I took 5 COVID-19 tests and all turned out to be positive. Whenever my report showed positive, I felt devastated. For the first three test results, I was extremely sad. Doctor asked for a test, as I didn't have any symptoms and my X-Ray and CT scan report was normal. It develops a sense of good hope. But my COVID-19 reports always came positive. It shattered my hopes. After the fourth and fifth report COVID-19 positive, I started denying that report. I was frustrated by the fact that I have been asymptomatic for more than 20 days, yet my reports are still positive. Whereas I surf the internet and read a few articles stating that it took only two weeks to recover for the asymptomatic person. So, I started doubting my COVID-19 test report.

One of my colleagues/friends got admitted to the COVID-19 ward. Her health condition was quite serious as her SpO2 (oxygen saturation) was low due to which she was treated with oxygen therapy. In addition to that, she has hypertension. I used to go to her room and encourage her to eat some food because she was also losing her appetite. Though I was motivating her that we will be alright, deep down I was saddened by my frequent positive reports.

Daily activities inward: I woke up at 7:30 am, followed by freshening up. I started my day with gratitude, thoughts, and prayers. I have a strong

faith in God and I truly believed in this quote “there is always a light at the end of the tunnel”.

During the Doctor’s round, they could see that I wasn’t happy with COVID-19 reports, so he says, “It takes time to recover as it depends mainly on the immunity of the individual, and it varies from person to person”.

For entertainment: In the evening, I used to watch comedy shows and movies to lighten up my moods. I used to listen to our Tibetan folk songs. I tend to go back to roots when you are aloof or sad. I video call my family every time I have a meal. Sometimes I wrote poems about nature. I used to help my friend who is also admitted to the same ward by encouraging her to eat more food and giving her some fruits. Also, we shared our feelings about COVID-19 and talked about the days when we were free to hang out without masks. We felt grateful for every small improvement in our health.

How does COVID-19 affect you mentally?

During my stay of one month in the hospital, I felt suffocated. I used to peep out from the window, seeing people going to their jobs and auto-rickshaws moving on the roads. I started to realize the importance of good health and freedom, even to the point that I envy the pigeon flying near my window. I am reminiscing about happy times. Real luxury in life is health and freedom. Life is uncertain and nothing is permanent. Appreciate it when you have it.

The moment I received the 5th report which was also positive, “When the doctor revealed my COVID-19 report which was positive, I held my emotions. As soon as he left the room, I burst into involuntary tears. Heavy anguish, disheartening and utterly sad, maddening and all the unwanted emotions filled in my hearts and minds. Even my nose was not behind as it was also clogged with mucus. I talked with families and especially to my brother karma. He reminded me of some teachings of Buddha, including that nothing is permanent in our lives, not even our suffering. He explained with his best of capabilities that I felt instant relaxation and I realized that I was being selfish and emotionally disturbed. Furthermore, he told me not to forget these life lessons in the future. Opportunities lie in difficult situations, so I am taking this time to learn and apply Buddha’s teaching. I am thankful for the circumstances as people may call it bad but for me, it is a time to

reflect on my thoughts, attitude, and actions”. After a day, I had a call from my senior colleagues, and they suggested that I isolate myself at home as those whose home quarantine tested COVID-19 negative. Later, I was discharged from the hospital by a doctor for home quarantine and to get a test done after 7 days. Even I wished to go back home. Despite having all the facilities in the hospital, my report was still positive, so I was discharged from the hospital for good. Patience is a skill that needs to develop in oneself when we are earnestly waiting for the COVID-19 report. Throughout my stay in the hospital, I realized that waiting for a negative test report was so annoying that I was becoming impatient and that caused great discomfort and disturbed my mind. So, I began meditating to develop my waiting skill.

On the day before my sister’s discharge from the hospital, I (Tenzin) went to a local dispensary and received a hydrogen peroxide solution to disinfect our house, especially the washroom and bathroom. I bought some sprays every time my sister used the bathroom. She came on 3rd August evening and I cooked her favourite dish, chicken curry. So, she lived in the guest room. I consistently cooked our traditional food and non-veg meal so that she heals and hoped that her appetite will return to normal.

Post COVID-19/ New normal: (August-December, 2020)

After a few days of rest, she went to the hospital for a check-up and the doctor gave her a fitness certificate which states she is fit and healthy. On the 20th of August 2020, my sister resumed her work. Currently, she is posted in the COVID-19 ward.

How are you feeling to work in the same COVID-19 ward where you were admitted due to COVID-19? “Since I have experienced this COVID-19, so I could truly relate the patient’s anxiety and stress over their report and health. When a patient gets frustrated, I try to explain to them and share my experiences/ stories and show them a ray of hope. I counsel my patient, and honest conversation makes a difference in their thinking. The patient does appreciate my genuine conversation with them”.

Forthrightly, the new normal created us to value health a little more. At the moment, COVID-19 anxiety is less compared to the pre-COVID phase. Earlier, we sanitized all the goods and

edible things that were bought from the market. We showered every time we went outside. Now we don't do it anymore, we simply wash our hands diligently, and we change our masks frequently. We have considered wearing masks as part of clothing which is compulsory to wear. Although, COVID-19 anxiety has been reduced since my sister has recovered. Hitherto some anxiety left within us because of which, I didn't renew my gym membership and we avoided going to the cinema in the new normal unlike in the old normal. We don't visit trial rooms in shopping malls.

Since the lockdown had been relaxed, restaurants had hand washbasins and hand sanitisers outside the shop and even body temperature was monitored by the guards' man. We also celebrated our birthday virtually. We try our best to stay at home and minimise going to the market even though my sister has recovered.

by Tenzin Zomkey

The last narrative is of an entrepreneur situated in Bihar. The journey of the current businessperson was shared by a student in his own words. This narrative instils positivity and optimism among readers.

The perspective of a Businessperson

Case study 2: कोविड -19 से सवस्थ होकर लौटे व्यक्ति से बातचीत

मेरे घर से लगभग 300 मीटर की दूरी पर स्थित एक भदानी अम्बेडकर हॉल है, इसके मालिक का नाम अनुराग भदानी है। अनुराग भदानी कोरोना से पीड़ित हो गए थे। मैंने उनसे बातचीत की और उनके अनुभव को मैं आपके साथ शेयर कर रहा हूँ। अनुराग भदानी बिहार के गया जिले के रहने वाले हैं। उनके पिता का नाम हरीश भदानी है। हम अनुग्रह पूरी कॉलोनी में ही रहते हैं। वो एक महीने तक अनुग्रह नारायण मेडिकल कॉलेज में रहे। उनका छे टेस्ट हुआ था। जिनमें चार रिपोर्ट पॉज़िटिव आई थी सबसे पहले मैंने पूछा कि आपको संक्रमण कैसे हुआ, कुछ पता चला? उन्होंने मुझे बताया वे अपना अधिकतर समय अपने मेडिकल दुकान में ही रहते थे। सिर्फ जरूरी सामान के लिए ही बाहर लेने निकलते थे। उन्होंने कहा कि मुझे नहीं पता मैं कैसे संक्रमित हुआ। मैं कभी भीड़भाड़ वाली जगह नहीं गया। मैं अपनी कार से ही पटना गया था। अपने ड्राइवर के साथ रास्ते में हम दोनों ने खाना भी अलग-अलग खाया था। ड्राइवर का टेस्ट भी नेगेटिव हुआ। मुझे नहीं पता चला, मैं कैसे संक्रमित हुआ।

हमने उनसे पूछा कि जब डॉक्टर को उनके संक्रमित होने का शक था तो टेस्ट के बाद उन्हें घर क्यों भेजा? डॉक्टर ने मुझे घर भेजा, यही शायद डॉक्टरों से गलती हो गयी। हमें अनुग्रह मेडिकल कॉलेज से भर्ती किया गया। हमारे परिवार को क्वारंटाइन किया गया था।

संक्रमण की पुष्टि के बाद क्या प्रतिक्रिया रही? उन्होंने मुझे बताया कि मेरा टेस्ट कर लिया गया था। इसके जवाब में उन्होंने कहा मेरे अंदर कोई लक्षण नहीं थे। इसलिए डर नहीं लगा। फिर डॉक्टरों ने मेरा हौसला बढ़ाया। कई बार गड़बड़ी की वजह से भी रिपोर्ट गलत आ जाती है। लेकिन जब क्वारंटीन के लिए घरवालों को एंबुलेंस लेकर गई, तो मैं थोड़ा घबरा गया।

घरवालों को कैसे समझाया? उन्होंने मुझे बताया कि मैंने घर वालों को हौसला दिया और बोला डरने की जरूरत नहीं है। मैं अलग कमरे में रह रहा था। मैंने घरवालों को बोला कि आपआपको संक्रमण नहीं हुआ होगा। मैं थोड़े दिन में घर वापस आ जाऊंगा। संक्रमण की पुष्टि के बाद, उनके साथ क्या हुआ? उन्होंने मुझे बताया कि जब मैं संक्रमित हो गया, तो मुझे अस्पताल में भर्ती किया गया था। इसके बाद जिला प्रशासन ने उनके दुकान और घर को बंद कर दिया। तथा उनके सभी स्टाफ को क्वारंटीन कर दिया था। और उनके घर के आसपास सभी लोग को घेर दिया गया था। सिर्फ आवश्यक सामान की आपूर्ति सुनिश्चित की गई थी। इस प्रकार ये बातें हमारे मोहल्ले में आग की तरह फैल गई। सभी लोग भयभीत हो गए थे। सबसे ज्यादा वह लोग हुए थे, जिन्होंने 2 दिन पहले हमारी दुकान से अपनी दवाई लिया थी। उनके सभी परिवार को तुरंत क्वारंटीन में रहने के लिए रहने की सलाह दी गई थी। उन्होंने बताया कि सबसे ज्यादा मैं अपने माता पिता को लेकर चिंतित था क्योंकि उनकी आयु 80 वर्ष के आसपास थी। लेकिन पूरे परिवार के सभी सदस्यों का टेस्ट नेगेटिव आया था। तब उनकी चिंता थोड़ा दूर हुई। उन्होंने बताया कि वे 25 अप्रैल को अस्पताल में भर्ती हुए थे और 25 मई को छुट्टी मिली थी। अस्पताल में भर्ती होने के बाद उनमें कोई लक्षण नहीं था। इस वजह से डॉक्टरों ने उनको कोई दवा नहीं दी। इससे उनको थोड़ी चिंता हुई। उन्होंने उसके बाद डॉक्टरों से बात की। डॉक्टरों ने उन्हें बताया कि लक्षण दिखने के बाद ही उन्हें दवा दी जाती है। तब उन्हें आराम करना चाहिए इसके बाद उन्हें एक दो दवा दवाई दी जाने लगी थी। अस्पताल में देखभाल करने पर उनका विचार पूछा? तो अस्पताल में देखभाल के लिए पर्याप्त इंतजाम थे। दो तीन बार कमरों को सैनिटाइज किया किया जाता था। सुबह शाम डॉक्टर आकर सेहत की जानकारी लेते थे। दिन में कई बार नर्स आ कर जांच करती थी। डॉक्टरों और नर्सों ने बहुत सहयोग दिया वे दिन रात

इतनी गर्मी में पीपीई सूट पहने काम करते थे। जबकि इस सूट पहने से थोड़ी देर में पसीना आ जाता है।

अस्पताल में आपके कैसे कटे दिन? उन्होंने बताया कि अस्पताल में खुद को फिट रखने के लिए योग का सहारा लिया अनुलोम-विलोम, कपाल भारती आदि करता था। जब मैं गया था, तो वहाँ कोई अन्य मरीज नहीं था। बाद में दूसरे मरीज आए। चार टेस्ट रिपोर्ट पॉजिटिव आया। उसके बाद महीने भर अस्पताल में रहने के बाद परिजन थोड़ा घबरा गए थे। लेकिन अच्छी बात थी कि कोई परिवार का करीबी लोगों को संक्रमण नहीं हुआ था। उन्होंने बताया कि चौथी रिपोर्ट पॉजिटिव आई, तो मैं थोड़ा घबरा गया। लेकिन जब मेरी पांचवीं और छठी रिपोर्ट निगेटिव आई, तब जाकर मुझे छुट्टी मिली अस्पताल से। उन्होंने मुझे बताया कि अस्पताल में रहने के दौरान उनके बाद में आए व्यक्ति पहले ठीक हो कर चले गए। जब उनसे पूछा कि उनके बीच उन्होंने खुद को कैसे मजबूत किया? तब उन्होंने बताया कि मजबूत रखने के अलावा कोई रास्ता नहीं था तो परिवार वाले घबरा जाते, मेरी पत्नी प्रेग्नेंट। दूसरी बात यह थी कि मुझमें कोई लक्षण नहीं थे। घबराने की नहीं सावधानी बरतने की जरूरत है। उन्होंने बताया कि कोविड-19 एक महामारी है। इससे सावधान रहने की जरूरत है, घबराने की नहीं। जो लोग लंबे समय से बीमार है, बुजुर्ग हैं, गर्भवती महिलाएं हैं, उन्हें अतिरिक्त सावधानी बरतने की जरूरत है। उन्होंने कहा कि लोगों को खान-पान पर ध्यान देने की जरूरत है। मैंने पूछा कि आपको आर्थिक नुकसान भी हुआ था? तो उन्होंने बताया कि हाँ!, मुझे मानसिक के साथ-साथ आर्थिक नुकसान भी हुआ। उन्होंने कहा कि मेरी मेडिकल की दुकान एक महीने तक बंद

रही। इसके बाद में अस्पताल से घर लौटा तो अपने स्टाफ के माध्यम से दुकान को फिर से खुलवाया। लेकिन मेरे स्टाफ ने बताया कि कोविड के कारण अपने दुकान के कस्टमर दूसरे दुकान पर चले जाने लगे। एक दूसरे से संक्रमित ना हो तो बहुत से कस्टमर हमारे दुकान पर आने से डरते थे। इसका आर्थिक नुकसान मुझे अभी तक उठाना पड़ रहा है। अभी भी हमारे दुकान पर लोग आने से डरते हैं। उनको लगता है कि उसके दुकान पर गए, तो मुझे कहीं कोविड न हो जाए। लेकिन कुछ समय के बाद सुधार हुआ। परन्तु, यह कब तक समाप्त होगा, ये पता नहीं। मैं अब बिल्कुल सवस्थ हूँ।

यह सभी बातें अनुराग और मेरे बीच की बात पर आधारित है। मैं अपने तरीके से सही प्रकार का प्रश्न करने की कोशिश करी। कुछ प्रश्न को लेकर मैं आशंकित और भयभीत भी था लेकिन मैंने सही प्रकार का प्रश्न पूछने की कोशिश की। अतः मैं उनके सवस्थ रहने की कामना के साथ अपनी बातों को समाप्त करना चाहता हूँ।

निर्भय कुमार द्वारा

Conclusion

From the above three narratives, one main conclusion derived was to adopt COVID appropriate behaviours. The second emerging thread came was family as a unit is an integral part. It gives strength to fight in uncertainty. To keep our mental well-being, being connected through technology or other means is very important to brave the storm.

References

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Concluding Remarks

This section provides a summarization of minor discussions made in Strand-I and Strand-II of the study in respective articles. However, this note may provide analysis based on the themes and across stakeholders in both strands. The findings from both strands may lead us to common takeaways from the study.

From strands, I and III of the study, the stakeholders delineated that the life before COVID-19 was regular as they were in their routines, had their regular physical classes and were not very serious about Internal Assessment. The onset of COVID-19 changed their lives tremendously. Life got confined to homes and online education was the only solution to the problem. Initially, they enjoyed the classes as they would be with their family. Gradually, boredom set in because the students could not meet their peers, teachers, and others. Many narratives pointed to sharing of household chores and responsibilities at home. There was a division of work. In many families, there was fear of COVID-19 so much that it had started affecting their own lives. The role of social media in spreading fears, anxiety, misconceptions were tremendous. This was a common feature among all stakeholders across strands.

To maintain their mental well-being at home, stakeholders across strands have shared that they have engaged in physical activities at home such as yoga, meditation, eating a healthy diet and drinking regional kadhas to boost immunity. Insecurities related to the romantic side of life are also set in shared in two of the narratives. Online education became a compulsion instead of a choice. However, students and parents across strands shared that the satisfaction is quite low from online education. Even though teachers made a lot of effort, nothing can replace face-face learning.

The common thing that emerged from narratives of families that had suffered COVID-19 was that when it hit family members, it came in phases, which is a peculiar feature. This means that when one family member is at peak of the severity of COVID-19 then other family members are not at a severe phase thus, sparing them to take care of the ill member. Thus, work happens and turn-taking in responsibilities

happens. Thus, responsibilities are not just shared among parents but with siblings/ children too.

Educational Implications

From the study, we may take the following takeaways to reflect upon further:

- COVID-19 makes us reflect on changing our lifestyle to make our immunity stronger. Having sunlight to activate vitamin D in our bodies, eating nutritious and balanced meals becomes a necessity. It makes us reflect that our own needs are limited, but our unnecessary desires are limitless. For instance, instead of buying bread from outside, we may prepare it in our own homes. This is a moment or in fact, an opportunity for all of us to think to heal ourselves, our planet and make co-existing spaces with all the species around the world.
- This is a very important element of the study. Stakeholders in both strands repeatedly shared that to keep self-sane, yoga and meditation helped along with physical activities. This is an important element to fight COVID-19 as it keeps the mind and body ready to fight the disease effectively. Strengthening yoga and meditation-related exercise in schools and colleges make healthy citizens of the nation.
- Even though, dissatisfaction regarding online education could be sensed especially by students as they faced difficulty in submitting assignments and other challenges like a personal touch. It may be gathered that ICT has become an important element as it needs orientation and comfortability with teachers and students too.
- Many parents and families burnt out their savings and managing at home became difficult. Thus, having strong savings as a family has become a necessity.
- Talking to friends and relatives were also helpful in dealing with COVID-19 and other allied challenges at home. Talking to someone also helps in maintaining psychological well-being. Thus, many mental health helplines launched by the government are an arena that requires encouragement.
- It is difficult to help someone when one is feeling low. Making our students learn or

incorporating activities that can build strong emotional bonding and encourage prosocial behaviour in the school curriculum may help in combating stress.

Annexures

A. List of students who participated in *Strand-III* of the study from the Department of Education, University of Delhi:

- | | |
|------------------------|------------------------|
| 1. Aarushi Kaushik | 9. Nirbhay Kumar |
| 2. Anjali Sharma | 10. Nisha |
| 3. Anubha Andrea Singh | 11. Pooja Meena |
| 4. Amit Kumar | 12. Rishikant |
| 5. Ekta Lakhera | 13. Tenzin Dronme Naga |
| 6. Harsh Mathur | 14. Tenzin Zomkey |
| 7. Innocencia Kujur | 15. Vaishali Dalal |
| 8. Ngawang Yangkyi | |

B. List of students who participated in the *Strand-I* of the study from the Department of Education, Lady Irwin College, University of Delhi:

- | | |
|--------------------|----------------------|
| 1. Aakriti Jain | 31. Nikita |
| 2. Aditi Bhatnagar | 32. Nikita Khemka |
| 3. Akansha Panwar | 33. Nilima Mandal |
| 4. Anam | 34. Nisha Gautam |
| 5. Anjali Mishra | 35. Nisha Rawat |
| 6. Aparna | 36. Parul |
| 7. Arunima | 37. Pragya Pathak |
| 8. Bhavna | 38. Pratima Thakurta |
| 9. Bhawna Gill | 39. Prerna Jha |
| 10. Deepshika | 40. Priya Arora |
| 11. Deepti Chugh | 41. Priyanka |
| 12. Deepti Yadav | 42. Priyanka Yadav |
| 13. Disha Kataria | 43. Rubeena Gupta |
| 14. Divya | 44. Rajni Gupta |
| 15. Gunjan Jhamb | 45. Richa Roy |
| 16. Ifra Arif Khan | 46. Ritu |
| 17. Ishita Arora | 47. Riya |
| 18. Japleen Kaur | 48. Riya Bhatia |
| 19. Jyoti | 49. Roopali Jain |
| 20. Kajal | 50. Rupinder Kaur |
| 21. Kajal Tomar | 51. Sakshi Agarwal |
| 22. Khushbu Arora | 52. Sanya Kakkar |
| 23. Kopal Yadav | 53. Satya Bhawna |
| 24. Kritika Sharma | 54. Shivani Thakur |
| 25. Lalita Kumari | 55. Simran Luthra |
| 26. Lisha | 56. Smriddhi Sharma |
| 27. Manisha Meena | 57. Sonia |
| 28. Mansi Saini | 58. Tanvi Diwan |
| 29. Mansi Sharma | 59. Tarunika Kapla |
| 30. Neeru Rathor | 60. Warisha Malik |

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