

HEALTH, WELL-BEING  
AND  
RESILIENCE  
IN  
CONTEXT  
OF  
COVID-19 PANDEMIC

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## Preface

Covid 19 is an unprecedented event in life of several generations who had a very first encounter with a Pandemic. In how many ways COVID impacted our lives is still being unraveled through research. Apart from revelation of scholarly research our personal experiences give insightful account of living with the Pandemic. Pandemic brought about a dramatic change in our daily lives with remote working, school closures, social distancing. For many it meant greater loneliness, isolation and depression. However it also meant that people got more time together with their loved ones and the elusive time to pursue their hobbies as a result of saving on commute time.

The lessons of hope and gratitude, camaraderie and social support. The book titled, 'Happiness and Resilience in context of Covid 19 pandemic' presents a multi-faceted perspective on Corona virus pandemic.

The fear of contracting virus, anxiety about ones health and well-being, uncertainty on account of lockdowns, took a severe toll on our health and happiness. The challenge was severe but we lived up to it.

COVID 19 has had a profound impact on life. It highlighted the need to prioritize personal health and

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# Corona is not a Crisis but an Opportunity

—Dr. Kishor N. Ingole

## Introduction:

Corona is not an epidemic, but an opportunity. For all of us, Corona has given us a golden opportunity to start all over again. If you look at the last few years, there was an epidemic called the Spanish flu in the West about ten hundred years ago. Humans have to face many problems while living their life. He lives his life facing various problems and crises. That is why it would not be wrong to say that life is another name for struggle. He continues to struggle and overcome adversity. Corona crisis was like that. The outbreak of Coronavirus was a big crisis in front of the world. It had affected all levels of human life. Antibiotics have not yet been found for this disease, so that the disease does not spread and the preventive

measures plan is now in front of everyone. The option remains. Therefore, efforts were being made in all countries to control this disease depending on policies like lockdown. Due to the uncertainty created by this situation, an atmosphere of fear was spread all over the world. Even today, efforts are being made from all levels to prevent Corona. In this article the researcher tried to show that how the corona is not a crisis but an opportunity.



There was a lot of loss of life and money at that time, so these things happen, but if we embrace it, the problems caused by the disease will be less and the problems in other areas will get more scope. We observe today a lot of difficulties in the financial sector and at the same time different opportunities are available in this sector. It is also becoming aware. We see on TV every day, we read in the newspapers that a few thousand people or labourers had migrated in search of employment. They have returned to their province. If you look at the number of migrants, about fourteen percent were domestic migrants. Every labourer migrates to the place where employment is available according to his skills. This means that there is a large number of jobs available in every state in our entire country. We were not aware of this till today, but this corona has made us aware of it. We have seen that in the last few years and a few months, provincialism has been booming on a very large scale. The biggest reason for this is migration in search of employment. If we provide employment in those states to eradicate this provincialism, such things will be curtailed. At the same time, we should try to make villages self-sufficient, because if the village becomes self-sufficient, then the problem of such migration will not arise. And it will also help to reduce

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the stress on big cities. For example, 'Hiware Bazar' is self-sufficient in everything. Sarpanch of this village, Popatrao Pawar, has made a planned plan of the village. Today, not a single person in this village migrates in search of employment; and those who had migrated earlier, were called back and given employment opportunities in the village itself.

### **An Empty Head is believed to be the Home of the Devil:**

If we think about the education sector, many countries of the world have shut their educational institutions. Dnyaneshwari Sritame points out that, "As per the report of 'UNESCO' in April 2020, 154 crore students stayed at home in 188 countries. 15 lakh schools were closed in India. So, 26 crore students and 89 lakh teachers stayed at home. In higher education, 50 thousand educational institutions were closed. Of these, 3.70 crore students and 1.5 lakh college teachers stayed at home. So many students and teachers were staying at home is like a time bomb." (Sritame 13) An empty head is believed to be the home of the devil. Therefore, to remove the emptiness and loneliness of the people, the present problem cannot be overcome by showing serials like 'Ramayana', 'Mahabharata' on Doordarshan, and engaging the people by showing mythological stories of the past. Humans have overcome many difficulties with the strength of their intellect. The continuous crisis of 1720, 1820, 1920, and 2020 every hundred years is nothing new. So instead of thinking now, emphasis should be placed on action. Now we have seen that gradually many countries of the world have ended the lockdown.

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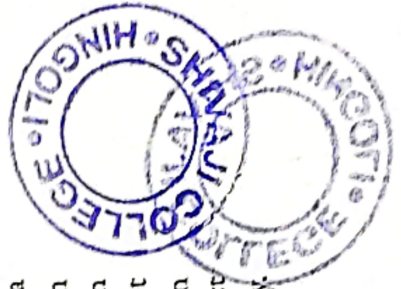
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### **Many Opportunities are available with 'Corona':**

We should understand that Corona was not only a crisis but also an opportunity. The things we were hearing or reading. Now we know and use it ourselves. Activities like distance learning, use of information technology, multimedia, mobile-phone, e-library, Zoom SAP, Google Meet etc. have started to be used. We learned something new from this! At that time, even if a decision was made to postpone the exam, cancel it, or admit to the next class without taking the exam, it was a temporary decision. So we should not stop our education. It is the concept that came out of 'online education'. Through this we were able to study at home. The rules of 'stay home, stay safe' were followed and education was also done. There are many employment opportunities in developing countries like India. Our education system has a big role behind it. If our education is technological, it is in demand. Through online education we can learn using technology. This is a very big opportunity for us.

### **Education is the tool of transformation:**

Education is the tool of transformation of human life. Therefore, to overcome this online education system can be used well. Online knowledge makes you smarter. You can get this education through your smart phones. It has become a major tool of the new generation. You can get the education you want at your own time, at home and at low cost. One can take the exam and get the certificate. Even if something is not social, it can be understood by looking again. Students can speak from our countries to other countries. One can interact with various experts. So there is no need to go there directly.



Such a great facility is being obtained from this. Things like direct online conversation, discussion, question and answer have started to be done on a computer or mobile phone sitting at home. *Digital Apps:* Whats App, Zoom Cloud, Google Meet, YouTube, Video share are used to teach, interact and solve the problems of students by teachers. Even students can share his knowledge with his other peers in peer discussion. *Digital Tools:* Sound recording, Lecture/ speech/conference-webinar, poster presentation, published or unpublished interview, online journal/magazine references/ CDROM, DVD etc. such simple digital teaching tools are developed by software engineers to explore teaching content with data design context. *E Learning:* First we need to understand what E Learning is. Simply put, while sporadic E Learning by way of Smart Classes, Connected/Virtual Learning was already in practice, across private schools in metropolitan cities, E Learning in the times of COVID-19, means, all learning through E Learning. Schools were shut. Students were at home. This was the perfect time to adopt E Learning. There are so many advantages of E Learning. Technology has now become a part of education. The COVID19 opened the doors of educational technologies. There are so many tools like Google forms, Google sheets, Google Classroom, Edmodo learning management system, testmoz.com. EContent videos, Online assignment, Online Quizzes etc. There was certainly a lot to do during this period. We just have to think about it from a positive side and achieve that thing. You can get opportunities from a crisis and it must be found and we are looking for it. New Opportunities for Education during the Corona Crisis: 'Stay at Home' was the only solution to

overcome corona infection disease in India and Maharashtra also. All were able to stay in their homes and avoid the disease. Also, the government of India and Maharashtra has implemented the 'online education' campaign so that the year of education of children is not wasted. During this crisis of Corona, many people have taken advantage of this opportunity and are taking it. For example, many colleges are providing the facility of getting certificates by mail immediately after solving the questions given by providing links to question papers on different subjects. Many national and international level seminars (webinar) are being organized. FDP, Refresher Course, Orientation Courses are being conducted by many universities. It is also getting responses from all levels. This is a great opportunity. Otherwise earlier, all this had to be done by going to every corner of the country, to that university or to other countries. Therefore, the cost of going and coming, the cost of staying there had to be paid. Now Google Forms, Google Docs, Google Classroom are all available with one click. In the time of the Corona crisis, many people had sufficient knowledge of computers.

### Employment Opportunities for Youth:

Corona has spread not only in India, but all over the world. All over the world people had to retreat in all areas. Importantly, 'Corona is not a crisis but an opportunity' because it has created employment opportunities for the youth. According to a report by Global Hunt, which informs employees about jobs, the recruitment process had almost stopped. But there are some industries, where skilled workers are still in demand. Due to Corona, the economy

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of the whole world is in a state of chaos and there is also a big crisis of employment. Some companies had delayed new appointments due to the increase in Covid-19 infections. However, according to industry data, new appointments are being appointed but at a slow pace.

Today, there are thousands of unemployed youth in Maharashtra. But because of Corona, all these unemployed youth will now have a lot of jobs. We see UP, Bihari people selling all those things. But now due to the lockdown of Corona, these people have returned to their respective states. Therefore, employment opportunities have been created for the youth in Maharashtra. Government and non-government employment opportunities have been created in various areas in Maharashtra. COVID-19 opened the doors of new opportunities. Employment opportunities are being created in Maharashtra on a large scale. Therefore, this opportunity should be taken full advantage of, to sort out the problem of unemployment in Maharashtra. Nothing is impossible just you need confidence to achieve something. Today we see a lot of changes in the norms and traditions in the social sphere. For example; if a wedding was held, actions were also being taken. So the people were gathering eight to ten people in the house and completing the wedding ceremony in just an hour. We should continue the tradition of this same wedding ceremony even after Corona. We have to adopt best practices to overcome or solve problems like debt bondage, female foeticide, farmer suicide, etc. If we eradicate these traditions now, we will not face these problems in later times. In order to solve these problems our government plans various schemes from time to time. The government sets up various committees

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to implement these policies and schemes. This means that we are wasting a lot of government money and time required by the committees for various schemes like 'Beti Bachao, Beti Padhav'. The money saved by the government will be spent on other areas, namely education and health. Therefore, Corona is not a crisis, but a great employment opportunity for the youth.

#### Conclusion:

Therefore, this corona has provided us with many opportunities. It has also brought about a lot of positive changes in our environment. Large cities like Delhi, Mumbai, Bangalore, etc. have been affected by the pollution problem. But due to this lockdown, the pollution of these cities has been curbed. Also, the toxic water from the factories that used to be released into the rivers is now closed. The river Ganga was the most polluted but due to this corona lockdown becoming normal. The post-Corona world structure must be based on social and environmental conscience. Restoration is needed, in each and every sector and field. In every adversity lies an opportunity is an age-old saying and has never been truer than the COVID-19 pandemic. As an extension, it could also be said that greater the adversity, greater will be the opportunity, particularly for a diverse country like India.

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