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EFFECT OF JOB LOSS ON THE MENTAL HEALTH OF EMPLOYEES DURING COVID-19

IMPACT OF COVID PANDEMIC ON THE LIFE OF ARTISTS

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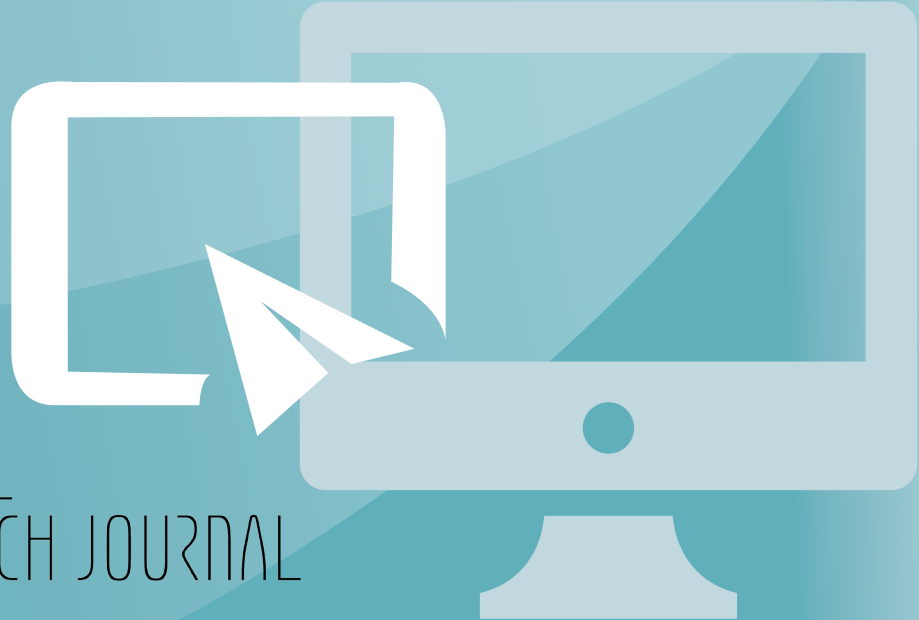
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It is our hope that you will gain immense satisfaction from reading this issue of Global Research Journal.

[signature]

Prof. Dr. Parin Somani
Chief Editor
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THE EFFECTS OF MUSIC ON MENTAL HEALTH AND COVID-19

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Bio

Prof. Dr. Parin Somani, Director: London Organisation of Skills Development, Independent Academic Scholar, TEDx Speaker, Educator, International Motivational speaker, Author, Writer, Banker, Humanitarian, Philanthropist, Multi-International Award Winner. 8 Doctorate degrees recognised 5times in World Book of Records, twice in India Book of Records, Asia Book of Records, Karnataka Book of Records and Golden Book of World Records. Helps global societies in Education, Women Empowerment, Youth Development. Travelled 107+ countries globally. Published 41+ educational papers, newspaper/magazine articles, 19books, featured in 100+ videos, 177+ newspapers/ books. During COVID-19 she has educated 100,000+people globally, delivered research at Harvard University, invited by Governors of India.

Bio

Nurbanu is a postgraduate researcher at Anglia Ruskin University, in Cambridge, exploring the therapeutic benefits of music to promote health and wellbeing in older adults with late onset of vision loss. She is passionate to connect with people and bring joy into their lives by promoting music as an outlet for comfort and emotional expression.

Research Objectives

This study aims to understand the effects of music on mental health and covid-19. There is an endeavour to recommend solutions to facilitate individuals towards improved mental wellbeing through music.

Keywords:

Covid-19, Mental health, Music, Society

Abstract

The coronavirus (covid-19) pandemic has had numerous effects on global societies, including socially, politically, and economically. Social distancing regulations, school closures, mandatory use of personal protective equipment (PPE), amongst increasing financial burdens due to unemployment, have all contributed to a rise in societal mental health challenges. Listening to music can be perceived as an effective means through which mental health challenges can be alleviated, thereby contributing to positive wellbeing. This study aims to understand the effects of music on mental health and covid-19. There is an endeavour to recommend solutions to facilitate individuals towards improved mental wellbeing through music. A systematic literature review has been implemented within this study. Results have revealed the following factors: music and relaxation; music and inspiration; music and mood; music and expression. This study has deduced that that listening to music can have a positive impact on mental wellness as it can change emotions only if music is chosen correctly. Individuals feeling anxious or depressed tend to intensify their emotions by listening to depressing music, alternatively they can choose music to alter their emotions to happy and excited. Essentially music has the power to set the mood, create emotional changes promote sustainable mental health healing which can be utilised in the contemporary world post-covid-19.
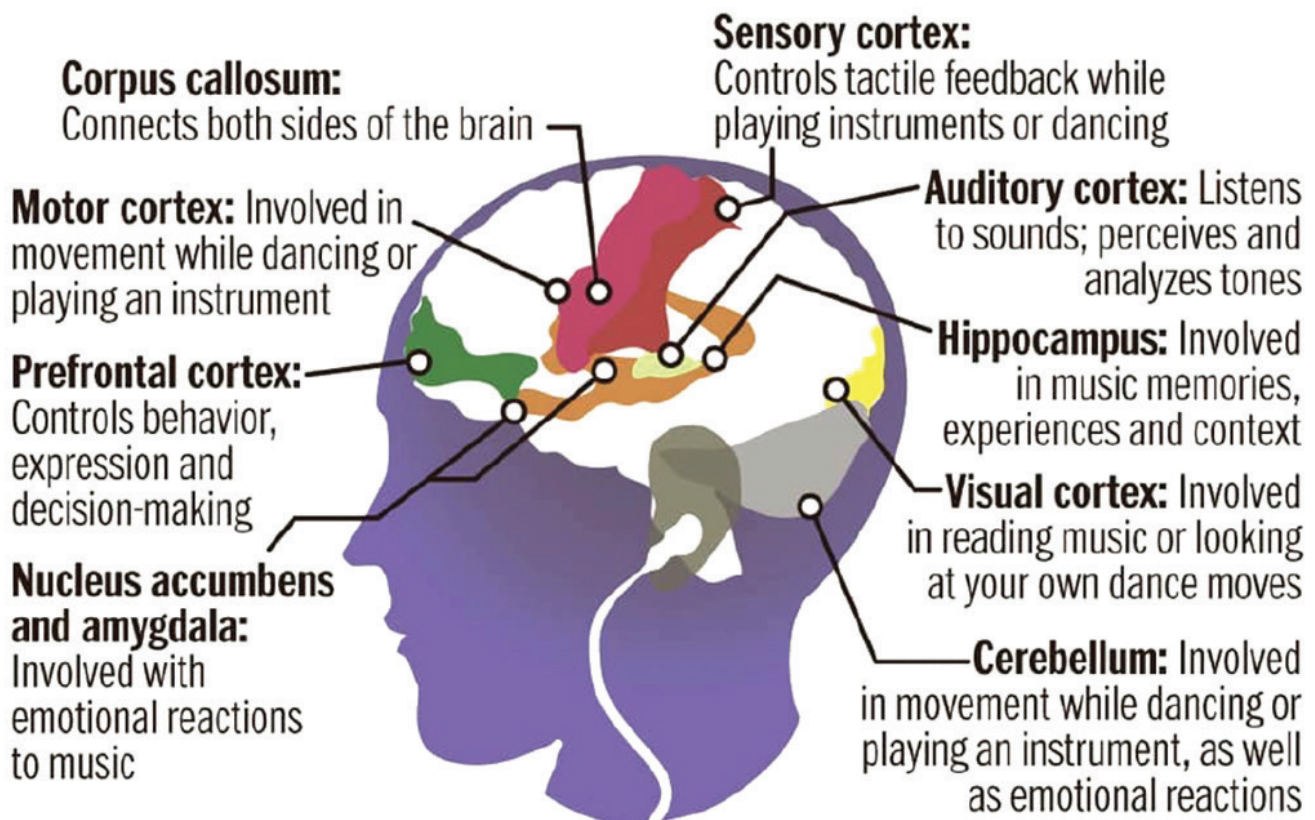
Keywords:

Introduction

The coronavirus (covid-19) pandemic has had numerous effects on global societies, including socially, politically, and economically (Somani, Post Covid-19 Effects on the Future of Students in Higher. , 2021). Social distancing regulations, school closures, mandatory use of personal protective equipment (PPE), amongst increasing financial burdens due to unemployment, have all contributed to a rise in societal mental health challenges (NHS, 2020). Studies relating to students within higher education institutions revealed an increase in negative mental health impacts. This was due to worries about implications of being infected with covid-19, the rapid transition to remote learning, the impact on exam results and future employment prospect, access to appropriate

Music and the brain *Playing and listening to music works several areas of the brain*

Corpus callosum: Connects both sides of the brain

Motor cortex: Involved in movement while dancing or playing an instrument

Prefrontal cortex: Controls behavior, expression and decision-making

Nucleus accumbens and amygdala: Involved with emotional reactions to music

Sensory cortex: Controls tactile feedback while playing instruments or dancing

Auditory cortex: Listens to sounds; perceives and analyzes tones

Hippocampus: Involved in music memories, experiences and context

Visual cortex: Involved in reading music or looking at your own dance moves

Cerebellum: Involved in movement while dancing or playing an instrument, as well as emotional reactions

SOURCE: Music for Young Children

DESERET NEWS GRAPHIC

Fig 1: (BCAT, 2020)

hardware and software to continue education and financial constraints. The negative mental health impacts include heightened stress, anxiety, depression, and loneliness (Somani, The Impact of COVID-19 on Human Psychology, 2020). Research has suggested that one in six individuals are affected by common mental health challenges like anxiety and depression in one week within England (McManus, Bebbington, Jenkins, & Brugha, 2016). Results have indicated that approximately fifty-one percent of students are experiencing heightened anxiety and stress in comparison to January 2021 and approximately eighty-eight percent of students believe that their higher educational institution is facing a mental health crisis (Meal, 2022).

Music is considered to be an integral component of the lives of individuals and a contributing element to identity. Individuals generally listen to music daily in the form of background while doing other activities like studying, working, household chores, sports or shopping etc, or intentionally. Although the music is not the dominant focus while it is playing in the background, music is carefully chosen to match cognitive and emotional needs of individuals for the situations (Ziv & Hollander-Shabtai, 2022). For many years music has been utilised as a tool to cope with the challenges and victories of life. Listening to music can be perceived as an effective medium through which mental health challenges can be alleviated thereby contributing to positive wellbeing. Figure 1 illustrates the how playing and listening to music works in several areas of the brain.

When individuals listen to music the brain releases chemicals like dopamine which is associated with feelings of pleasure and also oxytocin referred to as the love hormone. In addition, there is moderate research available to suggest that cortisol, the chemical released in the brain when individuals experience stress, can be reduced through listening to music (Adler, 2020) which suggest music has an effect on mental health.

Objectives

This study aims to understand the effects of music on mental health and covid-19. There is an endeavour to recommend solutions to facilitate individuals towards improved mental wellbeing through music. A systematic literature review has been implemented within this study.

Results and Discussion

Music and relaxation

Healing using sound is historically believed to be a medium through which attempts were made to cure mental disorders in ancient Greece. Over time, music has been utilised to facilitate working faster, become more productive and create barriers against evil spirits. In addition, research has revealed multiple health benefits to individuals including decreasing stress levels and improving health and immunity. When experiencing symptoms of negative mental health challenges like anxiety, stress, and depression it is important that individuals learn to relax due to the potential consequences of negative mental health impacts which can lead to physical health problems and in extreme cases death (Somani & Saraswathy, Sort Stress & Stop Suicide, 2021). Thus, methods through which music can be used to relax individuals can include:

- Meditation with music and voiced instruction

- Sleep music that has been devised to relax the mind

- Positive affirmations with music

These can all be administered alone, or with others a classroom situation, on video with live streaming, social media videos or downloading a mobile application. Meditative music consists of a cathartic effect which can improve moods, relax the mind and body. Sounds including nature sounds, stringed instruments and

the piano have been proven to help individuals relax (Nortje, 2020).

Music and inspiration

According to a brain health survey carried out by AARP music consisting of 3,185 adults it was reported that despite listening to musical performances, background music or music recordings, there was a positive impact on negative mental health diagnosis like anxiety and depression (Adler, 2020). Music is believed to improve intelligence, increase an individual's ability to focus and heighten mental health. In addition, music can increase self-confidence and improve the immune system.

Research has revealed that music meditation can inspire individuals and has numerous health benefits including:

- Reducing stress

- Decreasing depression and anxiety

- Improving memory function

- Reducing blood pressure

- Reducing pain

- Decreasing cholesterol

- Reducing chances of stroke and heart disease

Utilising music as a therapy, can increase relaxation, decrease stress and inspire individuals towards researching their goals. When comparing music to taking prescription drugs to decrease anxiety levels prior to a surgery, research has found that thirty minutes of therapeutic music has able to reduce anxiety and contribute to pain reduction (Quach & Lee, 2017). Music can evoke positive emotions and promotes the brain's reward centres. Individuals can experience this through dancing to music, singing or even chanting, writing songs, playing a musical instrument, or even just listening to music to relax or meditate. Music has the power to inspire individuals towards achieving their goals and turning their negative moods into positive energy, inducing positive emotions and creating a transit between negative mental

health challenges and good mental health. Making and listening to music promotes individuals to become more creative, this can be utilised to improve moods and vibrate at a higher emotional energy level. This leads to self-motivation facilitating individuals to accomplish their personal and professional goals.

During the covid-19 pandemic numerous individuals in society utilised music to help themselves overcome challenges and cope with the covid-19 restrictions. Within a survey that was conducted during the covid-19 pandemic a question was asked to the population "Did music help you with any of the following during the pan-

demic?" Figure 2 illustrates the results that 77% of individuals revealed that music cheered them up, while 72% of people felt that music reduced their stress levels, 67% felt that music altering their moods, while 59% of people used music as a distraction from negative emotions and thoughts that were arising.
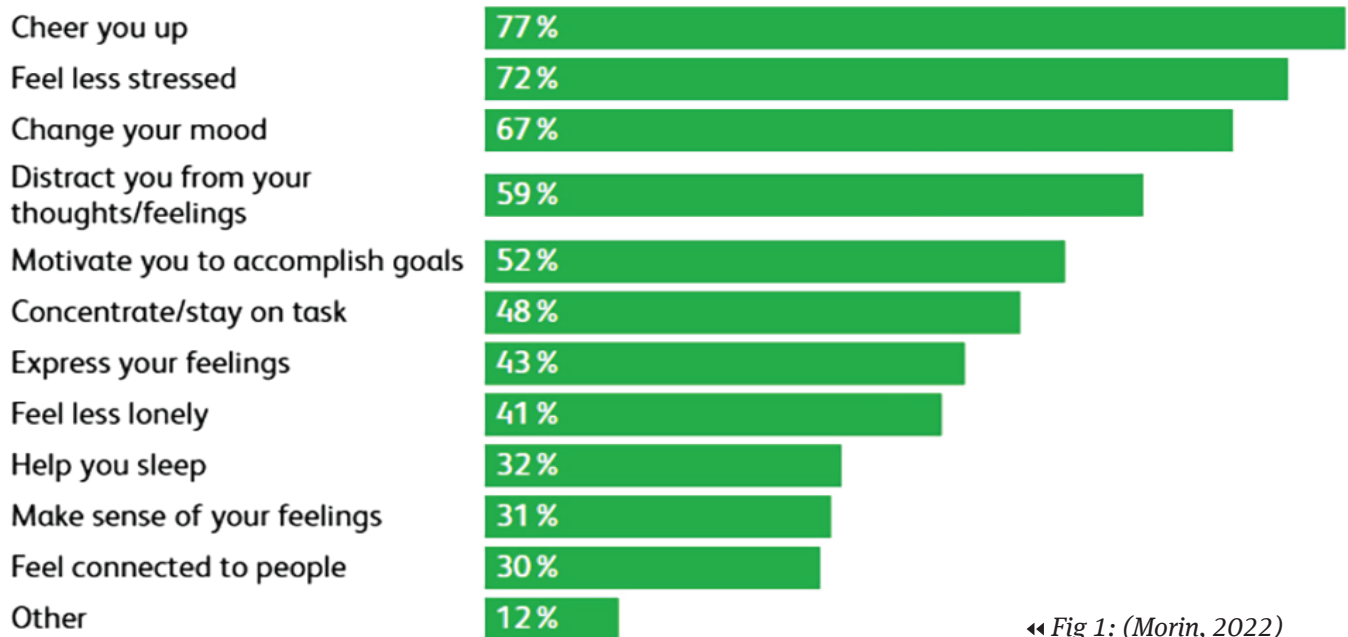
Fig 1: (Morin, 2022)

Music and mood

Music can be used as a tool to relax individuals and lift emotional vibrations linked to moods. Some students utilise music to facilitate retaining information during exams as they believe it to improve their concentration levels. Within the United States approximately 1 out of five people find it difficult to asleep (Helsestart, 2023). Hence relaxation music can facilitate individuals to relax into a deeper sleep and help change their mood. Music can be perceived as a form of escape taking them into a happy place. As individuals we experience an array of different moods which mirror our emotions and are projected through non-verbal communication and facial expressions. Figure 3 highlights many of the different emotions that humans feel through the wheel of emotion.

Fig 3: (KIIT, 2022)

When individuals listen to familiar music, there is a release of the chemical dopamine in the brain which causes the brain to respond more strongly to situations. In contrast unfamiliar music can create brain stimulation as individuals enjoy the music they are listening to and become used to learning it. Binaural beat music utilised in subliminal and ambient music has been proved to improve feelings of anxiety and boost confidence levels. The mind can become shaper and confident through listening to Alpha waves that range between eight to fourteen Herts. When individuals are feeling negative emotions like anger, music has been proven to release these feelings through listening to music that can be viewed as angry as a method through which the negative emotions can be processed. Therefore, it is not surprising that individuals experiencing feelings of depression are more inclined to listen to music that reinforces their feelings. Individuals that ruminate a predictive trait of depression will usually be attracted to music that intensifies their emotions associated with depression (Garrido & Schubert, 2015).

Music and expression

Listening to music enables individuals to express their emotions and creative skills without talking. It allows individuals to communicate their thoughts and complex emotions through non-verbal communication and via various forms of expressions like playing a musical instrument or expressing feelings through dance. Releasing emotions through music, contributes towards positive mental health. When individuals are feeling fearful or nervous, by listening to isochronic tone music, it is possible to alter the brain state towards happiness and confidence. This is because the brain is syncing into a new frequency consisting of single tones beating at regular intervals that are spaced evenly (Healthline, 2020).

Music therapy is deemed as a holistic and creative approach to healing, simultaneously it facilitates positive and constructive strategies to cope with challenging situations.

Many studies have revealed that by listening to classical music, the mind can focus better as a tempo consisting of sixty beat per minute can increase processing information in the brain. In contrast electro dance music has been suggested to sharpen focus during studying (Reachout, 2022). Listening to music can facilitate social connections and reduce feelings of loneliness because there is a realisation that emotions are shared and can be expressed with others who can understand. This can include connecting with like-minded musicians, attending concerts, or sharing music via technology, emotions are being shared and expressed. Music can form and change behaviours as releasing negativity can contribute towards positive conversations and actions as individuals resort to acting with calmer minds, in contrast to acting through clouded judgment when they are overcome with negative emotions. Research has indicated that individuals experiencing depression are drawn to listen to music that reinforced their negative feelings because most of the time they are unable to choose music to help them feel better (Wilhelm, Gilllis, Schubert, & Whittle, 2013).

Conclusion

This study has deduced that that listening to music can have a positive impact on mental wellness as it can change emotions only if music is chosen correctly. Individuals feeling anxious or depressed tend to intensify their emotions by listening to depressing music, alternatively they can choose music to alter their emotions to happy and excited. Essentially music has the power to set the mood, create emotional changes promote sustainable mental health healing which can be utilised in the contemporary world post-covid-19.

Healthcare professionals have commenced utilising music therapy, with the endeavour of helping to support individuals who are aiming to regain control over their mental health wellbeing. Thus, it is evident that music has multiple effects on mental health if used in the correct manner. When individuals decide to listen to songs or music that is upbeat, it has the power to make individuals feel happier emotions. However, over the last fifty years gradually the music made and produced, has become angrier and sadder which can make finding songs transiting individuals to a happier state more difficult, in turn contributing to mental health challenges (Napier & Shamir, 2018). It is advisable to create a list of "happy songs" to help navigate out of the looming negative emotions that can arise, hindering mental health. Music is a tool that can be used for individuals to deal with the uncertainty present in a continuously changing world. Listening to music can heighten emotions, change feelings and behaviours when utilised in the right context. Music can increase social connectedness and used as a medium through which societies and cultures can be brought together during times of distress.

Recommendations

Social awareness should be created on the benefits of music on mental health. Recommendations to practice techniques on active listening concentrating on the music, noting feelings, associated memories and changes within the body in relation to noting the urge to get up and dance or in contrast slow the heart rate down. This will facilitate individuals towards taking control, allowing the music to empower and change feelings from a negative to a positive. Individuals can also utilise technological advancements to listen to a variety of music genres across multiple internet connected devices, and personalised playlists. This will subject individuals to familiar music that comforts individuals, in addition to evoking positive memories and associations. During moments of unhappiness, depression, or anxiety it is recommended to choose and listen to upbeat music that makes individuals want to sing or dance. These are deemed to release stress and contribute to physical exercise and brain stimulation.

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GLOBAL IMPACT | ORIGINAL RESEARCH

EFFECT OF JOB LOSS ON THE MENTAL HEALTH OF EMPLOYEES DURING COVID-19

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Bio

Pinki is a UNDP Project Youth Employability Services counsellor. She is an advocate for women empowerment, youth development and girl child protection programs. She is also a consumer Rights champion and Education champion helping the underprivileged within society. She has helped towards restricting the dowery system particularly in the Indian State of Haryana and its surrounding areas. Pinki believes that health is wealth and participates in yoga and meditation classes. She has attended numerous conferences, seminars and workshops in different fields with the endeavour to help make valuable changes in society.

Research Objectives

understand the effect of job loss on the mental health of employees during covid-19. Recommendations are made to ease mental health challenges faced by individuals.

Abstract

Employment is important to accumulate wealth, to enjoy a good quality of life and a means through which individuals can contribute towards economic growth and societal development. During the coronavirus (covid-19) pandemic decisions were made by international governing bodies to implement lockdown measures. This meant all non-essential businesses and organisations underwent physical closures. To ensure the operation of businesses to generate revenue to pay employees and be sustainable, there was a transition to online platforms. During this process many employees faced redundancies and complete job losses. This study aims to understand the effect of job loss on the mental health of employees during covid-19. Recommendations are made to ease mental health challenges faced by individuals. A review of literature sources is conducted in this study. Results have identified that job loss can have the following impact on mental health: Psychological impacts like an increase in anxiety, depression, loneliness, low self-esteem; suicidal thoughts and behaviour patterns. These can be due to financial stresses, inappropriate working conditions to find another employment position or inadequate skills restricting employment opportunities. Steps should be taken to ensure individuals take a positive approach to seeking a new job showing self-compassion, ensuring the maintenance of a healthy diet and good routine including sufficient sleep and exercise. This will contribute towards positive mental health and facilitate employment prospects.

Keywords

Covid-19, Employment, Job loss, Mental health,

Introduction

Employment is important to accumulate wealth, to enjoy a good quality of life and a means through which individuals can contribute towards economic growth and societal development. During the coronavirus (covid-19) pandemic decisions were made by international governing bodies to implement lockdown measures (Somani, Our World Before, During and After the COVID-19 Pandemic, 2020). This meant all non-essential businesses and organisations underwent physical closures. To ensure the operation of businesses to generate revenue and continue paying employees, there was a transition to online platforms. During this process many employees faced redundancies and job losses. Within the United Kingdom, 1.3 million people lost their jobs due to covid-19 pandemic between March 2020 and January 2021 (Rodrigues, 2022). The workplace is continuously

evolving and comprises of a myriad of roles and opportunities for individuals. The role an induvial is employed into often evolves and job insecurities can prevail. However, a large proportion of employed individuals feel a sense of financial security and stability due to financial independence. Fifty-five percent of employees and seventy percent of graduates reported that employment provides them with a sense of identity which is linked to self-worth, this increases to (Bond, 2021). Thus, when employment is taken away suddenly, individuals have a lot to contend with. Within employment, individuals are frequently faced with challenges that need to be overcome. This can be an intellectually stimulating experience if it is not conducted with immense pressure. Individuals can work in teams to learn from each other and overcome challenges together, and this promotes skill development, In the event of job loss, individuals loose involvement with their colleagues and the opportunity to meet new people. Spending a significant portion of time within the

work environment, interaction with colleagues can turn into long lasting friendships and opportunities arise to learn about yourself and the world. However, during lockdown many of the opportunities that individuals attained with working in face-to-face environments were lost.

Objectives

This study aims to understand the effect of job loss on the mental health of employees during covid-19. Recommendations are made to ease mental health challenges faced by individuals. A review of literature sources is conducted in this study. Published literature including journals, books, websites, and articles have been searched and utilised within the findings of this study.

Results and Discussion

Results have identified that job loss can have psychological impacts like

an increase in anxiety, depression, loneliness, low self-esteem, suicidal thoughts, and negative behavioural patterns can all impact a high proportion of individuals. There are several reasons related to this including financial stresses, inappropriate working conditions to find another employment position and inadequate skills restricting employment opportunities.

Psychological impacts

When individuals have a stable income, they are financially independent which facilitates them towards reaching high comfort levels. This allows them to plan and execute their financial endeavours, have a sense of financial stability which leads to a positive impact on mental health. However, when individuals lose their employment positions suddenly, they can undergo a sense of shock which can have negative mental health implications. Although job loss can present individuals with subjective experiences and alterations in income, the associated mental health impacts can differ between individuals.

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood Takes things in stride Good sense of humour Consistent performance Physically & socially active Confident in self & others Drinking in moderation	Nervousness, irritability Sadness, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscle tension, headaches Missing an occasional class or deadline Decreased social activity Drinking regularly or in binges to manage stress	Anxiety, anger Pervasive sadness, tearfulness, hopelessness, worthlessness Negative attitude Difficulty concentrating Trouble making decisions Decreased performance, regularly missing classes/deadlines, or over work Restless, disturbed sleep Avoidance, social withdrawal Increase used of alcohol-hard to control	Excessive anxiety Panic attacks Easily enraged, aggressive Depressed mood, numb Cannot concentrate Inability to make decisions Cannot fall asleep/stay asleep Constant fatigue, illness Absent from social events/classes Suicidal thoughts/intent Unusual sensory experiences (hearing or seeing things) Alcohol or other addiction
Nurture support systems.	Recognize limits, take breaks, identify problems early, seek support.	Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.	Seek professional care. Follow recommendations.

⚑ *Fig 1: (Chen, Chang, & Stuart, 2020)*

Therefore, an individual that loses their employment position may feel threatened and immerse themselves in a situation that only they perceive as dangerous. When an individual feels that they are facing financial threat, they are identified with the feelings of fearfulness and anxiousness pertaining to their current and future financial situation (Marjanovic, Greenglass, Fiksenbaum, & Bell, 2013). Thus, it is not surprising that financial threat is linked with anxiety, depression, negative impacts on mood, suicidal thoughts, and complete burn out (Iksenbaum, Marjanovic, Greenglass, & Garcia-Santos, 2017). Figure 1 illustrates the mental health continuum model which highlights symptoms from healthy mental health expressed through the colour green, reacting which is in yellow, injured which is in orange and ill which is highlighted through the red colour. Within figure 1 solutions to promote mental wellness within each category is illustrated. There is an intention to promote recognition and encourage individuals to recognise the symptoms and engage to conversations with the intention to seek professional help if required (Chen, Chang, & Stuart, 2020).

Financial stresses

A dominant factor associated with negative mental health implications relating to job loss is financial stress. The prevalent solution to financial hardship within societies is to take out a loan and incur debt. Upon the inability to pay the money back, individuals face severe financial strains and hardship. According to research, individuals experiencing a financial strain may be at a twenty-fold higher risk of attempting suicide compared to individuals who have no financial hardships (Cohut, 2020). This is because a significant risk factor for attempting suicide is financial strain (Elbogen, et al., 2020). Multiple studies implemented during the covid-19 pandemic highlighted negative mental health implications due to financial stresses (Wilson, et al., 2020) (Somani & Saraswathy, Sort Stress & Stop Suicide'., 2021).

## Inappropriate working conditions

Working conditions are vital to productivity particularly during the covid-19 pandemic. Research has indicated that approximately 46.6% of the overall population within the United Kingdom conducted some, or all their work from home. 86% of those individuals reported that they worked from home due to the covid-19 lockdown regulations. Figure 2 illustrates the number of hours individuals worked from home in April 2020 (Cameron, 2020) . An individual who carried out any of their employment work at home is referred to as the homeworker. The calculations for more, less, and same working hours is based on the difference between the individual's usual and actual working hours within a week.

For individuals to work efficiently from home, they require the adequate hardware, software, and internet connectivity (Somani, Managing Mental Health at Work during Periods of Uncertainty. , 2022). In addition, a conducive working environment is important to ensure individuals can concentrate on the work that they are carrying out. The inability to complete tasks from home, in addition to other distractions within the home environment can impinge upon job retention rates. The requirement for skills development for employees to continue working can be difficult to acquire from remote locations resulting in added stress and negative mental health impacts, thus restricting employment opportunities.

Conclusion

This study has found that there is a negative impact on the mental health of employees that lost their jobs during covid-19. This is consistent with previous studies which have indicated that there is a positive relationship between economic hardships and psychological wellbeing, (Cuellar,
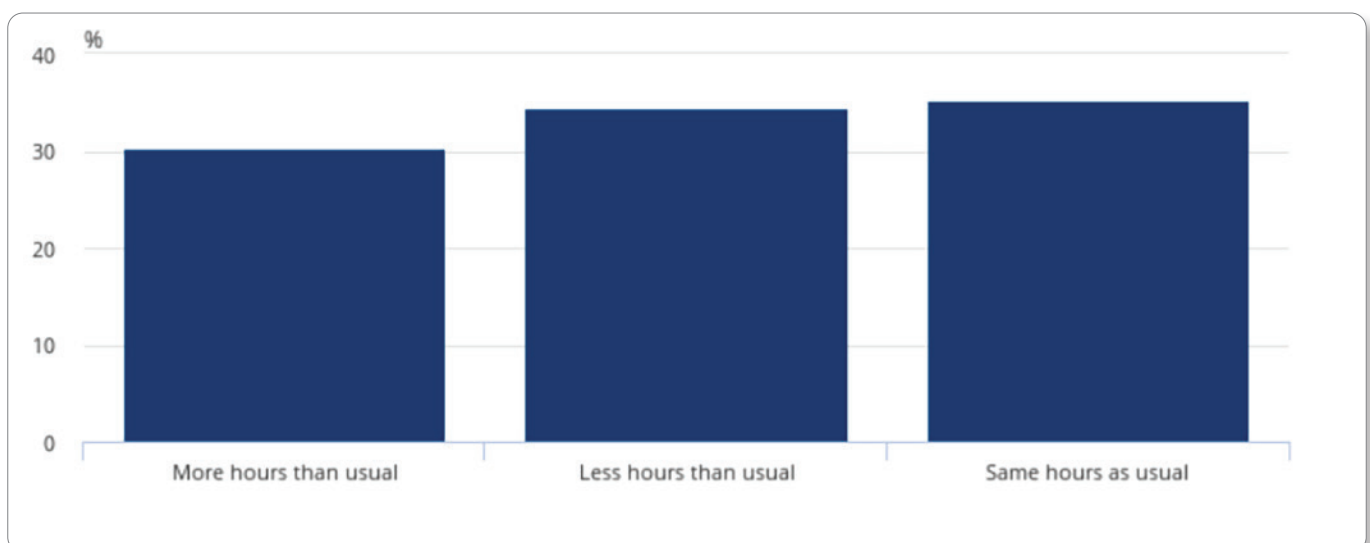
⬆ *Fig 2: (Cameron, 2020)*

Mark, L, Sharfstein, & Huskamp, 2020). Negative mental health symptoms have included depression, anxiety, and panic attacks largely experienced due to loss of income during the covid-19 pandemic. Pre-existing mental health implications are heightened, and job insecurities promote negative mental health challenges.

Steps should be taken to ensure individuals take a positive approach to seeking a new job, showing self-compassion, ensuring the maintenance of a healthy diet and good routine including sufficient sleep and exercise. This will contribute towards positive mental health and facilitate employment prospects. Recommendations are made to ensure policymakers should provide sufficient information on how to manage finances and save funds. In addition, societies must be education on dissociating the stigma related to mental health challenges. This can be initiated through collaborative attempts between governmental and non-governmental organisations to raise mental health awareness within local support groups, online and via face-to-face interaction. Organisations should have measures in place to inform employees what happens in an event of unemployment, at the same time employees should always ensure they have a contingency plan of other employment opportunities. Financial implications are a large contributing factor to negative mental health symptoms, therefore it is recommended individuals save or invest their finances to ensure that they remain financially stable. In addition, it is recommended that individuals invest in skill development to acquire more knowledge for prospective employment opportunities.

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PERFORMING ARTS | CASE STUDY

IMPACT OF COVID PANDEMIC ON THE LIFE OF ARTISTS

Barsha Mohini Das

Indian Classical Dancer,

Actress, Finance Govt India

Bio

Barsha Mohini Das is an Honest Portrait Artist (Indian Classical dancer Odissi). She is Mrs kalinga Sundari 2022, an actress and influencer. She is a Government employee in the Finance department of the Government of Odisha. Barsha Mohini Das is Miss Rajo queen 2013 and Mrs India universe 2022 (1st runner up) by Glam Guidance.
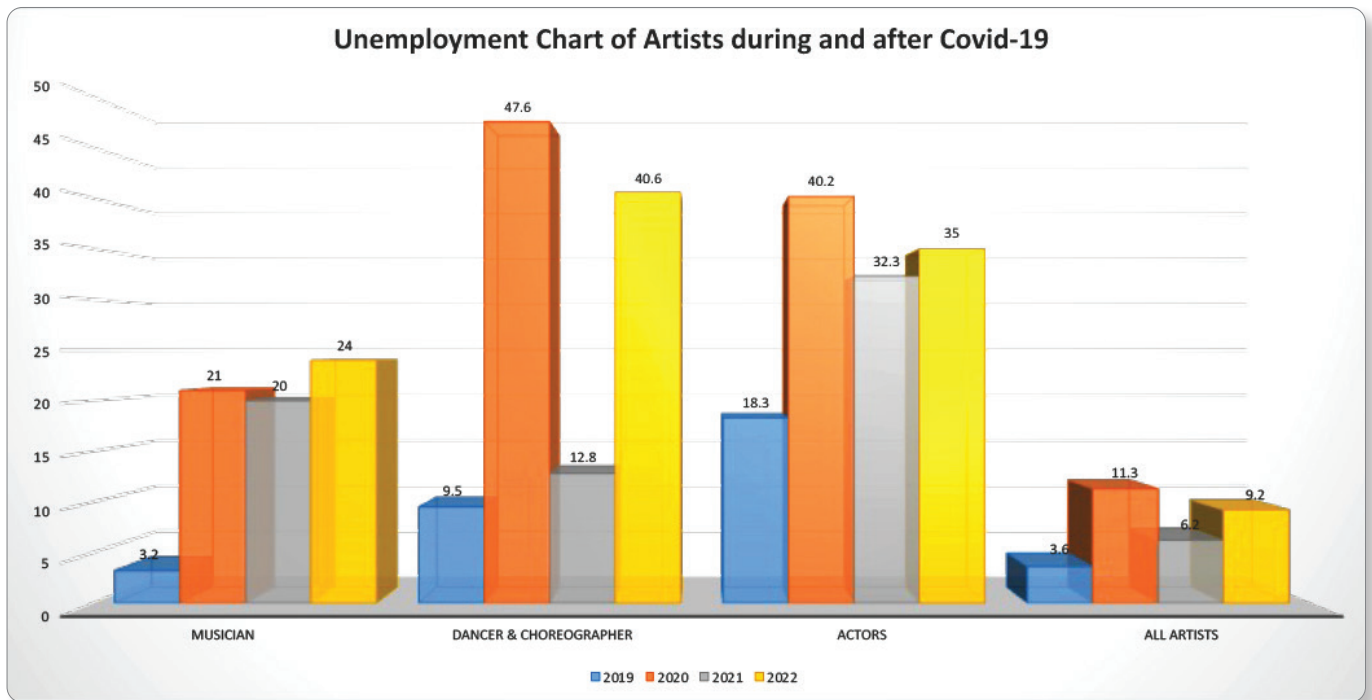
Objectives

Impact of covid 19 on Artist which ruined their livelihood during this period how they can't live without their Artlife and day by day they are in search of their income source online and offline mode.

Abstract

To be an artist is to believe in life. However, artists from around the world failed to live by this truth when the covid-19 pandemic hit the earth in the year 2019. The deadly virus snatched away the livelihood of many artists, leaving many to the fate of time in the years to come. Though the situation now has much improved than it used to be during the early advent of the virus, the artist community is still struggling to relive the glorious days of the past.

A majority of artists still count on on-stage performances to earn their bread and butter. They have not yet been psychologically and/or financially prepared to switch to online platforms. On the other hand, for the audience, switching to digital platforms for the daily dose of entertainment has become a new normal. This has led to fewer stage shows, loss of opportunities, a higher rate of unemployment, and a high rate of stress and anxiety amongst the artist community.

This article has tried to touch upon various pain points of the artist community, in general, around the world, backed by numerous statistics and data secured from verified online resources. The aim is to create an acknowledgement of the fact that the artist community is in desperate need of a friendly push, now more than ever, to be able to retain its healthy contribution to society, like it used to be before the pandemic.

Introduction

The covid-19 pandemic has hugely impacted performance artists and the entertainment industry. Events were cancelled, productions were shut down, theatres were closed, and millions of people were in lockdown. This leads to a debilitating psychological and financial crisis, mostly among small-scale actors, performance artists and struggling actors. Lack of work and inadequate income has led many artists to find alternate means of income with massive migration of performance artists from offline events to online platforms.

We asked artists and accumulated some essential data to understand the shift in art careers, how it has affected their careers and what plans they have for the future. We have discovered various similarities among artists regarding their struggle and the financial loss they have faced and still facing due to delayed workshops, cancelled openings, loss from sales, and lack of adequate work. Some are planning to move their careers online,

Unemployment Chart of Artists during and after Covid-19

⬆ *Fig 1*

and some have already moved their workshops and creativity to online spaces.

Covid-19 Pandemic: A Disaster for Performing Artists

The Art and Culture industry has experienced significant economic setbacks from covid-19 around the spectrum of artistic and creative endeavour, restrictions on public gatherings, and changes in consumer behaviour, including some of the few factors.

Events were postponed and cancelled, resulting in a massive loss for Indian Art, Artistic galleries and Architecture, performers and organizers.

As you can see from the chart, there has been a significant surge in the unemployment rate after the covid-19 pandemic. Dancers, choreographers and actors are the ones who are still suffering after the pandemic.

Various performing artists have complained about a significant shift in pay scale. Things have drastically changed as they have to perform at a lower charge than before. This is a

dire situation as it affects not only the financial condition of artists but also their reputation, thereby hampering their skills and performance as a whole.

The current scenario and the possible future for the

Artists

Despite the financial challenges, artists still find a way to keep the art alive. Artists have started migrating to online platforms such as YouTube to broadcast their performances virtually. Some are recording their

⬆ *Fig 2: Promotion of Muvva-Nritya Raaga Nigamam on Instagram featuring Barsha Mohini Das*

Fig 3: Odishi dance by Barsha Mohini Das Devi katayani mantra

performances and uploading them on social media platforms.

Some sell their products and performance videos online.

Programs and Incentives through virtual mediums

Artists participate in virtual festivals hosted online, where they get paid for performing online. Online streaming, live sessions, online training, online teaching, sales and videography have become the new income norm in the artist community.

Online events like Guru Kelucharan Mohapatra Dance Festival, Navapallava, Guru Dakshina, Jhulana Utsava and Udaya Raga Dance Series are there for supporting dancers and artists from Odisha.

Nritya Natanam has also conducted live and online dance classes and sessions for kids, artists and students through Google Meet App and video calls.

Covid pandemic: Global impact on the entertainment industry

Global revenue dropped

Reports by the Motion Picture Association suggest the entire global theatrical and mobile entertainment market in 2020 was $80.8 billion. The figure may look impressive, but it is an 18% drop from 2019, the lowest figure since 2016. In 2019, the theatrical entertainment sector contributed 43% of the global total, which further reduced to 15% in 2020.

A drop in TV shows production

Due to lockdown restrictions, it becomes a huge challenge to produce original scripted TV shows. Only 493, compared to 532 in 2019, scripted US TV programs were released in 2020. Due to delays, shows meant to film in 2020 were pushed to the future. Lack of budget also forced several producers to drop their projects, leading to a cascading effect of financial losses across the whole artistic and entertainment community.

Fewer movies were released

Several movie projects were

Fig 4: Performance by Barsha Mohini Das on the eve of Jhulana Utsava 2021

Fig 5: Odissi Dance performance by Barsha Mohini Das in Udayaraag Dance Series

shelved, and the theatrical release of some movies was also cancelled, leading to more losses. The list by Wikipedia mentions all the movies whose theatrical releases have been cancelled or moved to alternate modes of release or movies whose release date has been delayed due to Covid.

The uncertainty of covid-19 waves has also impacted the financial stability of theatre owners as most of the investment went into renovating the cinema halls after years of lack of operation.

A massive loss in box office

For decades the annual movie attendance has remained at a billion, which drops to 240 million for the entire year of 2020.

A rise in the digital sector

Aside from the financial downfall, one silver lining is the rise of streaming and on-demand platforms allowing consumers to access content online. Digital entertainment, on the other hand, went for an upward trend, i.e. to $61.8 billion in 2020.

Less stage shows

Artists, those who breathe art on stage, such as odissi dancers, are getting less signups than the pre-covid time.

Covid impact in Indian entertainment industry

The negative impact of the coronavirus outbreak has also impacted the arts and entertainment industry in India. With nationwide lockdowns, prohibition on public gatherings and cancellation of cinemas, music festivals have taken a toll on the life of people associated with the arts and entertainment industry.

The sudden shutdown of theatres immediately hit the Indian movie industry. Major releases were delayed, projects in post-production were put on hold, and several projects in line

were cancelled due to uncertainty of the situation. The performance artists, actors, daily wagers and staff took the biggest hit since events, production and shooting were shut down abruptly.

Even after the lockdown, the social distancing code was still in effect, with strict safe-distancing rules. Theatres and events had to leave seats empty as preventive measures. As a result, even after the lockdown, the situation was still insufficient to reinstate the sector to its glory.

Ronnie Screwvala's highly anticipated sci-fi project. 'Ashwathama' was delayed due to exceeding the budget of 200cr INR, which did not seems viable with the uncertainty caused by Covid-19. Even dropping the budget to 125cr INR and releasing it on a digital platform could not recover a factor of the movie's cost, as Ronnie Screwvala reported.

The impact of the pandemic on the Indian entertainment industry led to lowered attendance at movie theatres, film festivals, and music concerts, disruption in film distribution, cancelled releases and abrupt curtailment of on-location film shoots. The financial ramifications were passed on to production houses,

⊼ *Fig 6: 35th Konark Dance and Music Festival in 2021 by Konark Natya Mandapa*

artists, theatre owners, filmmakers, and music labels for months and years.

WhileTollywood, Kollywood, Mollywood, and sandalwood are seeing a decent recovery, even giants like Bollywood are still struggling to bring audiences back to the theatre.

Financial losses due to covid-19 pandemic

According to annual reports by Ernst and Young, the total revenue for India's media and entertainment industry, including sectors like film, TV, music, print, and animation, among others, fell by 24 per cent in 2020 to $18.7 billion compared to $24.7 billion in 2019.

The total revenue of the television industry fell to $9.3 billion from $10 billion in 2019. However, the digital platform saw a boom jumping from $384 million to $575 million.

The worst affected are small regional movie industries like Ollywood. Similarly, industry insiders from the Odia film industry of India have suffered the worst as the aftereffects of covid-19 are still viscerally prominent.

Only 26 Odia movies were released from 2020-2022, but none completed a week in theatres, resulting in a significant downfall in the box office collection. This leads to theatre owners depending on Hollywood and Bollywood movies.

Cancellation of movie releases and artistic events has led to many problems, such as potential refunds, contractual obligations, and exchanges to interested parties like broadcasters, event organisers, ticket holders, and sponsors who had committed a large sum of money that was rarely recovered.

Reduced Payment

Before pandemic, talented artists used to experience the full joy of

⬆ *Fig 7: Odishi Dance by Barsha Mohini Das*

performing in front of a gallery full of audience.

The loss of stage shows coupled with restricted gatherings in permitted cultural events has significantly impacted the paycheque of artists. With production, distribution and event organisation at a standstill, many artists have to work at a reduced

pay, unlike other sectors such as software industries.

Loss of Life

Not only financially, but India also lost several esteemed artists to covid-19, including legendary singer Lata Mangeskar, music composer Wajid Khan, S. P. Balasubrahmanyam, and music director Santiraj Khosla, sculptor Raghunath Mohapatra, Amarendra Mohanty to name a few.

Prateek Raja, the co-founder of the experimenter Gallery in Kolkata, describes the situation as heartbreaking, inhuman and shameful. "'Several of our artists and their families have tested positive, and we are in touch with them in trying to help them through their quarantine periods in their cities of domicile", he adds.

Aparajita Jain, co-director of Nature Morte in New Delhi, said the situation is 'like war'.

'Six of my artists have had Covid. Sixty percent of my staff have Covid or have family that are severely sick,' she said. 'At a moment like this, it feels tonedeaf to tell them to think about art and work.'

Conclusion

Undoubtedly the shadow of the covid-19 is still lingering, but the condition of the arts and entertainment industry has been improving. Cinemas are open again, events are getting organised, and artists have found a new way of income in the online space.

However, with the uncertain nature of Covid cases, the art and entertainment community still lacks a plan and provision to endure one more lockdown. There was no financial backup or job security during the initial lockdown stage, and the situation is still the same, if not worse.

The big companies and organisations, including production houses, production companies, broadcasters, theatres, licensors, distributors and promoters, have legal options and safety nets like business interruption coverage to soften the blow. However, the same cannot be said for independent artists whose livelihood depends on a contractual basis. More robust policies and amendments in existing contract performance are also needed to tackle the complexities of contractual obligation laws and make them more favourable towards struggling artists.

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SOCIETY | PRESPECTIVE

REBOOT, REBOUND AND RECOIL - THE ROLE OF RESILIENCE FOR INDIVIDUALS AND ORGANISTIONS IN THE COVID-19 PANDEMIC

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BIO

Dr Michelle Nemec is from Sydney, Australia and she earned her PhD in educational psychology at the Australian Catholic University (ACU) Institute of Positive Psychology in Education as well as aa Juris Dr Law Degree and other postgraduate Masters degrees at the University of New South Wales. She is a member of the Faculty at Global Academy, an author and an inspiring and compelling Keynote speaker.

Abstract

This paper investigates the concept of resilience at personal, organisational and industry levels. The pandemic has made people feel vulnerable, out of control and repressed. Some industries have thrived and others hemorrhaged, needing to pivot and adapt to survive. Australia's geographic isolation has acted as a buffer and a point of differentiation from many other countries but did not provide immunity. Individuals have emerged from the COVID-19 with a different mindset, changed expectations about what they want from work and a different outlook to life generally. Workplaces continue to be disrupted as worker sickness rates escalate, a phenomenon dubbed 'quiet quitting' takes hold as workers prioritise other parts of their life and the 'Great Resignation' decimates the intellectual and social capital within some teams and organisations.

To keep staff, companies need to adapt as workers have now placed a higher level of importance on their health and wellbeing and are looking for a sense of meaning in what they do as well as ways to feel connected and that they are giving back and feel involved in their community. This paper draws on research across multiple disciplines and argues that resilience at all levels, across disciplines and industries is required to thrive in the future. An industry-based model for sustainability-innovation-resilience is examined to help industries respond to megatrends and future pandemics. Within this model, industries are called upon to enliven their Corporate Social Responsibility (CSR), and career development for staff to support staff wellbeing, providing a path forward to a healthier approach to work and wellbeing.

Keywords

Health, COVID-19 impact, resilience, workplace health promotion, sustainability-innovation-resilience, corporate social responsibility, megatrends.

Introduction

At every level of society, a state of flux has taken hold and with it uncertainty, rapid change and evolution, requiring a new approach to how individuals prioritise what is important in life and how corporations respond to their staff. In Australia, the relationship between resilience and vulnerability has been observed as the pandemic progressed, and physical, economic, social and environmental determinants of vulnerability have impacted individual's resilience, mental health and wellbeing.[1]

[1]United Nations 2004

The pandemic has been noted to result in diminished mental health, particularly in individuals already predisposed to mental health issues and amongst individuals with less coping skills.[2] At a community level, resilience and vulnerabilities can either protect individuals, or expose them to ongoing risks. Government and industry policies influence how pre-existing vulnerabilities may be mitigated or exacerbated, and how new groups may develop vulnerability; thereby shaping how vulnerable communities are identified, the degree to which the vulnerable can flourish, or the degree to which newly or existing vulnerable communities become distressed in response to crisis.[3]

Resilience as a concept and skill-set

Resilience has been defined as, 'bungee jumping through the pitfalls of life'[4] meaning the ability to overcome adversity and challenging life events. Resilience harnesses an array of skills and dispositions including perspective taking, conflict resolution, negotiation and self-regulatory skills. The preferred concept of resilience skills adopted in this paper is that in coping with adversity a person does not just return to their previous state, but rather, evolves to a new state made possible by ongoing reflection, learning and recursive personal growth.

The repertoire of social-emotional skills[5] involved in resilience draws on the science of positive psychology, meaning an individual levers their psychological assets to face the challenging situation. One of the recognised proponents of positive psychology, Martin Seligman (2011), has developed a theory of well-being as a construct of five measurable elements, referred to as PERMA: positive emotions, engagement, relationships, meaning, and

[2]O'Connor et al., 2020
[3]Polonsky & Weber 2022
[4]Fuller 1998
[5]World Bank group 2014

achievement. Each element of PERMA needs to be harnessed to deal with the level of disarray experienced from the crisis of the pandemic. To have health, freedom and life as it is known suddenly ripped away requires a person to 'pull out all the stops' and focus on what can be controlled such as maintaining positive social connections via the use of technology, physical activity and maintaining quality sleep and nutritional approaches as well as maintaining key positive relationships.

Individual, community and corporate resilience

During the pandemic individuals had what they usually do not - time and they practiced introspection and ran audits of what brings meaning to life. Governments developed 'policy-on-the-run,' and corporations were polarised with responses ranging from focusing on getting through the storm of the pandemic and just surviving, to trying to keep staff working and endeavouring to meet a burgeoning demand in those industries focused on e-commerce. There is no denying the deleterious impact that COVID-19 exerted on global capital markets. It was noted the severity of outbreaks correlated with an inverse relationship impacting stock markets and industry.[6] However, an interesting parallel was developing. Just as individuals recoiled, so did corporations. The parallel to individual resilience became evident in organisations, as a framework reliant on the processes of preparation, perceiving and propelling were unveiled to address the challenge.

The business response which makes sense must involve a sense of urgency evident in the degree of responsiveness with which all industries must be ready to, adapt to, and take action. The pandemic is one crisis of numerous expected, constituting not only the continuation

[6]Shangzhi et al., 2021

of future pandemics but also the result of megatrends such as climate change taking effect. Given these facts, resilience is a vital skill-set and way of responding to future challenges, requiring a multifaceted strategy inclusive of adaptability. (Walker et al., 2006) state: "resilience is the capacity of a system to experience shocks while retaining essentially the same function, structure, feedback, and therefore identity." (Folke et al.,2010) define resilience as "[t]he capacity of a system to absorb disturbance and reorganize while undergoing change so as to still retain essentially the same function, structure and feedback, and therefore identity, that is, the capacity to change in order to maintain the same identity".

Resilience as a term emerged in the 1970s in ecological science to explain how a system responds to and recovers from disruption (Holling, 1973). It has been appropriated across industries such as tourism where it fits neatly with sustainability as a conceptual model through to education and the application of psychology for staff and student wellbeing and systems thinking in ecology and the science-based industry (McCool et al., 2015), in technology and more generally all of the business sector (OECD, 2020). The resilience concept encompasses an inclusive and integrative "social ecological systems" approach which gives it a firm interdisciplinary underpinning in its application appropriated across industries. Resilience is a vital feature of complex, dynamic systems evident across disciplines including psychology (Fuller, 2003), economics (Arthur, 1999), ecology (Folke et al., 2002), pedology (Thurston, 2021), and network theory (Calloway et al., 2000) and sociology (Adger, 2000). No longer can organisations operate in silos and so adopting approaches to project management, restructures to implement new roles and ways of working to enhance durability and adaptability is necessary.

Today, the concept of resilience application has broadened to include linked, non-linear social-ecological

systems (SES), providing a theoretical underpinning towards developing new ways to address unstable and chaotic systems (Becken, 2013; Cochrane, 2010). The concept of resilience requires adaptive alternatives to address threats from a full range of natural or human-induced crises and uncertainties, including those precipitated by frequent unpredictable events and longer term incremental hazards associated with climate and economic change. Resilience demands adaptability, flexible thinking and behaviour and systems thinking within the wider socio-ecological system (Cochrane, 2010; Lew, 2014). However, while resilience can be considered an attribute that mitigates uncertainty and unpredictability through the adoption of adaptive social and business practices, change must be considered through the SES lens (McCool, et al., 2015). Insufficient acknowledgement of deep complexity can lead to unexpected outcomes, resulting in "more problems, less resilience and to [the undermining of] developmental trajectories" (McCool et al., 2015).

New approaches to retain and develop staff

Changes to workplaces mandated by lockdowns, changes to workplace structures and ways of working including new hybrid models means flexible, staff-focused inclusive work environments have found their way into the mainstream. As more workers than ever before have resigned without new jobs to go to, opted for remote work and pushed back against employer demands corporations realise the status quo has altered and they need to adapt to retain and develop staff. Lack of opportunity has been cited as a major reason why staff resign and therefore a strategy gaining momentum is for companies to promote staff to more senior roles from within the organisation and to make it known that is the preferred approach.[7] This can act as a motivator

[7] Kairinos, 2022

for staff who want to advance themselves and develop their career.

Giving back, reciprocity (Fremeaur, 2011) and philanthropy can sound removed from the business world, but on the contrary, business organisations are a community (albeit profit making focussed) with a corporate social responsibility (CSR) by which they not only add value, but increase revenue. In return for good deeds, customers and clients want to support organisations that "do good" (Morgan, 2021; Baines, 2015) and the resulting increased business and positive reputation in the marketplace enables a "win-win" (Fisher & Ury, 1968). Psychologically, giving back, volunteering or supporting others can enhance staff's sense of purpose and positive affect; thereby helping to retain staff and attracting talent (Haski-Leventhal et al., 2019).

Ethical values-based practices, acknowledging and rewarding staff and increasing employee's engagement through creative work can support organisations' efforts to develop their staff and ensure they gain job satisfaction (Valentine, 2010). Therefore, the opportunity for staff to volunteer or give back to their community is significant by increasing engagement, reducing stress (Gallup, 2022) and providing a flexible as well as balanced workplace. CSR can, therefore, fulfill the purpose of a health promotion strategy when staff are involved in ways that add meaning to what they do and provide an increased locus of control.

Sustainability, innovation and resilience as interdependent and reflexive concepts
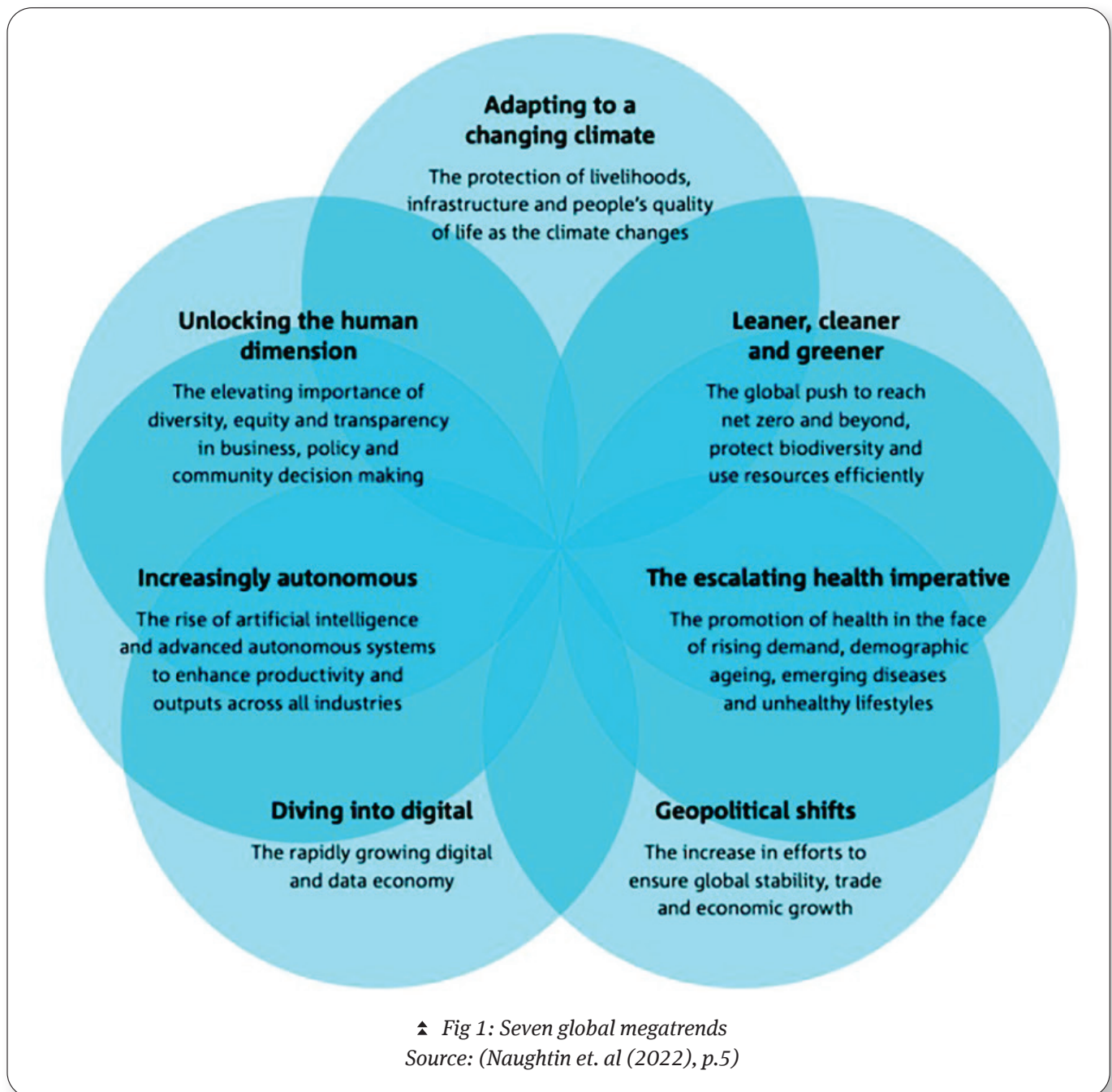
Alternatively, addressing the concepts of sustainability, innovation and resilience separately is remiss, as these concepts are interdependent and intersect in ways which need to be novel, creative and efficient, in order to rebound from the pandemic and make a difference to individuals and

the planet of the future (Hargadon, 2015). The relationship is symbiotic in nature as well as reflexive, requiring each to mold and reshape as the others activate. The recursive and interactionist manner in which these three terms relate means that it will likely become more common in the future to refer to innovation as "sustainable innovation" or "eco-innovation." This trend acknowledges that silo approaches to managing crises and people affected are being replaced by divergency and multidisciplinary approaches which draw together different interests.

The surge of activity to develop smarter ways of overcoming adversity also requires nimble analysis of impacts on the environment, individuals and the community. This necessitates drawing on less environmental resources, examining the health and wellbeing impacts.. Moreover, an equally significant notion is that of replicating innovative endeavour at a sustainable pace (Hargadon, 2015). Historically, examples of corporations demonstrating a sense of social responsibility can be traced to the early 1800s when factories in Great Britain changed some conditions to improve the workers' lives, aiming to increase their productivity (Riccio, 2019); thereby, acting resiliently.

Corporate social responsibilities were formalised in the 1970s evident in the statement; "business functions by public consent and its basic purpose is to serve constructively the needs of society — to the satisfaction of society" meaning organisations should take responsibility to contribute beyond goods and services (US Committee for Economic Development (CED), 1971) Today, social responsibility is an expected part of a corporate's identity and is an important opportunity for increasing staff engagement and collegiality.

Globally, the pandemic, the slowing economy, and the war in the Ukraine activated a range of drivers affecting resilience themes. These events emphasised the need for resilience in unison with sustainability and

Adapting to a changing climate

The protection of livelihoods, infrastructure and people's quality of life as the climate changes

Unlocking the human dimension

The elevating importance of diversity, equity and transparency in business, policy and community decision making

Leaner, cleaner and greener

The global push to reach net zero and beyond, protect biodiversity and use resources efficiently

Increasingly autonomous

The rise of artificial intelligence and advanced autonomous systems to enhance productivity and outputs across all industries

The escalating health imperative

The promotion of health in the face of rising demand, demographic ageing, emerging diseases and unhealthy lifestyles

Diving into digital

The rapidly growing digital and data economy

Geopolitical shifts

The increase in efforts to ensure global stability, trade and economic growth

Fig 1: Seven global megatrends
Source: (Naughtin et. al (2022), p.5)

innovation. For example, leveraging the resilience framework of "prepare, perceive and propel" entailed organisations building buffers by maintaining higher than usual stock supplies, creating scenarios and playing out second tier options and pivoting from rapid changes to strategic plans could each position companies more favourably in the marketplace. (Brande & Sternfels, 2022) Organisations not able to adapt vanished as the supply chain was negatively affected, staff availability was squeezed and gaps in skills emerged, fuel prices increased and travel halted. The World Economic Forum (2022) research suggests that the impact of resilience (or lack of it) on annual GDP growth is 1 percent to 5 percent globally.

Major challenges which need to be addressed through sustainability-innovation-resilience are varied covering basic needs through to policy, institutional and legal reform. The basic needs include food, shelter, sanitation and health addressing inequity and making more ethically sound decisions. Food scarcity, poor living conditions and over population require attention as fewer of the world's population demand more of its resources to supply particular foods including meat and fast foods. The degradation of the environment, climate change and the resultant impact on different species and the ecosystem, energy use and the choice of fuels (Fiksel, 2006) means industry is pressured to produce more with less.

Meanwhile, geopolitical pressure and conflicting ideological and international tensions need to be managed. Peace and security are paramount to safeguard development, economic and trade and international relations (Brundtland, 1987). These concerns are not dissimilar to the

megatrends portrayed by the CSIRO in Figure 1 and bring to light the need to value the contribution that individuals of different backgrounds can contribute.

Conclusion

The flip side to any challenge is the opportunity it brings. Models of resilience evident at the personal level through adopting positive psychology and personal skills, through to how government policy impacts vulnerable communities or provides a buffer together with operating in ways that are sustainable-innovative-resilient herald in new ways of thinking and doing, as a powerful learning from the pandemic.

Levering CSR initiatives and strategies can provide one effective way to harness goodwill and make a difference both for the recipients and for the staff in corporations involved in the implementation, while addressing local through to global concerns. As the future unfolds, the ways in which resilience is appropriated across industries and workplaces will continue to provide a powerful lens and mechanism for making sense of experiences.

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EDUCATION | PERSPECTIVE

EDUCATION DURING COVID- 19 PANDEMIC AND THE COMPOUNDING CHALLENGES IN INDIA

Prof. Baliram N. Gaikwad
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Bio

Prof. Baliram Gaikwad is a professor in English and has 23 years teaching and research experience. His classic translation of the Marathi book Fakira has been published by Penguin publication. Dr. Gaikwad is also an active academic administrator and has visited the USA, Russia, Malaysia and Singapore for academic purposes.

Research Objectives

Covid had deeply impacted all walks of life and education could not be exempted. In the multilingual Indian scenario challenges in learning were worse than one could expect. The present paper offers an opportunity to comprehend the educational issues in India during Covid.

Abstract

The human history has witnessed most destructive pandemics cyclically. Outburst of plague, waves of tuberculosis, HIV, flue Pandemic, cholera, black death, and now the most recent Covid-19 pandemic began from Wuhan, China in December, 2019 had all brought massive destructions. The traces of their massive annihilating impact on all sectors of life are clearly visible but the tragic impact of Covid- 19 on higher education in India is deep rooted and demands further probe. Hence it is obligatory to understand the problems in education in India in the last three years to formulate a future policy to control the damage on priority basis. This paper construes the magnitude of the global issue of higher education with special reference to India during and after the Covid-19 pandemic.

The COVID-19 pandemic has enormously affected higher education systems in India and we were forced to convert syllabus into an online format which in itself was an inherent challenge. The present study deliberates the execution of online learning during the COVID-19 pandemic in the Indian higher education situation and examines the challenges experienced by both students and teachers during this period to explain their readiness for online education. To understand this issue with greater depth and understanding this research study employs qualitative method and analyses research papers, books, newspaper reports and reports of various agencies.

Keywords

Covid- 19 pandemic, Higher education, Challenges, India, Technology.

Education During Covid- 19 Pandemic and the Compounding Challenges in India

Introduction

More we unified, more we jeopardised, was the situation during the COVID-19 pandemic. As it was not limited only to any specific national borders but across all borders, encompassing all citizens, all levels of education, and people of all gender and levels of income. Strikingly, it did not affect us all uniformly. Its impact was felt disproportionately. Corona or Covid 19 pandemic had swiped the entire globe and pushed us into the necessary evil called quarantine: an all-round emergency. This bizarre situation affected the most vulnerable hardest and crippled the education system globally. Geographically, culturally highly diversified Indian population was not an exception to get affected of this tiny virus Covid-19.

Indian education system from KG to PG was so tragically impacted of this situation, that it will have its residue for much longer period.

India is home to one of the largest higher education systems in the world with over 1000 universities in 50000 colleges and institutions together catering to nearly 39 million students in India. Due to Covid 19 pandemic people were forced to stay home as a result million workers lost the jobs and the healthcare system came under stress and became handicapped itself, local businesses were at risk of closing permanently, the heat of recession reached almost all, the crisis laid bare the inequalities. This situation emanated the problems of having a sufficient number of teachers with desirable soft skills, self-motivation, tenaciousness, management skills and abilities to deal with the pandemic driven situation.

Objectives

The present study is focused on the following objectives.

- Underscore the global impact of Covid-19 on higher education sector.

- Understand the challenges in Higher education on India during and post covid.

- Enlighten on various online platforms emerged post covid situation.

- To offer insights on future horizon on higher education.

Methodology

This research work employs analysis of published research papers, various reports on Covid-19 pandemic. Collecting and collating information from different authentic websites, journals and e-contents relating to impact of Covid-19 on higher educational system of India.

Covid- 19 Pandemic and the Compounding Challenges in India

As a response to the government's call for lockdown, all universities hurriedly closed their premises and substituted traditional teaching to online learning. But this change posed challenge to learning and assessment equally. It also questioned on the worth of the university education, networking, social opportunities, educational content and examinations conducted during this time. To answer that universities will have to work on building fresh learning environments were introducing digital platform in education adding value to the teaching learning process and not becoming an impediment. But during lockdown this coordination was missing as a result many individuals in academia were struggling to deal with this new situation with a sudden move but due to technological limitations and insufficient experience struggled to handle it. This situation potentially affected the academic quality and students learning outcome. In spite of that these technologies can be effectively leveraged to keep classes rolling. The higher education landscape in India is also changing with the advent of new technology and many institutions were forced to offer online learning with many new courses on various online platforms. Public funding of education in various countries also got affected due to the pandemic crisis and the mobility of the international students too turned out to be binational issues.

Most seriously the way the children lost the instructional time delivered in school and college setting is irrecoverable. Hence effective measures were to be taken so that students learning during school closure would be continued on priority basis. But globally, it was found that the preparedness of the teachers to equip classrooms with digital learning was insufficient. The classroom sizes and critical parameters and the kind of vocational education provided during the lockdown turn out to be a serious issue.

During lockdown, some students with privileged backgrounds, supported by their parents and eager and able to learn, could find their way to learning when school doors were closed. Those from disadvantaged backgrounds often remained shut out when their schools' doors were fastened. This crisis has exposed the many inadequacies and inequities in our education systems. From access to the broadband and computers needed for online education to the supportive environments needed to focus on learning, up to the misalignment between resources and needs. The lockdowns in response to COVID-19 have interrupted conventional schooling and colleges with nationwide closures in many countries. Students from the well to do family could arrange the resources to continue learning remotely through the Internet, television or radio but the students from the most marginalised and disadvantaged groups had no access to online learning resources. Teachers who had training in traditional mode of teaching and had no exposure to new pedagogical concepts found themselves helpless and unequipped to deal with the situation.

Relevance of eLearning during Covid 19

If anything could be rightly called as the lifeline of education during covid pandemic was undoubtedly remote learning. Among the available portions, it proved to be too useful that it will, unarguably, remain on the global horizon of education in long run. The platform of Digital technology consisting of YouTube, email, Google classroom, Google forms, zoom video calls, what's app, Online Teaching, PPT Slide shows, Virtual labs and many applications and software programs introduced by various companies during this time opened up completely new

landscapes of education proving the facilities for both students and teachers. It helped to coordinate, learn, record and assess the outcome equally. Technology has also provided the platform for personalised learning styles with precision and high level of accuracy.

MOOC Courses

Globally, one of the striking things observed in education in last three years was availability and marketing of numerous free of charge Online course from language learning to cooking, science, home science, origami and all such online course were offered by the internationally top-ranking universities to the local colleges. Massive Open Online Courses (MOOCs) were also made available for all. It provided a reasonably priced and elastic way to acquire new skills, advance once career and instil high quality educational skills are planned under MOOC courses. There was surge in opting MOOC in India too and Indian higher education institutes too encouraged students to undertake these useful courses for change in career, corporate learning and training.

Challenges

The COVID-19 pandemic has enormously affected higher education systems in India and we were forced to convert syllabus into an online format which in itself was an inherent challenge. The intense probes reflect the execution of online learning during the COVID-19 pandemic in the Indian higher education situation and underscored the challenges experienced by both students and teachers during this period to explain their readiness for online education. It is understood that the challenging

areas like computer literacy level, the electronic environment and support, the preparedness of academic staff and students for online learning, the psychological preparedness could have been considered before replacing conventional teaching learning methods and have played a damaging role. The students seem to have insufficient motivation and knowledge and IT skills in the use of e-learning. Yet some positive observations were noted that the active teachers were motivated and successfully maintained high level of interest among students in academics and knowledge gaining. But many have observed that sometimes the teachers had merely conducted lectures on video platforms such as Zoom, Google meet and others without a dedicated online learning platform. Many teachers appointed on temporary basis lost their jobs and some were working under pressure of losing the job also impacted the performance of the teachers in the difficult phase of covid. Many heart wrenching stories of the difficulties of the students in rural areas and they were forced to give exam going on the top of mountains as to get the network access.

Conclusion

The Covid-19 has deeply impacted education system across all the countries and so did in India. India the second largest populated country in the world also had to undergo that rough journey of handling situation ranging from health to education hence, like all countries India too grappled in handling the situation. But the sudden transition of a classroom from real to virtual, curriculum from text book to digitized and teacher to digital platform was highly challenging to implement across all section of society

considering the inequities were very challenging. But the higher education landscape in India is fully equipped with technology driven classes and courses like MOOC and many others too have opened an alternative window to learning.

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PSYCHOLOGY | PERSPECTIVE

COMPREHENDING THE LINGUISTIC AND PSYCHOLOGICAL IMPACT OF COVID-19

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Student, India

Bio

Aditi B. Gaikwad is pursuing Bachelor of Arts from St. Xavier's College Mumbai. Being 19 years old and having experienced pandemic time/ lock down at home and has penned her thought about the bizzare experience during Covid in her poems and this article as well. Aditi is the Rotaract Coordinator at Navi Mumbai and also an active social worker. She is pursuing her graduation with English literature, History and Political Science.

Research Objectives

The paper Comprehending the Linguistic and Psychological Impact of Covid 19- discusses the common issues portraying global minds and the suffocating experiences of the masses along with the huge amount of newly discovered vocabulary the world experienced.

Abstract

The outbreak of COVID-19 pandemic had vastly disrupted the existing global routine. Neither gigantic, nor petite countries were saved from the cruel clutches of corona. The magnitude of the issue could be easily surmised from the fact that the WHO had declared the pandemic as International Public Health Emergency. Though pandemics are not novel to humans, every of their clans, teach humanity altogether new lessons. In strict adherence to this principle, we learned myriad lessons while facing the Covid-19. It was observed that, along with health, finance and social life Corona pandemic had greatly impacted human languages and human psychology. To exploring this unexplored region of Covid-19 pandemic, this qualitative research work attempted to examine vocabulary employed in articles, social media, print-media, casual conversation and in digital media. Pandemic has also left an indelible mark on the human psychology and many seem to have faced troubles deep inside. This research paper endeavors to understand the impact of Covid-19 on languages, psychology and women and children.

Keywords

Covid-19 pandemic, words, language, psychology, trauma.

Introduction

Covid-19 pandemic time was the most bizarre period global citizens have experienced in recent years. Though unintended, it has left the long-lasting consequences for the present and future generations. The pandemic has undoubtedly influenced almost everything of post-pandemic. Health, education, trade, international relations, social spaces, literature, interpersonal communication and even languages have been indirectly influenced by the unwelcomed guest: Covid-19. Social distancing, virtual meeting, lockdown, social norms, teaching learning and communicative strategies were radically revamped so as to suit the need of the hour as part of preventative practices. These all-sea changes have influenced the contemporary times and will continue to influence long time from hence. The communication environment during covid-19 pandemic brought in an exhaustive list of new words thereby leaving a long-lasting incidental impact.

Objectives

The objectives of this study are as follow:

- Accentuate the global impact of Covid-19 on language and language acquisition.

- To Grasp the impact of Covid-19 on and mental health psychology.

- To learn the impact of pandemic on the lives of women.

- To offer insights on social psyche towards language and psychology during emergency.

Method

The present research work uses published research papers, various reports on Covid-19 pandemic for understanding issues. For that purpose, information is collected and collated from different websites, journals and e-contents relating to impact of Covid-19 and its far-reaching impacts. For this study purpose the researcher interacted with some elderly women, men and family members. Some research papers were also used and interpreted.

Linguistic Impact

While imbibing the significance of language Dottie LeBeau writes, 'losing the language means losing the culture. We need to know who we are because it makes a difference in who our children are.' The inherent connections between language, cultures and social lives have been underscored by Dottie in these words. It also implies the pivotal importance of language acquisition but many children seem to have issues in language acquisition during covid- 19 pandemic. "Peer talk" is a crucial component of pragmatic development; this includes conversational skills such as turn taking and understanding the implied meaning behind a speaker's words5

but many children lost the opportunity of interaction and language learning.

As language has a close relationship with human society, it can change over time in its development. Language can change and develop because the meaning of certain phrases changes in the context of language use (Strongman, 2017). Hence languages are extremely dynamic and active. English language during covid period experienced a considerable rise in application of a single word in extremely limited time and that word 'Covid' dominated the entire global discourse in the last three years. The columns in the newspaper's magazine journals and in media everyday used coins some new terms and phrases closely related to Covid-19. Usually, any such kind of addition or formation of a new word is called as neologism which was hugely found since 2019. The exhaustive list of the newly quoined terms and the terms existed but were not in use extensively became popular since 2019. The words like viruses, SARS, human- to-human, respiratory, self- isolation, lockdown, quarantine, non- essential travel, social distancing, ventilator, PPE kit are part of everyday life. To Papernik, "neologism is a new word or a sense of a word". But language in totality is considered as connecting link between cultures languages and individuals to transfer information.

As the word formation is such a kind of lexical arrangement in which muffins acronym synonyms are used and created. With each passing day, more and more new English terms are used in this pandemic. The words like covidient means a person who follows all covid norms and covidiot is a person who does not follow the rules like social distancing. Self-quarantine, self-isolation, WFH, pandemic, Covaxin, Covishield, covid care centers, vaccine, virus, immunity, sanitizer, community spread, epidemic, incubation period, ventilator, virus, Tsunami of Covid-19, super spreader, transmission, lockdown, cause, new normal, death crisis, outbreak sanitizer, disinfect such kind of words were used in social media. It is also observed that these

new words reflect society, culture, and contemporary traits.

Psychological Impact

The scale of the Corona-19 pandemic was so high that, as per WHO report, nearly 3 million, citizens of 133 countries lost their lives and many maneuvers of social isolation had to be employed. This community isolation globally caused so much of enormous personal psychological harm and were in grave need of caring of mental health. The transition from physical classes to online classes largely upset the lives of students and their families, posing a concealed risk to the mental well-being of children and citizens of all ages. The impact was so detrimental that many unusual complaints were received. The mental health of children has been affected by numerous ways affecting emotions, sports, social and interpersonal interactions and behavior. With regard to the children having existing psychiatric conditions such as attention-deficit/hyperactivity disorder (ADHD), nervousness, despair, mental disorders, and behavior disorders worsened.

The isolation during pandemic multiplied the vulnerability by affecting many with depression and feeling of anxiety, suicidal feeling and loneliness. The pandemic affected our thought process, unconscious and subconscious mind by arousing panic, paranoid, bias and exclusion, anger and ferocity. Not all were infected of COVID-19 pandemic, but all were plagued by the danger of the pandemic. The coronavirus crisis is the embodiment of "nameless dread" (Bion, 1962) brought many eccentric-and-never before things. The appallingly rising numbers of patients every day, the bombarding news reports on all news channels, the scary images of the health workers, lately declared called as Covid warriors, in PPE kits, the alarming what's app videos of showing how the close family members too abandoned the dead bodies of their dear ones and these bodies were cremated by the health workers. The pain of the street children, beggars, destitute and many

unclaimed bodies were all the reports extremely nerve shattering when the whole world was locked down. The blasting details of information and misinformation almost had numbed the sensitive brains and infected with doubt and dismay without being harmed by the notorious virus. The shock of the dilapidated public health system, blunt social inequalities and cases of inhuman treatment of humans to covid-affected-human, the way infected patient had to go to ambulance and trauma of being separated from the family members all lead to deep rooted psychological shock and concealed inner realities.

COVID-19 also came heavily on older population. older adults were recognized as a group at risk, and strict governmental restrictions were forced on them. But that could not control the mental health related issues of the elders. It amounted to loss of sleeping hours, reduction in daily physical activities thereby demanding more understanding of this issue. It also has another dimension that the individuals particularly elderly, who had chronic illnesses were at the more risk of covid-19. Having read such details also made the elderly worrier escalating the health issues. Though avoiding contamination was the most preferred solution but loneliness and separation from the family members turned out to be another issue. Children, women who were pregnant, miscarrying or having any other health issues, and elderly people suffered the serious mental health issues during the covid-19 situation. Particularly those who had any existing health issues were more susceptible to risk. Apart from health, women also seem to have faced multi-layered issues such as lower pay at work places, losing job, and many women had to opt out of jobs and amounted household chores at home which all also multiplied the depression among women.

Conclusion

The impact of Covid-19 pandemic has been so encompassing that many research studies need to be taken up still. The present paper attempted to understand the impact of covid -19 with special reference to language, literature and mental health of women and children. The covid vocabulary emerged out of the pandemic time supplemented English language with many existing but not in much circulation and many which were coined newly. The article also focused on the mental health issue of the women and children. The double jeopardy of women at home, professions and at financial level are also looked at in this article.

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MENTAL HEALTH | PRESPECTIVE

EFFECTS OF THE COVID-19 PANDEMIC ON INNER PEACE AND HAPPINESS
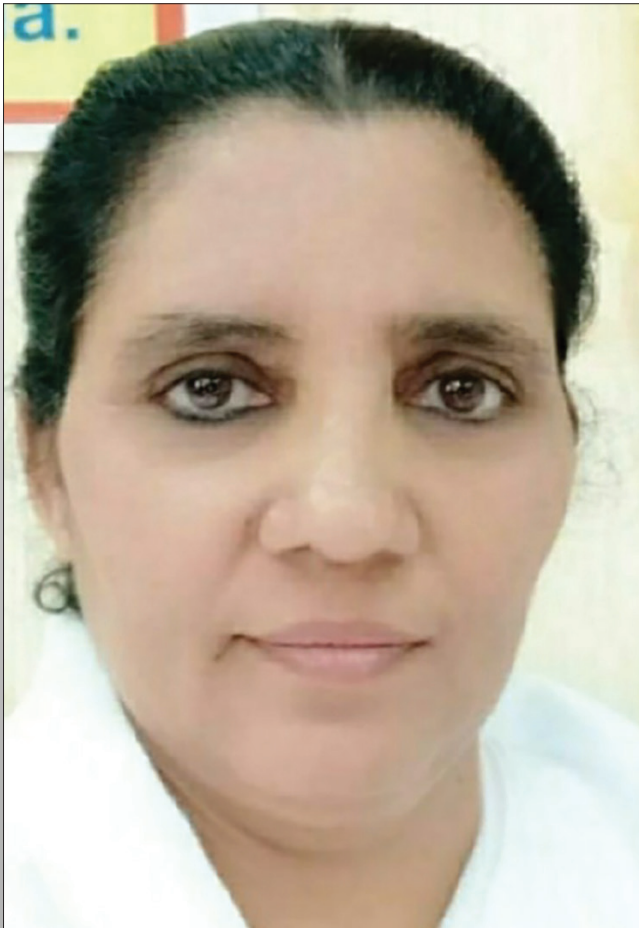
Dr. Monica Sharma

Senior Rajyoga Meditation Teacher

Abstract

The coronavirus (covid-19) pandemic has resulted in global societies encountering several changes. This ranges from the lockdown regulations, wearing personal protective equipment and technological progression. Many individuals soon became physically disconnected from family and friends alongside carrying out social activities they enjoyed, providing them with the happiness and zeal to face the challenges in life. This study aims to understand the effects of covid-19 pandemic on inner peace and happiness. The objective is to facilitate individuals towards cultivating inner peace and happiness in the new normal world, through a literature review. Results have revealed that numerous individuals faced loneliness and negative mental health challenges like anxiety and depression where they developed negative emotions, affecting their inner peace and happiness. They have been affected by daily routine disruptions, lack of physical social contact and economic challenges affecting physical and mental health.

Accepting physical change and altering the thought process through the power of the mind, is the first step to cultivating inner peace. The negative energy released into the world from negative information disseminated through media and social media, the struggle for power and accumulation of wealth has impinged upon human inner peace. Recommendations have been made to cultivate sustainable inner peace and happiness through daily meditation practices and continual learning.

Keywords:

Covid-19, Peace, Happiness, New normal

Introduction

The coronavirus (covid-19) pandemic has resulted in global societies encountering several changes. Governing bodies-imposed lockdown regulations to cease spread of the virus, where non-essential businesses and educational institutions were closed (Somani, 2020). Individuals were restricted to their own homes, while key workers supported the nation through their services. Many individuals were made redundant and suffered unemployment contributing towards financial hardships (Somani, Socio-economic Impacts of COVID-19: Facilitating Developing Countries Towards a 'New normal', 2021). To minimise the spread of infection, personal protective equipment

Bio

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Research Objectives: This study aims to understand the effects of the covid-19 pandemic on inner peace and happiness. The objective is to facilitate individuals towards cultivating inner peace and happiness in the new normal world.

became mandatory within public places, where individuals had to wear masks and gloves to stay protected. In addition, to ensure social connectivity and business progression, technology was utilised to a greater degree enabling global connectedness. Many individuals soon became physically disconnected from family and friends, in addition to carrying out social activities that they enjoyed which provided them with the happiness and zeal to face the challenges in life. Global societies faced immense change, which then altered again when we entered a 'new normal' world (Somani, IMPROVING BUSINESS ETHICS IN THE NEW NORMAL. , 2022). Many practices have remained, for example the use of PPE within medical settings, and technological progression through the covid-19 pandemic has created mediums through which individuals can connect with family and friends, despite their residence. When everything occurs the way that individuals expect and like, they are in a comfort zone

leading to feelings of happiness and a sense of inner peace. However, in cases of disruption and unexpected challenges, many individuals feel that their inner peace and happiness have been affected. Inner peace can be defined as "a low-arousal positive emotional state coupled with a sense of balance and stability" (Sasson, 2023). While happiness has different definitions, it is typically defined as "an emotional state characterized by feelings of joy, satisfaction, contentment and fulfilment" (Cherry, 2022). It is linked to positive emotions and life satisfaction. According to the Aristotle the great historic philosopher, happiness is the one desire every human stives to attain, and all other desires are a means to attain happiness. His great philosophy suggests that there are four levels of happiness:

- Immediate gratification from comparison.

- Immediate gratification from

achievement.

- Immediate gratification from making positive contributions.

- Immediate gratification from achieving fulfilment.

Happiness can be attained when a balance is found between excess and deficiency (Kelsey, Axner, Vrooman, & Tse, 2020), however when contemporary challenges like the unprecedented covid-19 pandemic presented itself affecting daily life of humanity globally, inner peace and happiness are affected.

Objectives

This study aims to understand the effects of the covid-19 pandemic on inner peace and happiness. The objective is to facilitate individuals towards cultivating inner peace and happiness in the new normal world, through a literature review.

⏶ Fig 1: (Liberto, 2022)

Results and Discussion

Daily routine disruptions

As the covid-19 pandemic created chaos, the daily routine of adults in employment and students attending educational institutions have been disrupted (Somani, Post Covid-19 Effects on the Future of Students in Higher Education, 2021). As governing bodies lifted lockdown restrictions, the world is attempting to reach a new normal. Therefore, numerous individuals have found the transition between working life prior to the pandemic and life in the new normal as challenging, particularly when it comes to productivity levels. This is because individuals that do not reach their goals, do not feel a sense of accomplishment which affects their happiness and inner peace. In many cases, to achieve goals, individuals sacrifice their sleep, health routines like exercising or recreational activities in the attempt to achieve their goals. There is very little research conducted on the consequences of routine disruptions (McClean, Koopman, Yim, & Klotz, 2020). Daily routines can be disrupted by anything unexpected and simple within the day, therefore it is necessary to be flexible within our daily lives. Routines constitute towards the basic elements of life as they help individuals to conserve the energy which will contribute towards goal attainment during that day. However, when routines are disrupted, surplus energy must be utilised to that would have originally contributed to the daily tasks. Solving disruptions requires conscious thought and energy which contributes towards a less productive day. According to research even when individuals miss one cup of their regular morning coffee, employees commenced their day in a more mentally exhausted manner, and they were less calm than usual. Due to this, a ripple effect was encountered during their day leading towards being less productive and less engaged. This was same of individuals that did

not wake up on time, having their breakfast of challenges commuting to work (McClean S. T., Koopman, Yim, & Klotz, 2020). Human beings do not like change, however nature shows continuous change through the weather and different seasons without being disrupted. Hence, individuals need to learn that flexibility and critical thinking in the face of change is important and should not be factors affecting happiness and inner peace. According to research factors of gross national happiness in figure 1 includes community vitality, time use, standard of living, ecological resilience, cultural diversity, health, good governance and psychological and well-being.

Lack of physical social contact

According to Maslow's hierarchy of needs, individuals are very motivated to engage in attaining needs that are complex. Hence, upon the fulfilment of basic needs, individuals are driven by their emotional and psychological needs. At the top of Maslow's hierarchy in figure 2 it is evident that the need for self- actualisation or to achieve one's full potential is the ultimate goal. It theorises that momentous human experiences and transcendent moments are where individuals feel more happiness, joy and understanding. In contrast at the base of the hierarchy are physiological needs, including the essentials like food, warmth, and rest. Above that are the safety needs which includes security and safety, then comes belongingness and love needs, which include intimate relationships and friends. Before reaching self-actualisation individuals have esteem needs which include the feeling of prestige and accomplishment.

Lack of physical social contact during the pandemic affected the needs of individuals all the way through the hierarchy. Particularly the basic needs and psychological needs due to job loss and redundancies and lack to physical contact. As we reside in a knowledge society, a larger proportion of individuals participated

in the acquisition of knowledge through sort-term and long-term online courses. This provided a means through which individuals were able to fill skill-gaps to complete their employment roles efficiently and look for new employment positions (Somani, E-learning in Tomorrow's Age, 2021). This has been necessary due to the number of changes that has been made post-pandemic and the technological advancements. Hence, individuals need to ensure that their cognitive needs are fulfilled, so that they are well informed on the decisions they make in their personal or professional lives. Many individuals have recognised the need for beauty and aesthetics, therefore by enjoying music, arts and culture, individuals can achieve happiness. In a world where there is an array of distractions, individuals are curious to seek the true , beyond physical limitations with the aim to fulfil transcendence needs. That can be achieved through the practice of spirituality, helping others, and ensuring connectivity with nature.

Physical and mental health

The covid-19 pandemic has exacerbated negative mental health challenges and created more awareness (Somani, The Impact of COVID-19 on Human Psychology, 2020). All individuals have mental health, however there is good mental health enabling individuals to radiate at a higher vibrational positive energy. When negative mental health challenges emerge, individuals start to emit lower vibrational negative energy. Everything in this world is vibrating at a frequency, and this is the same for our thoughts which start to govern emotions, which consequently we emit into the world. Throughout the covid-19 pandemic individuals have been feeling heightened levels of stress, anxiety, depression, and loneliness. This has been triggered through social, economic, and political changes and financial instability. The rise in cost-of-living post-pandemic facilitated by the Russia-Ukraine war, has impinged
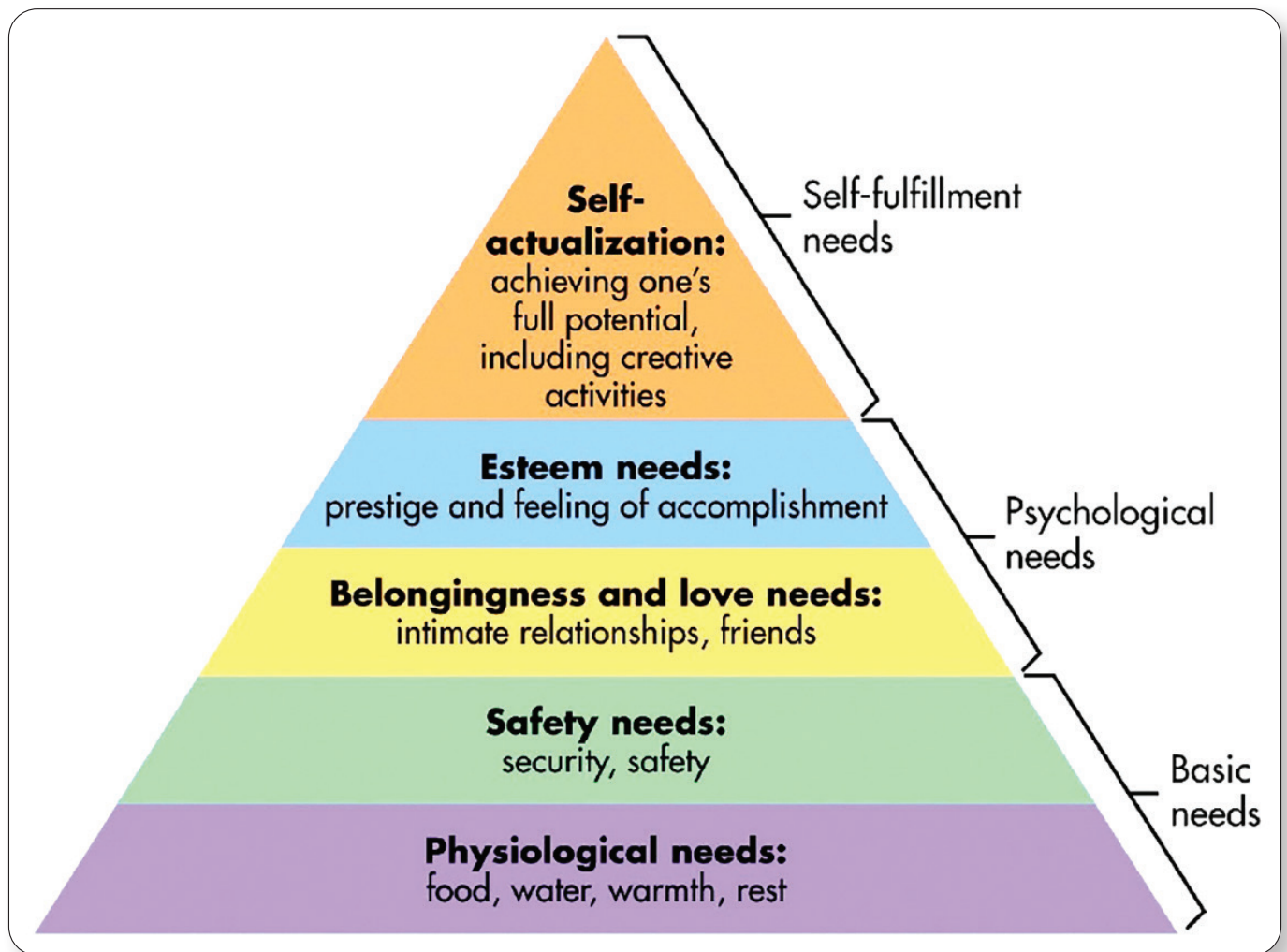
Fig 2: (Loder, 2020)

upon physical and mental health of individuals globally. Individuals residing in lower-socio economic areas are more at risk of the spread of infections and diseases due to a lack of infection control, reduced clean water and poor hygiene promoting poor health. In addition, the consequences of poor mental health have been proven to result in physical health challenges. Hence it has been recommended to lower stress levels through regular exercise, eating a healthy diet and drinking the recommended amount of water which will fulfil the basic needs of attaining happiness.

Managing Emotions

When we encounter periods of change there is a tendency for individuals to overthink and over analyse situations. This act affects inner peace and hinders the psychological state of an individual and spiritual calmness, particularly where there are different stressors. When individuals stive to attain peace daily, despite the changes in physical settings, they are happier and content. They are more aware of their thoughts and cease themselves from jumping from one negative thought to another. Most individuals are experiencing negative emotions that have resulted in hurt, they play the events within their minds consistently and think about the words and actions of others. They keep re-living the pain that was experienced through the energy exchange between themselves and the other person. However, everyone has the ability to generate their own thoughts and feelings should be accountable for the way they feel. Other people do not have the power to change the positive state that someone is in, nor do they have the power to replace them through negative emotions if the individual is emotionally strong. When an individual radiates energy at a high emotional level, and they are stable within their thoughts and feelings, the worldly influences or the negative energy of others cannot shake the individual. Instead, through compassion the individual seeks to understand the actions of another and empathises with them. They understand that the other individual is hurt, hence feeling the negative emotions and projecting their feelings onto them. When the seeds of negative emotions start to germinate with an individual, it is important to know the route cause and maintain stability through knowing at they are a peaceful being. This includes being tranquil, serene, quiet and pose. According to Chris Shea "The pursuit of inner peace is more important than the search for happiness and success"

(Moore, 2019). Many great teachers from Buddha, Mahatma Gandhi and the Dalai Lama believe that inner peace is closely related to happiness and have been advocates of inner peace. Hence within contemporary life, historic teachings can facilitate managing emotions towards finding inner peace and happiness.

Conclusion

Accepting physical change and altering the thought process through the power of the mind, is the first step to cultivating inner peace. The negative energy released into the world from negative information, disseminated through media and social media, the struggle for power and accumulation of wealth has impinged upon human inner peace. Within contemporary life, with the continuous change that we encounter, it is important to be at peace mentally and spiritually. We require appropriate knowledge and understanding to ensure that we are strong and resilient when we face challenges and adversity. Although there is a desire for individuals to reach self-actualisation, there is not a method through which this can be tested. It is necessary for humans to cultivate peace opposed to harbouring feelings of stress and anxiousness, to attain clarity of thought and progress on the route of happiness. There is a need to be authentic and the covid-19 pandemic has created an opportunity for individuals within global societies to rediscover themselves. This was attainable through the lockdown and an opportunity to continue this into the new normal world. Within an ideal society, individuals can self-actualise and fulfil personal desires on the path to happiness and inner peace. Recommendations have been made to cultivate sustainable inner peace and happiness through daily meditation practices and continual learning. In addition, positive thinking affirmations and gratitude also help individuals lead a more fulfilled and happier life.

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