

Role of Education IN COVID -19

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Abstract

The Covid-19 affected the lives of all people in the society. People were asked to self-quarantine in their homes to prevent the spread of virus. This lockdown has serious effects on our physical and mental health. It could be a better time to introspect and analyze ourselves, when the country is going through its worst phase. We all are dealing with pandemic in our own way. We are becoming more sensitive to other's pain. In order to investigate the consequences of this pandemic on the lives of students, we conducted a survey of 896 students of different age groups from various educational institutes of Moradabad district. In this article we try to investigate the impact of covid-19 on students of different age groups. How much time they spent on their online classes and self-study. What are their daily fitness routine and sleeping habits? How much time they spent for yoga or playing, what is the medium of learning, about stress and anxiety.

My submission of article is simply to emphasize the role of mentors: they can be of any age and from any filed to educate and aware the human being about this pandemic.

About Covid -19: Introduction

Coronaviruses, a family of viruses that cause respiratory diseases or gastrointestinal diseases. Respiratory illness can range from the common cold to more severe illness e.g.

- Middle East Respiratory Syndrome (MERS-CoV)
- Severe Acute Respiratory Syndrome (SARS-CoV)

In Humans, a novel corona virus (nCoV) is a new strain that has not been identified previously. They give it a name (as in the case of COVID-19, the virus causing it is SARS-CoV-2) once scientists determine exactly what corona virus is. Corona viruses got their name by the way that they look under a microscope.

The virus consists of a core of genetic material encircled by an envelope with protein spikes, which provides it the looks of a crown, hence the name Corona as the word "corona" means "crown" in Latin.

Impact of Covid-19 on education, social life, and mental health of students:

The emergence of Corona Virus illness (COVID-19) has escorted the world to an unprecedented public health crisis. Emergency protocols were enforced in India to manage the spread of the virus which resulted in restrictions on all non-essential public movements. With the closure of academic establishments, the necessity for a speedy from physical learning to the digital sphere of learning emerged. Online learning has been discovered as a potential possible solution to standard learning. However, as per a meta-analysis on e-learning, it is outlined that online learning is recommended than nothing and the same as standard learning. To enhance the e-learning experience, the education establishments are required to adjust to the rules and suggestions by government agencies, while keeping students inspired to continue learning remotely in this tough environment. This speedy evolution at such a large scale has influenced students of all age groups.

It is expected that the continuing un-fold of the disease, travel restrictions, and also the closure of academic establishments across the country would have a major impact on the education, social life, and psychological state of students. The scholars from less privileged backgrounds have witnessed larger negative impacts because of the Covid-19 eruption. Reduction in family financial gain, restricted access to digital resources, and the high cost of internet connectivity have interrupted the academic life of the students. Moreover, 1.5 billion scholars across the planet are now denied of basic education causing a significant psychological impact on their health. Moreover, changes in daily routine as well as lack of out of door activity, disturbed sleeping patterns, social distancing have affected the mental well-

being of the scholars. In this paper, we look into the potential outcome of the COVID-19 pandemic on the life of students. Our research shows that there is a wide gap between the government's policy expectation and the execution of these online education policies at the grassroots level.

Preventing exposure in the community

The following general measures are counseled to lower transmission of infection: Diligent hand washing, significantly after touching surfaces in public. Use of hand sanitizer that contains at least 60 percent alcohol is a equitable alternative if the hands are not visibly dirty.

- Respiratory hygiene (e.g., covering the cough or sneeze).
- Avoid touching the face (in particular eyes, nose, and mouth).
- Avoid crowded places (particularly in poorly ventilated spaces) if possible and avoid close contact with sick individuals.

Role of education in protecting our self in pandemic

Exercise for staying Physically Fit

These times, when most of us are leading sedentary lives because of COVID19, we tend to take in more calories than are needed, and what happens is that the unused calories accumulate as fat. Along with a proper diet, exercising plays an essential role in controlling your weight by burning extra calories caused by dietary changes and inactive lifestyles. By working out regularly, you'll not only maintain an ideal weight but will also stay fit and able to do activities that require a certain level of physical fitness. Often, even as we get older, inactivity has been listed as a top reason for losing the ability to do things on our own.

Meditation to strengthen your Mental Health

Meditation is to the mind what physical fitness is to the body. Meditation throughout these stressful COVID19 times is as necessary as ever and more and more individuals are finding out ways that boost this aspect of their life. Challenge yourself to perform a specific meditation each day for a month or longer to encounter the long-term effects on your mental and physical health. Whether or not you decide on to meditate within the studio or in your residence, check that you stay consistent. As your transformation begins and you begin to reap the benefits of your meditative practices, you will notice your body's reminders. Meditation will result in mental clarity and emotional stability. It will facilitate to scale back anxiety, combat depression, lower stress, and provide a way of calm in your standard of living.

Quality Sleep for reducing stress

We all get slowed down with stress, but how you react to that determines the effect on you. While we can't remove all sources of stress, we can develop healthier ways in which we can responding to them. Frequently, we fail to realize that in many ways relaxation can increase our stamina, calm our thoughts, improve our mood, and allow us to be more productive. Deep relaxation techniques, like meditation, yoga, Tai Chi, and breathing when practiced often, restore energy and encourage a lot of positive sense of self. Quality sleep is equally crucial in maintaining overall health and well-being, although sometimes it's hard to get. Finding out time to rest, relax and be mindful is true nourishment for both the body and soul. It offers us a great balance so we are able to higher specialize in our lives, the individuals in our lives, and our work. As we have a tendency to specialize in of these components and become attentive to conscious living, we have a tendency to become healthier and a lot of intimately conscious of our gift life experiences. Build yourself and your happiness, health, successfulness a priority, and keep safe.

The importance of yoga during a pandemic

Yoga, which emerge in India and has been part of the Indian civilization for millennia, has been an execution that aligns our mind, body, and spirit, and enhances mental clarity. It is a powerful tool to cut back stress and improve motor functions, which, in turn, helps keep

varied health issues away. The epidemic has led to a considerable loss of human lives and has created unmatched challenges for the public health system, not just in India, but across the world. The phobia of this ever-mutating virus has unbroken several folks inside. This forced captivity has increased the stress on our bodies and minds.

This public health crisis has brought forward the importance of strengthening our immune systems. For this, we'd like to adopt a healthy style of living. Studies suggest that yoga helps in improving the immune system since it is a blend of physical exercise, controlled breathing, and mental concentration — all of which are known to have health benefits. Among the countless yoga asana's, Shavasana and sasakasana decrease stress that, several practitioners believe, will increase the efficacy of the immune system. Breathing techniques like pranayam refine the functioning of the respiratory system. Trikonasana refine blood circulation which benefits all our organs. Several medical practitioners and specialists have advised that those laid low with delicate symptoms of Covid-19 and who are suggested to isolate at home, may gain advantage from active yoga asanas and breathing exercises, although with caution. As the virus directly affects the lungs, it is vital to strengthen the respiratory system. Practicing yoga is also counselled to those who have recovered from the virus.

Yogic breathing, beginner-level yoga asanas, and meditation bring mental peace, a significant factor in the recovery method for people who have had the traumatic experience of acquiring Covid-19. With the exception of these, changed respiration techniques and yoga pose supported by specialists will facilitate to cut back fatigue and slowly restore energy levels among Covid-19 patients who are on the mend. Children can also benefit from yoga. As many are facing mental stress due to isolation and anxiety in an uncertain school year, yoga can be a useful get through method. Hence, I plead to all the parents and teachers to motivate young children to practice yoga in their daily lives. Being a country with the largest population of teenagers, we must make notable efforts to assist them navigate through the adverse effects of the pandemic-induced disruption.

Parents and lecturers will and may inspire kids to follow yoga this can facilitate improve physical flexibility and enhance concentration in these difficult times. Our means of life has modified, possibly, forever. Across the world, yoga has come to be recognized as an effective tool in improving health, which, in turn, helps maintain an all-important work-life balance. Today, yoga has gained a massive following globally and will rather be thought of one in every of the pillars of India's soft power. In the absence of Covid-19, we tend to go out in parks and public places celebrating this ancient practice, however we are going to have to be compelled to maintain safety protocols and keep inside. The virus has been weakening for so many of us, however on this Yoga Day, allow us to us grab our mats and raise our spirits with yoga. We'd just like the peace and calm that yoga brings into our lives. And allow us to hope that by next Yoga Day, the virus are well and really behind us.

How to keep ourself and others safe from COVID-19

To minimize the risk of Covid infection, we need to maintain at least 1-meter distance from the person when they cough, sneeze or speak. Maintain an even bigger distance between yourself and others when indoors. The further away, the better.

Make wearing a mask habit when around other people. The acceptable use, storage, and cleansing or disposals are essential to form masks as effective as attainable.

Basics for wearing a mask:

- Wash/Sanitize hands before you put your mask on, as well after you take it off, and after you touch it at any time.
- Make mask cover your nose, mouth, and chin.
- After removing your mask, store it in a clean plastic bag, and wash it every day if made of fabric or dispose of a medical mask in a trash bin.

- Don't use masks with valves.

How to make your environment safer

- **Avoid closed and crowded spaces**
 - Outbreaks are reportable in restaurants, fitness classes, nightclubs, offices, and places of worship wherever folks have gathered, typically in crowded indoor settings where they talk loudly, shout, breathe heavily or sing.
 - The risks of obtaining COVID-19 are higher in packed and inadequately ventilated spaces where infected people spend longer duration together in close proximity. Taking precautions is even more vital in these environments, virus seems to unfold by metabolism droplets or aerosols additional with efficiency.
- **Meet people outside.** Try meeting people in open spaces, and if that's not possible prefer indoor spaces that are properly ventilated.
- **Avoid crowded or indoor settings**
 - When Indoor, Open windows to increase the amount of 'natural ventilation'.
 - Refer to WHO published Q&As on ventilation and air conditioning for both the general public and people who manage public spaces and buildings.
 - Wear a mask.

Don't forget the basics of good hygiene

- We must wash our hand regularly and thoroughly with soap and water or clean them with an alcohol-based hand rub. It kills germs including viruses from our hands.
- We must avoid touching our eyes, nose, and mouth as hands touch many surfaces and can pick up viruses. Once infected, hands can transfer the virus to our eyes, nose, or mouth and then virus can enter our body and infect us from there.
- We need to cover our mouth and nose with bent elbow or tissue when we cough or sneeze, after that dispose of the used tissue immediately into a closed bin and wash our hands. By following good 'respiratory hygiene', we can protect the people around us from viruses, which cause different diseases.
- We must clean and disinfect surfaces frequently such as door handles, faucets, and phone screens, because those are regularly touched.

Role of education in responding to COVID-19 and other threats

Education systems ought to be a part of the response to forestall, limit or slow the unfold of the virus and reduce its impact. Compared to the education system, the general public health system encompasses a smaller presence. The education system has a massive institutional base that links it to the community, particularly through the parent body. Information and knowledge will be communicated with learners and their parents about potential health threats to people and larger community. The vary of the way within which educational institution would possibly support a campaign to limit the impact of a virus-like COVID-19 needs investigation into processes which may be undertaken and therefore the materials and instruments these would require. For this reason, closer collaboration between education and health sectors should prove fruitful and joint interaction between Education, Health and other relevant government departments would be required to explore the potential for collaboration.

In its Managing Epidemics handbook of 2018, the WHO sets out a basic framework or model for comprehensive outbreak response at an individual country level. This is a standardized model for managing an epidemic. The framework provides a place to begin for distinguishing areas of eruption response within which academic establishments will play a job.

The role of education institutions

1. **Knowledge:** Communities must know what the disease is, how it is transmitted, and how to protect against it.

2. **Self-efficacy:** Communities must implement control measures (e.g. access to soap and water, gloves, to waste management).
3. **Trust:** Trust an important influence to ensure that communities take note of public health advice. Institutions can provide access to reliable information resources, strengthening household and community capability and holding on to trust in government during the crisis.

A national public COVID-19 education campaign at institutions and district offices could involve the following elements. Some of these tasks may be taken forward depending on the time available for preparation, consultation, and implementation.

1. Create awareness at District levels (communication should built with school management and closure, teacher infections and learner infections and follow testing protocols).
2. Create awareness for School Management Teams (how to take care of/manage and isolate students with fever and respiratory symptoms until collected from school).
3. Create awareness including a curriculum component for teachers to take into classrooms (background and support to facilitate a lesson on the COVID-19).
4. Awareness of self and family care and protection information for learners (campaign materials and activities to provide information about COVID-19 that are related to relevant subject areas in the curriculum).
5. Capacity and awareness campaign for parents on how the schools will be responding to COVID-19 (clear information about the protection of themselves and family members and how schools can respond).
6. Education awareness campaign for custodial staff (self-care and role in sanitizing the school environment).

Social sources of infection in the locality are therefore a matter of concern. The activity patterns of children in the community, and who their custodian is, are relevant information.

Distribute sanitizers as a precautionary measure

Social and non-governmental organizations have a great role to play in such cases of pandemics. There are a lot of people who still believe that coronavirus cannot affect them and are taking it lightly, owing to a lack of accurate information about the disease. The members of social and non-government organizations must act individually and make people aware of this disease. Volunteers can also distribute masks and sanitizers as precautionary measures in public places. False data on social media is spreading faster than the virus. Helpline numbers should launch to keep a check on the spread of unauthenticated information.

Create awareness among illiterate, rural sections

In this modern technical world, everything has become advanced. In such times, it becomes our duty to deal with such a lethal virus intelligently and sensibly. Social media influencers can aware people to be safe and must continue cleanliness at home and around their surroundings. NGOs should provide the detailed information on how to keep themselves safe while sneezing and coughing. The organizations should spread understanding among the illiterate and rural communities on how to be safe at such times and precautions necessary to be taken.

Help community which is exposed to Covid-19 the most

Coronavirus is affecting communities worldwide and is hampering the ability of social and non-government organizations to support the most vulnerable and at-risk population. All NGOs must encourage people to cancel their programs and functions. They can also start fundraising campaigns to serve the needy by providing them with basic stuff.

Provide workers with gloves, sanitizers

There are many ways in which non-government organizations can help the government in such scenarios. As a voluntary activity, workers on roads can be provided with gloves and sanitizers. People should stop using public transport. Volunteers should take some steps and tell people how to protect themselves from this deadly disease and not to spread rumors about the same.

Sell essentials to the needy at reasonable prices

Coronavirus has spread to various parts of the country. Doctors are also making efforts to find a vaccination for this disease. Non-government institutions can provide their help to the government by offering medical services to patients at cheap rates. Private food producers can do their bit by selling necessary goods to the needy at reasonable prices.

Steps that can protect us from this epidemic

The world is fighting Covid-19 right now. Governments of all nations around the globe are taking precautions to save their citizens from this pandemic, but we can also as a community can help the government to deal with this pandemic. The most important thing is to stay calm and not panic about the circumstances. All we need to do is stay hygienic, avoid close contact with anyone, cover our nose and mouth while coughing and sneezing with the flexed elbow wash, we need to wash hands frequently with soap and water or an alcohol-based sanitizer. Private companies, banks, and shops should keep a sanitizer at their doors so that every person should sanitize their hands after entering the building. People must avoid gatherings and travel less or only when it is immensely necessary. When stepping out, we must always cover our mouths and carry sanitizer with us. These simple steps can help prevent us from this epidemic and will also help the government to stop the spread of pandemic

Help poor people by raising funds for their treatment

Covid-19 has caused damage on the lives of millions of people. Social institutions such as colleges, businesses, universities must keep cleanliness in their surroundings and must educate their staff and students about the precautions against Covid-19. All NGOs must raise funds to help poor people for their treatment when they are sick and provide them with required information about the causes and precautions of this disease. NGO's can also provide all people with masks and gloves so as to put a stop to increasing cases.

Role of NGO's

For many years, non-governmental organizations or NGO's in India have been actively involved in fighting challenges facing the community like human rights, social justice, child protection, women empowerment, poverty, health, education, environment etc.

NGOs have always worked along with the government for social and economic issues. They have worked for the progress of weak social groups like the tribal, real poor, children, women, refugees etc. The importance of NGOs cannot be underestimated. When pandemic hit India, NGOs has become a natural partner of government in the fight against the pandemic. NGOs have been the only support during the pandemic for marginalized persons like urban poor, migrant workers, and workers of daily wages, the homeless, transgender, the disabled, the aged, women and children. Hence the role of NGOs in fighting with covid-19 have increased in our and many other countries.

This pandemic disrupted the livelihood of many persons. They could not afford 3 meals a day or essential items of hygiene like soaps, sanitizers and masks. NGOs worked on the frontline in every region, offering hygiene kits, food and ration to the poor and the needy. They have also been implementing avital task of spreading information about corona virus and it spread as well as the need for hygiene and social distancing. In sum, NGOs are playing a valuable role in helping the community especially its marginalized groups, to wage war against the coronavirus.

NGOs play a unique and vital role in educating the public about Covid-19 due to established access and trust within communities.

Ways NGOs are helping are outlined below:

1. Providing food, medicine and hygiene kits
2. Spreading information and health messaging
3. Supporting women and young people
4. Getting money to families for basic necessities
5. Supporting people with disabilities
6. Antenatal care and medical listing
7. Setting up isolation and treatment centers in proper settings
8. Providing transport in lockdown
9. Getting fund and emergency relief to vulnerable communities

Life lesson from the ongoing pandemic

I have learnt to live with the bare minimum, comfortable with what I already have. Lockdown has instructed me what is actually valuable in life. It has provided me an opportunity to slow down in this dynamic world and to understand what truly matters: friends, family, neighbors and also the connections I actually have revamped. Here are some lessons learnt from this life changing pandemic.

1. It helps me understand what we really want. It allows me to rediscover myself, my passions, my likes, my interest and importantly my desire to live rather than to survive. It has taught us the importance of time. Self-care is not self-indulgence. Being smart to yourself is sweet for others too. Comfort will help us ease back of life. Learn a new skill, adopt a pet, and ask for help if you need it
2. I have enjoyed the simplicity of life during lockdown that is less complex, more manageable and spacious. A positive perspective is powerful, I took the chance to devote additional time to family, to learn to cook, exercise daily and see new time filling craft. Family matters more than we realize. Family may be the best medicine for all. We must understand the value of friendship.
3. Patience: During lockdown I definitely had to practice patience, waiting for things to unfold
4. Accepting Uncertainty: The pandemic stands for so many things in life that I can't control. Life is fragile, improbably fragile: Pandemic forced me to feel it in my body, how skinny the wall is between life and death, how life can finish in any moment. Life really is not just white and black
5. We need to be befriended with technology and there is no going back. We use technology to connect family, friends and relatives
6. Isolation is everyone's problem. Help yourself by helping others. When older people share their experiences and wisdom with younger one's everyone get benefit from that.
7. Life is lesson, we learn every day and every moment. Best life lesson is learnt during hard times or when we make mistakes.
8. This pandemic taught me to love, to listen, to care, to respect and to help the people and little things in our surroundings. I learned how little things matter such as small shopping trip to grocery store, lunch date with my family and the comfort in a small friendly gesture from a neighbor or stranger.

The crowds will return but we'll gather carefully. Masks and sanitizers will be part of our daily life.

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