At the outset, I'm delighted, yet deeply concerned to present the COVID 19 special edition of PsyNova. In light of Covid 19 outbreak, I feel incredibly responsible and obliged to present a glimpse of the perceptions, musings, and contemplations of Psychology fraternity during this period. Borrowing Charles Dickens words; perhaps this might be the season of light and this might be the season of darkness. And this indeed, is the spring of hope and the winter of despair. There might be ebbs and flows in the journey of everyone's life. Often times, we either get hanged on to the past, or worry over the future. The good news is, its wholly possible to savour the now, by being conscious of the present moment. It's arduous, but not impossible. Another most important tool during times of panic and crisis is our positive mindset. The Department of Applied psychology, with the endeavour to further the psychological health takes pleasure in curating this newsletter in view of these and more. Spreading awareness about mental health and providing the help always go hand in hand. It's a constant striving as mental health advocates to bust the stigma and stereotypes on mental health and to spread the ray of hope. I seek everyone to be a part of it and hold the humanity together.
This is the time to all of us to be the role models for positive psycho-social change by having a systemic change in the mind-set.

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MENTAL HEALTH IN THE TIME OF COVID-19

COVID-19 has shaken the foundations of mankind. The unparalleled impact of this pandemic has puzzled almost all nations in the world. But it has also reminded us that for all our differences, we are one human race and we are stronger together. Living through the uncertainties of the pandemic, it sure heralds the beacon of hope for a better future of our planet. The pandemic has brought in a new normal. Do we really need to get back to the old normal is a serious question to ponder on. This has been a great equalizer and the greatest gauge to measure the disparities. The crisis restates the systemic psychological portfolio and unchecked insensitivity in various arenas. It’s also a powerful metaphor for the weight of how people feel when it comes to the social, economic and healthcare inequalities that continue to thrive. It’s time to get more involved than ever before to create a new normal that includes social justice, civil rights and compassion. This is the time to all of us to be the role models for positive psycho-social change by having a systemic change in the mind-set.
Public health emergencies often generate fear and lead to a spectrum of psychological consequences. The mental health impacts of any such event may penetrate deeper beyond mere physical impacts. As social organisms, human beings always need to be connected with others. New measures such as lockdown, quarantine, isolation and social distancing have adversely affected the usual activities and livelihoods of people. Along with the fear of contracting the virus, unemployment, work from home, online classes and lack of physical contact with family members, friends and colleagues may lead to the development of mental health issues like fear, anxiety, sleep disturbances, extreme sadness and feeling of loneliness, hopelessness, depression and suicidal tendencies in many individuals. Stress may also disrupt the harmony in the family and lead to frustration, aggression, interpersonal conflict and violence among the family members. The lack of physical and social support from friends and significant others can make the situation even worse. The physical and mental health effects varies with age, gender, prior experience, socioeconomic status, family structure, severity, secondary stressors, pre-disaster psychiatric history, personality and presence of various psycho-social resources. The mental health of vulnerable groups like elderly, children, persons with disabilities, pregnant women, health care providers and people with health conditions requires special attention and consideration (Dong & Bouey, 2020; Goyal et al., 2020; Ho et al., 2020; Li et al., 2020; Wang et al., 2020; Shah et al., 2020; World Health Organization, 2020; Greene, Paranjothy, Palmer & Chir, 2015; Norris, Friedman & Watson, 2002).

The topic of mental health has garnered increasing attention at the outset, although the persistence of archaic views of mental health conditions and the professional help required is still an impediment to the ideal mental health system. Mental health is the most precious asset, not only for individuals but also for nations and societies, and should be prioritised in the same way as physical health. Body and mind are the two parts of the same holistic system of human beings. What affects the body affects the mind and vice versa. Changes in one are reflected on the other. World Health Organisation defined mental health as "a state of well-being in which every individual realizes her or his own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community" (WHO, 2004). COVID-19 is a great opportunity to revisit how we look at mental health conditions. WHO has estimated that 20% of world's population suffer from some kind of mental illness at some point of time. Everyone would know at least one person who has a mental illness. In this 21st century, when we do have evidence based interventions, the biggest barrier is stigma, lack of awareness and lack of access. There is power in science and it leads to awareness and effective treatments. Interventions don't just eradicate the symptoms of the illness it so eliminate the prejudice and stigma. In many cases treatment eliminates the symptoms of the person's illness, but in some cases it actually transforms the lives of people. We could avoid suicides, addictions and violent crimes if we could intervene promptly before the worsening of the conditions.
Providing proactive mental healthcare would reduce the cost of delivering healthcare and result in enormous savings. We should begin to recognize mental illness for what it is - a medical condition that can be treated, like we do physical illness. That would be an effective outset to begin with.

The good news is each and every individual can contribute their tiny bit to make a big difference. When we reflect on the 'society' we understand that each individual is society and that’s where the problem is and so exactly where the solution lies. Helen Keller reiterates; "The world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker". As the world navigates immense change, let each individual has a wiser impact on humanity. These infinitesimal conscious efforts would uphold the policy makers, administers and mental health advocates immensely. Having set the prelude, now let’s reconsider the narratives of stress and anxiety during Covid-19. Stress is basic and vital to humans. Lockdown, school closure, alarming headlines, - all of these can make people anxious. It’s important to know no one is exempted from this feeling. That’s how one is supposed to feel. Scientists have long recognized that anxiety is a normal and healthy function that alarms us to danger and aids us in taking measure to protect ourselves. The anxiety is helping to take the necessary measure needed to be made right now-not hanging out with large groups, maintaining hygiene, not touching our faces, wearing masks etc. Those feelings are helping us to keep ourselves and others safe. While stress and anxiety around COVID-19 is completely understandable it is also crucial to keep track of it. Make sure to double-check the information about the pandemic. False information also can be a pandemic. For accurate information follow the government/authentic platforms only. Keep in check by talking to a friend, deep breathing exercises, journaling and exercise/movement.

Resilience is the ability to recover quickly from change and/or stress. Evolutionary evidences and history shows that humans have adapted to a numerous setbacks. Simply being aware of this capability is empowering. Our brains always want to bounce back to normalcy, all the more to excellence. Although, it is imperative to give the right inputs. Research enumerates various measures to augment self-care and mental health. Practicing compassion to oneself is crucial. When days don’t go as planned, acceptance and forgiveness helps. When we look through, it’s the internal thoughts that give trouble, despite the passage of event. The emotional baggage of shame and guilt might ensue conditions like
depression, anxiety disorders, etc. Letting go of the thoughts is easier said than done. However, in reality people have the power to consciously change the thoughts and how one talk to self. Counselling offers very effective ways to manage the mental processes. One can discover how to adjust beliefs and thoughts with support.

The present scenario revealed how closely our health relies on each other. These global challenges call for global solidarity. Frontline warriors, especially healthcare workers are suffered, both mentally and physically from the insensitivity of the beneficiaries. It’s ultimate to be patient and kind with them. When compassion is spread to others it enhances our own well-being. Similarly, it’s extremely important to know that getting affected by the virus doesn't mean one has done something wrong or he/she is less of value than anyone else. It's essential to be kind, respectful and supportive to each other. Let’s safeguard our positivity and witness the ripple effect.

Emotions have great power. Positive emotions and thoughts can do miracles. Lockdowns, school closures and headlines on Covid-19 can be overwhelming, especially when you add the stress of working and teaching from home. The primary group of contact is family and let’s strive to expose positive emotions in it. Children often reflect the emotions of their parents. Staying calm and sticking to a routine can do wonders for their mental health. Emotions have complex but predictable effects on how it influences the people around. Many unfortunate incidents when analysed, in retrospect, shows the downside of ‘Emotional Contagion’. So let's be conscious and instil responsible positive impact on the society. Having conferred about the emotions, it would be unfair to not talk about how the status quo has resulted in unnoticed changes in the lifestyle. The unprecedented changes like altered timing and type of light exposure is problematic for mental and physical health. It was a concern before as well, but is particularly bad now. COVID-19 resulted in altered schedules and more time indoors. Humans are diurnal in nature; i.e., desires to get light early in the morning and some mechanisms don't require light (need night times without light). Fortunately, there are some simple, zero cost ways to tackle this. Daily exposure to sunlight in the morning helps anchor body's natural biological clock. Morning and evening sunlight is especially important and powerful, when it comes to activating and biological circuits that support mental and physical health and immunity. Making sure that we view natural light in for 2-10 minutes (not through sunglasses or tinted glass) can have great outcomes. Research also warns not to use bright light at night (especially blue light from screens) before sleep. It can adversely affect the sleep quality.

Sleep is the golden key that ties health and bodies together. Extant research shows a vast knowledge on the importance of sleep. Sleep deprivation may compromise our immune system and puts the body on alert, increasing
production of stress hormones and elevating blood pressure, which are major risk factors for health conditions such as heart disease, stroke and cancer. Lack of sleep results in disruption of appetite-related hormones and heightened levels of the hormone insulin. Researchers concluded that sleep deprivation increases the risk for obesity and diabetes. Sleep deprivation can also deplete the brain’s vital energy stores and interfere with completing tasks that require vigilance and concentration. Sleep deprivation increases activity of the emotional centres of the brain, particularly in response to negative stimuli, leading to irritability as well as interfering with the ability to make rational or logical decisions. So, an average of 8 hours sleep is essential to keep our mind and body healthy.

Learning to control our own dopamine release, which is involved in the centre for reward/pleasure, is a powerful tool across many domains of life. Dopamine either promotes our immediate feelings of well-being or drives us toward goal seeking behaviour. Sense of achieving something (as small of an act as making the bed in morning) would release dopamine. It’s fascinating that the striving process to a goal itself enhances well-being. When we work towards something and we get feedback, either internal or external feedback that we are heading in the right direction facilitates positive emotions. Dopamine is among the most potent ‘feel good’ and energizing chemicals in the brain. To reiterate, it is released by pursuing a specific goal, positive anticipation, reaching a goal and gratitude. Recent data show it can also extinguish specific fears.

The current situation ensues a pressing need to address mental health; certainly of the past, present and future. Negligence of mental health concerns has repercussions on a myriad of areas. It in fact, plays pivotal role in individual and societal level. The takeaways from body of knowledge on mental health can have great positive impact on the recovery journey of our nation. Let the system be inclusive of men’s as well as women’s mental health. And the same with elderly, children and adolescents. Mental health problems are not partial towards any one group or sector, same as COVID-19. Let not the stigma and stereotype deeply entrenched in the collective psyche of the society restrain anyone from seeking the professional help. The article is not exhaustive of the measures which could be done at an individual level but just a nudge in route towards a psychologically healthy society.
Human life has been at a stand-still for almost six months, being hit by the worst pandemic in the decade. Corona has undoubtedly demoulded our life and instilled an apprehension in all our minds. There is no doubt that the pandemic has spear headed an unstable lifestyle and environment. Each and every aspect of our life has undergone tremendous changes in these past few months. Being unemployed in the blink of an eye, losing near and dear ones, being unable to sustain one’s family, living away from friends and family and living under the claws of fear are only the tip of the iceberg. These changes have triggered fear and anxiety in most of us.

Public health measures such as wearing masks, quarantine, isolation and social distancing has become the new norm. We know that the whole world is fighting together to contain the outbreak, to increase the recovery rate and reduce the death rate. These are challenging times for the whole nation, especially the health care system. Physical hygiene, good food, exercise etc. are making sure that we remain physically healthy. But what about mental health? What about the toll all of this is taking on our psychological wellbeing? In the last few months, we have witnessed an increase in the number of suicides around the world, especially in our country. And the reasons, known or unknown have brought this thought in all our minds - ‘Could it have been avoided if they had asked for help, if they had just reached out to someone?’ The incidences that we hear definitely indicate an absolute necessity for letting people know the need for seeking help and the importance of paying attention to their psychological health.
Not everyone reacts in the same way to stressful situations like these. Depending on the social background, financial conditions, health status and perceived social support from significant others, these responses may differ. People with severe physical conditions, children, older people, people with existing mental health conditions, people who are socially isolated, and people who are facing setbacks in their employment are the most vulnerable and they should be given more care and attention. Depression, anxiety, post-traumatic stress, substance abuse, suicidal ideation, etc. are some of the consequences of the sudden change and uncertainty. Experiencing thoughts and feelings that are out of your control seems to create havoc in your wellbeing, relationships, studies or work.

You may think that this is something temporary, that it will pass soon. But sometimes it might reach a stage where you no longer may be able to function properly, where you may be overcome by these destructive thoughts. Having said that doesn’t mean that if you don’t have suicidal ideations you need not seek help. Remember, every big issue was once a small problem that could have been avoided if confronted early. Even if it is the stress you feel because of being confined to your home or not being able to go out with your friends, ask for help if its taxing on you and find it difficult to handle it alone. Talk to your friends, family and let them know you need help. It is quite normal to feel psychological despair in stressful situations like this, but if it becomes overwhelming psychological help should be sought. While talking about seeking help might seem very easy, it is quite a challenging task to accept and admit that you require help or counselling and it is at this moment, many of us hesitate. There are many reasons for this reluctance and avoidance in seeking help. One reason might be the thought that this feeling is temporary and will pass soon. Another might be the age-old stigma that is imprinted in our society regarding seeking treatment for mental health problems. It is a popular misconception that you have to be either crazy or mad to seek psychological help. Most people avoid or delay seeking help because of the fear of being called crazy or weak. We fear of being ostracized by others.

Physical health and mental health are not independent of each other. If you are not psychologically healthy, your physical health is at stake and vice versa. We don’t have to feel embarrassed to ask for psychological help in times of need. Going to a psychologist or psychiatrist for your anxiety, fear or loneliness is not much different from going to a physician for any physical ailments. Not seeking psychological help at the right time is the same as not consulting a physician when you are physically ill. It will worsen the issue and will lead to further negative consequences. Most people adopt unhealthy behaviours like substance use to cope with the stressful situation which will only make the situation worse.

'every big issue was once a small problem that could have been avoided if confronted early'
Suffering in silence, without seeking proper treatment will impact the life of the individual experiencing the issue and also the lives of the carers (family members and friends). Therefore, seeking help is vital for everyone and for the society. It brings down the cost of lives and contributes in building up a more positive and healthy society. Seeking psychological help is actually a sign of strength and courage, rather than a sign of weakness.

"asking for help is a courageous step"

Now we have many mental health professionals who are working round the clock to be at the service of those in need. Reaching out to a professional is important as they will be able to understand the severity of your condition and provide the best treatment available. And the earlier you get help, the higher the probability of the treatment being effective and successful. Seeking help at the right time will enhance our overall well-being and health.

We are living in a world where we are not aware of what is happening to the person next to us. Mental health conditions affect many people but unfortunately very few seek help by themselves. It is the responsibility of each one of us to help people around us get the psychological help they need, especially in the present situation. Appearances are deceptive; people around you may appear to be happy and well, but only if you talk to them, only if you let them know that you are there for them, will you be truly able to gauge their wellbeing. We cannot predict anything about our life after the pandemic or when this situation will end, but what we can surely do is to make sure that we, as well as the people around us are well, physically and mentally. Because many a time taking the initiative to find a mental health professional is the hardest phase for someone even after admitting the need for help. This is where the support of friends and family is required. Asking for help is a courageous step. So, try to be courageous for yourself as well as encourage those surrounding you to be courageous too.
Helplines and Mental Health Help Facilities

The Corona virus (COVID-19) pandemic is a defining challenge and has posed the greatest health crisis of our time. The outbreak of COVID-19 has made countries to make restrictions on movement of people in order to control and reduce the spread of corona virus. It is normal to experience fear, stress and anxiety under this global pandemic condition. It has become difficult for people to adapt to the new reality of online classes, work from home, temporary unemployment, and lack of contact with friends and family members. Fear on contracting the virus and worry about people who are vulnerable to be affected can be overwhelming. Public health actions such as quarantine and social distancing can make people feel isolated, which can lead to increased stress and anxiety. The condition of people with pre-existing mental illness is worse because they respond strongly to stressful conditions comparing to others. It is important to take care of mental health along with physical health. In order to seek psychological help, one must be aware of the helplines and available immediate mental health help facilities.

COUNSELLING HELPLINES IN CENTRAL UNIVERSITY OF TAMIL NADU

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The Vandrevala Foundation is an NGO which established the "Mental Health-India" initiative to raise awareness for and provide services to mentally ill or emotionally distressed individuals. This organization is run by trained counsellors and their service is available 24x7.

The Fortis National Helpline number is for students or parents with queries related to stress, mental wellbeing, exam tips or even to consult a team of experts and behavioural psychologists. Service are available 24 / 7.

The Vandrevala Foundation is an NGO which established the "Mental Health-India" initiative to raise awareness for and provide services to mentally ill or emotionally distressed individuals. This organization is run by trained counsellors and their service is available 24x7.

iCALL - Initiating Concerns for All, is a service from Tata Institute of Social Sciences, run by trained mental health professionals. iCALL provides emotional support, information and referral services to individuals in psycho-social distress, across the life span and across different gender and sexual identities. They provide professional and free counselling through technology assisted mediums such as telephone, email, and chat. Service available Monday to Saturday, from 8 AM to 10 PM.

Aasra is a Mumbai based NGO, working in the area of mental health, and providing emotional support. They offer a helpline service and walk-in center. The Helpline is answered by professionally trained volunteers who provide non-judgmental and non-critical listening. Services are available 24/7.

Lifeline Foundation is a NGO based in Kolkata, offers a free tele-helpline providing emotional support to people who are in despair, depressed or suicidal. Face to face befriending with prior appointment is also available. The centre also provides awareness about mental health issues through seminars and workshops. (Service available: 10 AM - 6 PM)

Sahai (Banglore) is run by volunteer counsellors responding to distressed callers and talking them out of suicidal thoughts. This helpline is a service provided by volunteers from the community.
Sumaitri is a Delhi based voluntary organization, which offers a crisis intervention centre for the depressed, distressed and suicidal. The Helpline provides unconditional and unbiased emotional support to callers, visitors or those who write in. (2 PM - 10 PM Monday to Friday; 10 AM - 10 PM Saturday and Sunday).

Parivarthan Counselling, Training and Research Centre

The Parivarthan Counselling, Training and Research Centre was established to offer counselling services in the community through well trained professional counsellors. The centre provides counselling services to children, adolescents, adults, couples and families. They are providing multimodal services in the field of mental health, this Helpline is serviced by trained, professional counsellors. (4 PM - 10 PM, Monday - Friday)

Sneha is a suicide prevention organisation (Chennai) offers confidential emotional support for the people who experience distress, and have suicidal thoughts. The centre provides service 7 days a week from 8am to 10pm. People seeking emotional support can contact Sneha in person, on phone or through email/letters. The centre offers total confidentiality and anonymity to the individual who avail their services. All the services of Sneha offers absolutely free of cost.

COOJ mental health foundation

COOJ is a registered charitable trust that aims to promote Mental Health. They operate projects based on 4 priority mental health needs: Psychosocial rehabilitation, suicide prevention, geriatric health and community awareness & outreach. This helpline offers emotional support individuals dealing with suicidal thoughts, as well as those experiencing other levels of distress. It is run by volunteers trained in Mindfulness Based Active Listening. Active timing: 3 AM - 7 PM, Monday, Saturday)

Connecting...NGO

Connecting NGO is a listening service that provides emotional support to people who are distressed and suicidal. They also offer Peer Education Program in schools, the Survivors of Suicide Support program, Community Counselling program and workshops for professionals and stress management workshops in industries. They are run by trained volunteers and their special services include awareness and psycho-education programs (12 PM - 8 PM Monday-Saturday).
They are run by trained volunteers and their special services include depression, distress and suicide (Working Time: 11AM - 9 PM, Monday Saturday).

Maithri, Kochi is a registered NGO in Kerala working for suicide prevention. The person interacts with trained volunteer through telephone, visits, letters or email. (Available from 10 AM to 7 PM- Sunday to Saturday).

Sanjivini Society for Mental Healthis a Non-profit organization in New Delhi that offers free counselling to people who are suffering from mental health issues (Service: 10 AM to 7.30 PM Monday to Saturday).

Other Helplines

- Nagpur Suicide Prevention Helpline (Nagpur): 8888817666
- Serve (Kolkata): 9830785060
- Defeat Depression (Kolkata): 9830027975
- Clippings (Kolkata): 9830027976
- Singing Soulz (Mumbai): 9892003868
- One Life (Hyderabad): 78930 78930
- Jeevan Suicide Prevention Hotline (Chennai): 044 2656 4444
- Sahai (Banglore): 080-25497777
- Snehi (Delhi): +91 95 8220 8181
To prevent the rapid spread of COVID-19, people have to limit their movements and contacts. People are confined to their home, working and studying from home, and some of them are temporarily unemployed. Physical contact with other family members and friends has also reduced. This has made a big difference in our daily routine. In this scenario of sudden lifestyle changes, it is imperative to maintain the mental health of individuals.

The World Health Organization has presented tips and advice on maintaining our own mental health and helping others in need of a little more support and care.

**Keep informed**

Follow advice and recommendations from national and local authorities. Rely on trusted news channels like local, national TV and radio for information and keep up to date with the latest news from @ WHO on social media.

**Minimize news feeds**

Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
**Maintain Routine**

- Get up and go to bed at similar times every day
- Keep up with personal hygiene
- Eat healthy meals at regular times.
- Exercise regularly.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.

**Social contact is important**

Make use of telephone and online channels to maintain regular contacts with people close to you even if your movements are restricted.

**Alcohol and drug use**

Limit the amount of alcohol you drink or don’t drink alcohol at all. If you haven’t already drank alcohol, don’t start drinking. Don’t use alcohol or drugs as a way of dealing with anxiety, fear, boredom and social isolation.

There is no evidence showing the protective nature of drinking alcohol against any kind of viruses. Further, the harmful use of alcohol is associated with increased risk of infections and worse treatment outcome.

**Screen time**

Be aware of the time spending in front of a screen every day. Regularly take appropriate breaks from on-screen activities.

**Video games**

Since video games can be a way of relaxing, it may tempt us to spend more time playing the games than usual while staying home for a long time. Therefore, be sure with balancing off-line activities in your daily routine.

**Social media**

Social media accounts can be used to promote positive and hopeful stories. Use this platform to correct misinformation whenever you see it.

**Help others**

If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.

**Support health workers**

Take opportunities online or through your community to thank your country’s health-care workers and all those working to respond to COVID-19.

Alcohol and drug use may prevent you from taking sufficient precautions to protect yourself against infection, such as compliance with hand hygiene.

For more information, visit: https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health?
The COVID-19 pandemic and related practice of physical/social distancing upsurge a threat to almost all domains of an individual's life. While taking care of the people who are being diagnosed with COVID-19, we should also ensure the wellbeing of people in the outer circle. Because, the depth of insecurities they abide while living each moments is inconceivable, and the major concern is that, these may remain unaddressed forever. Once the symptomatic subside of COVID-19 ensues, from the very next moment people may rush to gain back their material assets and ensure financial equilibrium, and the unaddressed psychological bruises may go beneath in this struggle. As there are high chances for these bruises to get worse in the progression of time and it may inaudibly bout the mental health of individuals, thus in order to provide a better mental health for the community effective steps has to be taken to in the earliest momentum.

The research conducted on the topic ‘Psychological Distress and Perceived Social Support Among Young Adults During COVID-19’ was a very primary step to reach out this goal. The study assessed psychological distress in order to get a nutshell of the mental state that our sample possess. Considering the complete lockdown in the country perceived social support was taken as a second variable.

Being one of the worst pandemic of the century, COVID-19 has turned out as a nightmare of humanity across the globe, indications of this was vividly visible while conducting the study. The study found that 45% of the total sample has psychological distress, among whom people with moderate and severe distress were 12% and 11% respectively. It is remarkable that the data extracted at the very first trimester of COVID-19 headway indicated that around half the populace experience varying levels of distress,
hence there exists a probability of a hike in this percentage by this time. Study also found a significant negative relationship between psychological distress and perceived social support. Correspondingly, among the three sub-dimensions of perceived Social support (Friends, Family & Significant Others), family sub dimension had a significant negative relation with psychological distress. A significant negative correlation between the above variables has been highlighted by several earlier studies such as of Cruza-Guet, Spokane, Caskie, Brown & Szapocznik, (2008). Current study also travels in same direction, and has found that the same bond is conserved among the variables even in the midst of a pandemic.

Congruently, it was also found that psychological distress may differ with respect to levels of perceived stress and a higher psychological distress was observed among people with elevated threat appraisal. As the concerns in a person’s mind may increase while they perceive themselves in an endangered condition, it may fuel a state of distress among them.

'45% of the total sample has psychological distress'

Even human physiology has an influence in moderating distress, release of elevated cortisol in threat appraised conditions is an example of this (McHugh, Behar, Gutner, Geem and Otto, 2010). Considering the unabridged populace of young adults living in COVID-19 pretentious areas, the study was conducted on a relatively smaller sample. Hence, for cumulating the generalizability and overcoming these confine, an analogous study can be conducted among a larger representative sample. The current study point towards the requirement of interventions and research studies which aids to diminish the psychological distress among the population.
Set in 2055, Ray Bradbury’s classic fiction. A Sound of Thunder tells the story of a man who travels back millions of years to shoot a dinosaur. At the sight of the creature the man panics and steps off the path designated to them. However, his assistant kills the dinosaur and they even clear the crime scene by removing the bullet from the creature. They return to 2055 and realise surprisingly that much had changed and it looked nothing like how it should’ve looked! Language was altered and an evil dictator was now in charge! The confused man looks under his boot and finds a ‘very beautiful and very dead’ butterfly. He had killed the insect while he stepped off the path, and to his shock, he had derailed the future too. A silly, fluttery fly altered the future. A silly, fluttery, fly.

Well, I wonder if it was a butterfly or a toad this time. The pandemic has took a new shape all our lives. Everything has took a new shape and those smart enough, or to be more precise, privileged enough to stay at home still survive. But one thing prevail transcending boundaries of privilege, fear and anxiety. The fear of what next and the anxiety of when all this trauma will come to an end (if I had left a blank next to fear and anxiety I’m pretty sure you could start infinitely listing yours). However there are some things that gets us going, and probably the only thing, HOPE. A pervasive feeling of expectation and desire for this atrocity to end.

But the question is, what are we going to be after this? The same pathetic selves of destruction? Unlike most time, we still can make a choice, (or at least I hope we can) the kind of choice that would create a typhoon with the flutter of a wing. Well the choices are in plenty (perks of making mistakes in plenty), we can choose NOT to cripple the only planet we
live in, we can choose NOT to harm people physically or psychologically in the name of race, religion or color. We can choose NOT to judge people with what the eyes conjure! And we can choose NO to plenty of heinous things we've been doing and thereby disrupting what the future could potentially hold.

Most importantly, we can say YES to practices that benefit our psychological well-being so that we can better enable ourselves to live a fully functioning life. Practicing mindfulness, gratitude and grounding techniques will not just get us out of the pandemic but equip us to face anything that trigger anxiety and uncertainty.

Mindfulness can be practiced in different ways. The simplest of it being the deep breathing where we focus on our breath as we inhale and exhale deeply through our nostrils. And simple grounding techniques like, dipping your arm in water and focusing on the temperature and trying to identify how it feels on the different parts of your arm (palm, back of your hand, tip of your fingers). Also, by trying and holding an object near you and identifying its texture, weight and color.

Immerse your free time in reading old classics and watching quality movies. Take a course on positive psychology. Try to assist a needy. Inform and educate others in areas you excel. Cook for your loved ones. Plant more greens. Have an online date! There is plenty and more of things to make you feel better!

But whatever you do, make sure your idea benefit yourself and prevents you from going back to the old miserable we were.

’There is plenty and more of things to make you feel better!’

Gouri V Nair
Alumni
Research and Content Development
Psychologist, LMM Project at GDA
Life of aspirants for any entrance examination usually starts with many questions. "Should I take a year's gap, what if I'm not capable of clearing the exam". Somehow aspirants overcome these questions with their thoughts and find the aim of life. They begin to compete with their competitors and follow the rigid routine with high motivation by leaving a fascinating social world. They target the deadline to prove themselves. However, nowadays, COVID 19 affected aspirants’ mental health at different ways.

Firstly, those who take online lessons are on burnout stages as coaching classes pace ahead to finish the syllabus before the exam dates. However, exams are getting postponed coaching centers continue revising their curriculum. The repetition of the curriculum without assurance of the exam date make regular aspirants feel lethargic, causing low motivation and boredom. They are confused and are not able to understand what next? When they study, they think they know everything, but do not consider it. However, new aspirants will stay motivated because they need to work hard in a short period and they take this opportunity to score higher. All these leading to sleepless nights, self doubt and worry about their future. Many are struggling even to find internet connectivity in their homes, this again creates the fear of missing classes. In short, all of this leads to an ambiguity to what the future holds.

The second type of aspirant who studies offline for the upcoming entrance examination is on a diary schedule accompanied by like-minded people. Due to COVID 19, they have returned to their homes, now this sudden change in their life schedule is not any less a burden on them. They do not know how to regulate with family.
They need access to library books for reading. Though, habituated to reading from books, now they have to rely on soft copies. How do they approach their friend and teacher for every single doubt, like how they used to.

Most importantly, they don’t know whom to discuss how they’re feeling, the kind of things they can share with like-minded people. They bottle up all these thoughts. They're fighting their battle 'all their beliefs about themselves is shaking, which in turn affect their psychological wellbeing'.

Nevertheless, not every aspirant came back home, many still live at their hostel thinking that the Government might conduct the exam on the day they leave and the 14 days quarantine will ruin their study plan. Further, the uncertainty of a return taunts them, what if they missed the exam, will they able to forgive themselves for wasting one year? They're far from home coping with the pandemic keeping themselves motivated, and each time the exam gets postponed it gives the feeling of a tight slap right on their faces. All of this leads to anxiety, insomnia, depression, and guilt. They are again forced to trust the government. Will they die like this? Will all their sacrifice be a waste? Have they exhausted their parents' money? They're punishing and blaming themselves for their every decision.

For many entrance exams age matters, that is why aspirants are worried about it too. Many questions like, one more batch passed out now competition will increase? Is it unlucky? Did they take the right decision in life? COVID 19 filled their minds, the same questions with which their life began.

In the end, always note, when any aspirant begin their journey, they are not alone. Blaming is a natural focus on the solution. Who better knows than aspirants as to how to find a solution for their problem, but what is most important in need is applying that solutions, like creating an new time table and taking this situation and challenge to do more hard work and giving self some time which was missing earlier.
Imagine when you are suddenly trapped in the house and cannot leave for a long period of time when you should be outside the house working and attending meetings, enjoying with your friends and family or is on an international tour or conference and especially students who should be in schools and colleges enjoying their best times in life, what happens to your life? There can be answers for each one of you now because we had experienced it in this COVID-19 pandemic period or quarantine period. But what if it was before that I had asked you this question and you had come up with imaginary replies because 4 months ago we haven’t even thought of such days were coming and will be witnessing for! God knows, how much years in these pandemic days.

But being in this situation and experiencing now, we definitely will be having certain false accusations and mind-disturbing news coming all over even making it more distressful of our lives. Hearing constant news of
expanded death rolls and gripping fear due to the virus has tormented and devitalized our lives. Gaining physical health and recovering from economic agony can be acquired anytime, but recovering from mental illness and depression or mental disorders is a challenging piece of work.

Of course, we are now sulking because of this horrid COVID-19 has got us all under house arrest and social distancing. It does have enforced some changes in all our lives. But definitely it might have endured some positivity too which we had made it worth for. The pandemic has got us into something we didn’t even think of. Even though, it has caused many pros and cons in our life, we are striving for the survival from the hands of this life-killing virus. Even through this entire hubbub, we should try to stay positive and has stayed positive keeping both our physical and mental health alert and productive. We have made use of how to manage the time and did our best to show and produce our talents which we have waited for so long but didn’t had the time. As the lock-down strategy struck throughout the world, we had had enough time to witness the on goings around us and make use of it.

Many stepped into different paths where the cutleries made clinking sounds in the kitchen with fresh aroma of spices and dishes swept by while some turned their hands and feet into muddy ones where the blossoms of flowers and vegetables grew making the inner and outer spaces of the house greener. Many painted their hands with imaginary and abstract arts feeling the intense smell of colors when the brush moved here and there while many penned down their stories into fiction and non-fiction preparing for their new blogs and write-ups. Many refreshed their heads with creative handmade crafts while many made use of the electronic gadgets to show their talents which, nowadays, we, people can’t live without, digitalizing everything we capture.

And the most of all, every one of us had a splendid time with our family members whom we even hadn’t had the time to sit and talk with our minds open. Our fathers had a significant role to make all our lives worth even if we are not at all talking or seeing them most of the times. Many of you will be certainly having this type of experience where “when we wakes up, he will be gone for work and when he returns, we will be already sleeping”. But as this lock-down started, we had had so much time to spend with our father and know his problems and even share some jokes and eat together which had definitely made our lives worth and much energetic.

And the most precious ones whom we can’t live without are our mothers. They do everything we want, whatever we ask for and not ask even risking their own lives. And in this lock-down period, you will definitely have tried to help her taking rein all over the kitchen, washing clothes, cleaning the house enjoying all the chores we haven’t even laid our hands on – just feeling like our home. And even our siblings, whom we had shared and cared for each other but most of all, fought with,
we were there always by their sides even to fight more. The sibling bond might have also enlarged than sibling rivalry because without fighting with them we can’t even live in the house all alone. And in fact, we certainly should have witnessed more positive vibe, burnishing your mind and what we have felt farthing; you had made it substantial ones in your lives.

And thus, staying inside and staying positive is all we had to do to beat this pandemic and what we have so far done. There are many ways to stay positive in this pandemic situation as mentioned above. The important ones can be following a routine which ensures our daily activities and what we intend to do that day will be enough to keep us healthy and calm. Of course, before this COVID-19 days, we will be not had enough sleep which now, will be having peaceful nights and regular sleep than sleepless nights.

Having a positive mind set and attitude towards anything or anyone will definitely make us feel much better even if we are in our lowest. Being optimistic in whatever we do or say will definitely affect our counterparts in a positive way. Also, building resilience, efficacy and hope will make our life better. Nowadays, mostly seen and practiced is keeping a regular exercise pattern to make both our mind and body healthy. Working out and exercising and sweating it off will give your body a relaxed and calm mind which will definitely affect the positivity in us.

Detoxifying both our mind and body makes you strengthen our well-being for the coming days and will make us focus on things we want to accomplish.

Relationships are the ones which we engulf the most. But when in this pandemic period social distancing and isolation is important, we are on to the digitalized world or community where confabbing is through video calling and messaging. Even old relationships are been refreshed once again enduring the nostalgic feelings once encountered.

Most of all, incorporating humor and laughter brings you much positive energy. As they say laughter is the best medicine, it relieves physical tension and stress, boosts your immune system, relaxes muscles and improves your resistance to disease. Thus, having a hearty laugh can make you increase the positive vibe in you.

As a cliché, the last but not the least, having faith will help us overcome the pandemic and boost our positive affect. Staying indoors, social distancing and following the rules and regulations even when outside will depart the corona virus away from the world.

Suha Shamsudeen
II M.Sc. Applied Psychology
The COVID-19 pandemic has set a new era in human history. Humanity has always found a way to come back. The life before COVID-19 was a life in the fast lane where everyone has plans to do in the next 24 hours. The entire world coming to a standstill paved the way to new ventures in us. Some took time to look into their lives and made necessary changes in themselves and helped people around them to adapt with the new social situation. Nations united to reduce the impact of it. We saw Nations helping other nations who were desperate for medical supplies.

Technological advancements were the prior concern before the COVID-19, now we focus on health services which were not the prior concerns in the past. We got a new revelation to focus on our health. We also changed our view of the different services that we receive, the role of police and health workers all around the globe changed drastically so that our views about them has changed.

The comeback of nature is another milestone. The emission of greenhouse gases was significantly reduced due to standstill in COVID-19. This wasn't achieved even when different signed conferences and meetings to protect nature was held. During this period the bond between man and nature has increased, the reduction in pollution were the signs of it. Probably nature needed this break more than us humans.

When we look forward yes, there is a major concern that life after COVID-19 will not be the same. It will be a time where humanity will be tested again. This long break we got will give us the time to adapt to this new life. When we look back when it all started there was a question in humanity itself. Now probably in the last decade humans are together as a species for survival.
Life was busy, with the PG classes going in full swing, and loads of pending works at hand, finding few minutes to talk with our classmates in the journey between classroom and hostel was the only ‘fun’ we had. ‘That’s adulthood’, my parents said, ‘You are not a child anymore’.

Well, to me, adulthood sucked. There was nothing but void in life. I was too busy with my life that nothing seemed to make sense anymore. Everything was happening too fast, to get a hold of. The reminiscences of my childhood, how I used to enjoy every little moment I had with my family who are now scattered across different states for work and study purposes, everything now seemed to appear in black and white. That’s when I read the news that the death tolls in China were rising per day with the spread of the newfound virus. I secretly wished that I become a victim to that, so I could take a break from life. And that’s when they announced that we are to go back to our houses as they feared the spread of the virus. Finally, I can take a short break and sleep well, before stepping back into this chaos of life, I thought to myself. Who knew that short break would last for the entire year ahead of me. Returning home, I was quarantined within four walls, which only added fuel to the fire. Sitting idle after all those days of busy life was definitely taking its toll on me. I fell in love with the silence that I didn’t want to talk to or meet anyone, anymore. Within weeks into quarantine, I felt I had lost the purpose of my life. Everything seemed dark and dull. And that’s when the virus started to spread widely that the entire country went into lockdown. All the offices and other institutions were closed, meaning my family finally get to return home. We were all together after a very long time, that I had

“Life quarantined within four walls” – A page of my diary
forgotten how it felt to be around them, to be their little daughter. We spent our days playing all sorts of indoor games, making fun of each other, and laughing so hard that I remembered how happy I was as a child. Now that my life was on pause, I could go back to being a child once again. I recreated every day of my childhood. I woke up late, watched cartoons, fought with my brother, irritated my mom, played hide and seek around the house, played cards, caroms and monopoly with my family, drew on the walls, fans, and windows never caring what my dad said about it. I wasn’t 21 any-more, I was that little 10 year old kid who was so happy to just be alive, to feel alive. Life wasn’t so dark anymore, it was filled with light. I realized that my life wasn’t dark, I was just blind to see the light in it. The child in me had never died, but I was too busy to find time for myself, to enjoy the little things in life. Because if it was the 10 year old me, that was put in our campus, I would’ve enjoyed the fresh morning and evening breeze every day, would have found time simply to sit and gaze at the beautiful sky and stars, to talk with moon every day, to enjoy the strolls around campus, to find new friends and dance around with them, to put my happiness first before conscientiousness. Well, once I go back I guess I can be that same kid there. Lockdown was indeed special.

'I realized that my life wasn’t dark, I was just blind to see the light in it.'

Induja P R
I M.Sc. Applied Psychology
Coronified days

In fact this was something unexpected. When I was leaving from hostel to my home, I just thought I will be back within two weeks. But the truth is I was under room quarantine for two weeks. The only thing I experienced was fear that "rather than being days coronified do I also be coronified...? After that myself was a war zone and I was fighting in between my works and in search of things that can bring happiness in me. When the struggle with work and search was over, I end upon something very interesting and have the power to bring back my happiness and let go of my fear. I started planting flowering plants like chethi (Ixora coccinea), mulla (Jasmine), arali (Nerium) and all, which generated positivity in me. It kept me positive and connected when I was taking care of them by clearing weeds, giving fertilizers, watering and talking to them.

Lockdown period was enjoyable to me. I took out my creativity in this period. I spend most of the time cooking and gardening. Every day I tried some experiments on cooking and learned cake baking. And also, bought new plants and made a little garden. I learned new things in this period. One was stitching the cloths with the help of my sister. It was an awesome experience for me. The second is bottle craft. I’d painted some bottle and done some craft on it. I’m happy about these two works. I try to think of my time in another way. I didn’t get an answer for it
Aftermath of a fortuitous homecoming

We ran back home at a time when all of us wished to be at the university for many reasons. Neither of us reckoned that we would be away for more than a couple of weeks. It has been more than three months now. How many times the thought of going back to the euphoria of CUTN crossed your mind? I don't know about mine either. Because most of the days the thought would go around my head. It may get stuck sometimes and make a pinch of pain somewhere in the heart.

Albeit, homecoming always turn out to be special. Apart from the food and enjoyment with family, those were the times when we strengthened bonds and learned some new life lessons. It was everyone's homecoming this time. Lockdown, curfew, work from home, changes in the whole world order which we never came across. As it turned out, farming was the new swag of lockdown. I thought the same way Nolan put it out; "farmers are the new white collars of a post-apocalyptic earth. We need no more engineers and doctors, but farmers".

Despite the boasting, it was never easy to get some vegetation into a good yield. What I had when I started was some arid soil, so arrogant to be fertile. Gradually it found peace with the right proportions of manure, sawdust, and water. Just like us, he was then a changed man, ready to grow quality pips into harvests.

That's when we sit back and relish the growth. The hard work was over. Now's the time to nurture the growth while keeping an eye on anything perilous. It's like raising a child into an adult. except, it would neither weep nor chuckle, but grow greener every day.

End of the day, I miss my varsity life a little less than yesterday. Tomorrow it's much lesser. Above all, life there was destined to be a chapter. Chapters inevitably end.

Took time to explore myself. Like what all changes has occurred in the past life.

Spend more time with family rather than doing chores. Engaged in activities to enhance my abilities and skills. Allowed myself to relax and do things while enjoying them. Did many small activities that I dropped in the middle and finished it with this time.
Instead of simply wasting time during lockdown I thought of making useful the valuable free time available. One remarkable thing that I need to point out is I learned to cook several things, even though I had a strong desire to cook and experiment new things, dishes. I never had a time for that. So while browsing internet, seeing YouTube videos I learned lot of dishes to prepare. Also, I have learned preparation of many sweets, cakes, wines etc.

Another important thing I learned was to learn craft works, I used my ideas with paper, cardboards etc. Obviously as a psychology student I am interested in learning new things and I am more curious about the things we found in the surroundings. I spent a lot of time in reading books, seeing videos and making reflections on my learnings, and different applications of theories. I also started observing behaviours of Humans, Animals and I also tried to apply several positive things to my life. Now when I look back I am satisfied by knowing that I have utilised my lockdown period fruitfully.

COVID 19 was an unexpected pandemic that entered our world. I was astonished by each update of this situation. Even though Covid 19 made a pause in our daily life situations, it helped me to rethink or redefine myself. During lockdown time, I was spending my time with family. I started to plant saplings. I was very much happy to see their growth. The sprouting of seeds was completely blissful. And I started to do cooking experiments. I stitched masks for supplying among our neighborhood.

Childhood onwards I used to enjoy nature photography and I was so much interested to take photographs and doing photo editing. During these days I started to study photo editing by referring some tutorials and I used to do editing experiments with photographs of my friends. They gave me suggestions and support. Even though I felt ups and downs during the initial details, I easily adapted to this lockdown days.

Alka Jacob
II M. Sc. Applied Psychology

Ananya Ullas
II M. Sc. Applied Psychology
Recent days

When the days passed, I realized that we could create a world within the four walls of home.

The days when old friendships were renewed.

The days when poetry was born again.

The endless hours of phone calls.

The days of telephonic counselling to provide emotional support to those who suffer from mental stress and loneliness during the lockdown period.

This was a new connectedness, we got unexpected, memorable days of closeness by heart when we forced for social distancing.

The days when I explored the unrecognized and realized that time is too short to live.

I had a keyboard in my home which was gifted by my uncle. I got it while I was studying UG. I didn't have learned the keyboard and I did not have played it well before. But during this lockdown period, I could spend time to learn it by referring notes from internet.. so these days were helpful for me to learn new things like this...and I was very happy for playing music and sending it to my friends and make then listen to music played by my hands gave me immense pleasure.

Lockdown was a little fun. Gardening and cooking is my favorite hobbies during this period. I planted a lot of vegetables and made a little garden. I cooked a lot of food and seeing others enjoying them was the happiest part of it. Apart from that I also read some books in Malayalam, watched some movies and of course prepared for the exams.

Aleena Kurian
I M. Sc. Applied Psychology

Dhiya Wilson
II M. Sc. Applied Psychology

Steena Jose
II M. Sc. Applied Psychology
Hey charms,
Do you want to know how to enjoy your life even in a pandemic situation?? Here am I with my life experience. I'm Megha V C pursuing my graduation from the Central University of Tamil Nadu. It was during the last semester of my PG studies, I heard about the outspread of a virus named Corona aka COVID-19. Suddenly, University called off the class and returned us to our home. I left most of the things back in the hostel as I had a belief that I will be back very soon. After reaching my home things went as usual. Late-night sleep and usage of the mobile phone remained as same. During this time, I was simultaneously working on the academic work that professors assigned for me. I spend a lot of time with my family. I was so happy to be at home without any thoughts about academics and the future. I enjoyed my mom's delicious food, dad's care, and brother's lovely fight. It was after a long time, we were all together. Mine was a wonderful family who cared for each other the most. We all cook together, eat together, play, laugh, and have talked about the situation outside. Being home is something very special and having a nice family is a priceless thing in the world. Small talks with my mom in the kitchen felt like so funny. Saying my mom that..."Amma, I missed your delicious food all these months and it tastes so good today"....this word made a smile on my mom's face. That's when I realized that...find and share happiness through even small things. A simple appreciation can make others feel proud of themselves. I felt so lucky to be the part of my small cute loving family...

Now, I wanna share a moment when I became a KID AGAIN...All the credits go to Sai Swetha teacher. She is a primary school teacher with a beautiful smile. I saw her for the first time on television when she was taking a class for 1st standard students as a part of the government scheme to spread knowledge to the kids even in this pandemic situation. The way she talks, smiles, her language, etc. made me so happy and I was back in my childhood. When I listened to her class, I felt like I was in my primary classes. I replied to her questions, repeated her words and did the activities she asked the kids to do. She shared a moral story that had the characters named thangupoocha(thangu cat), mittupoocha (mittu cat), and kittu kurangan (kitty cat). She even asked the students to make crafts of cat which I also made. I enjoyed the lost beauty of my childhood being a youth. Going back to childhood was so overwhelming and...
beautiful. Enjoy being a child and enjoy the beauty of CHILDHOOD...

Finding happiness even in small things is the best thing I learned during this COVID 19 period. How can a person live without social interaction? Is it possible? Maybe...

I started enjoying the beauty of nature. The sound of rain, cool breeze, the smell of mud, the fragrance of flowers, lullaby of songs filled my soul with kindness and love. Nature taught me how to love, be happy and even how to be sad. The dried land showed me the sorrow, the feeling of abandonment and loneliness, blooming flowers and shading trees showed me how to be not selfish. Get connected to nature and learn about yourself. Born with nothing and will go with nothing...Being a small creature in this beautiful world is a blessing I am thankful to God for giving me a life to know the necessity of life...LIFE is PRECIOUS and try to be YOURSELF.

Our country has a tradition where we welcome our guests and even the family members to our home by washing their legs. Does anyone know that?? Yes, we had such a tradition. The importance of using turmeric water to wash our body, the logic behind saying NAMASTE, keeping a hand distance with others are now being useful to the whole world. There will be something important in the activities everyone does. But we need to discover that. Try to DISCOVER the UNDISCOVERED.

Being bored is the complaint of most people during this period. Having nothing to do is impossible. Find the needful and do the needful. Change your perception and find a new way to look at things. Being optimistic is not easy and being pessimistic is not bad. Find yourself in everything and make a meaningful life. Being human is the best and be humane. This covid condition taught us how to learn from home, how it will feel to be with our family and the beauty of nature. The evil mind will not give us happiness. Be honest, humane, kind and loving to ourselves and also to others. The death of a person can also teach us a lesson. How to treat others, the impact of words in a person's life. The need for mental health care is not something to declined. Having a healthy mind can help you have a healthy life. Family is our first school. Parents are visible GODs. Give good care and love for them. Learn the things in your life which you have missed. Love and love and love yourself and others.

"Stay safe...stay healthy...fight the virus with blessing of togetherness"

Sharing with you a piece of happiness I had in my life during this pandemic situation.

My hand made THANGUPOOCHA
Sanctity of life at an all-time high, 
Limits being stretched and broken, 
Innocent souls losing hope, 
Brave hearts bleeding bravado, 
Shattering dreams and promises 
And I wonder, ‘Is this our reality?’

A wing to fly and four walls, enclosing reverberating thoughts, 
Running around in circles 
Bound back by searing values, 
But guided by tunnel vision they wonder, ‘What more do you need?’

Love beyond distance, resurgences of faith, and healing over destruction.. 
Convoluted paths and long lost desires, yearning for the silver lining 
And I believe, ‘there may still be hope!!’

Sanctity of life at an all-time high, 
Limits being stretched and broken, 
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And I believe, ‘there may still be hope!!’
HOLD ON; A LITTLE LONGER.

By Parinita Das Senapati

Taking a stroll in a beautiful evening,
   Just outside my house;
   after a small walk:
   Hey! Is it 5 p.m.? Is it in real 5 p.m.?

Where are the lights, the brights of the city;
   the, fancy parties, the hustle and bustle.
   Not a flesh of
   mankind seen around;
   or a fancy car
   supporting high heels blonde lady.

Gone are those restro days,
   fighting for chicken 65,
   and glasses of lemonade with never ending gossips,
   kiddos with rucksack, those joyful faces,
   not can be seen anywhere but a glaring void.

But hey! Wait what ... I do hear something ...
   Clear as ever,
   the chirping of birds, like never before;
   The doom feeling
   in me remodeled, breathing the next fresh bit of air;
   fresh like never before.
Gazing at the street, clean and shining.
   Taking off my loafer,
   could feel the clean and green earth.
   Realized, the earth did not halt,
   but preparing for us a much better place;
   to breath, to live, to laugh, to love.

   Hold on; a little longer,
      this shall too pass.
   You shall be out again
      to a world –
   cleaner, better and more beautiful than ever
   before.
   We shall overcome COVID-19
   nurturing
   positive thoughts.

   Stay positive, Stay healthy.

Parinita Das Senapati
II M. Sc. Applied Psychology