



Expressions

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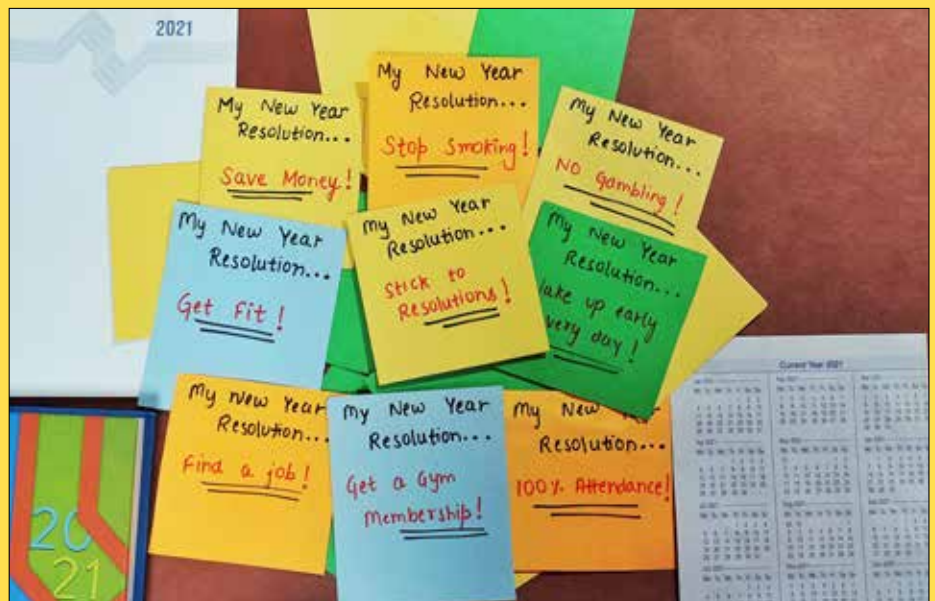
January 2021

Oh! the struggle of keeping NEW YEAR RESOLUTIONS

Sanjana Saxena

Entering the month of January brings a new-found zeal and enthusiasm in us. The keenness of wiping the slate clean and starting fresh with the first blank page of a 365-page book has us euphoric. With this temporal landmark inducing a "fresh start effect", people make New Year resolutions to establish new routines or get rid of their bad habits. Resolutions range from having a healthier diet and getting fit to a dynamic initiative of quitting smoking, gambling, etc. However, the bitter truth is that the resolutions are much easier to make than keep.

Srijan Saxena, an engineer working in TCS Lucknow, says, "I never make new year resolutions because I have seen everyone around me breaking theirs. I am not sure if I would be able to keep mine while hundreds of people struggle to do so." It is true that a few months into



the year, a lot of people give in and abandon their resolution.

In Wiseman R's New Year Resolution project, only 12% of people were found to achieve their New Year resolution's goal. One of the reasons behind failed resolutions is that in the heat of the moment peo-

ple make drastic resolutions instead of focusing on something concrete and realistic. Hence, instead of taking up daunting goals, one should make manageable chunks of goals that boost morale upon completion.

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Editor's Desk

With India finally launching world's biggest vaccination programme to fight against the pandemic, an era of hope can be seen with decline in the Covid-19 cases across the country this new year. Schools and colleges have also started re-opening after a long time in a phased manner though with strict health protocols.



However, challenges remain vis a vis effectiveness of 'hybrid modes of learning' over exclusive 'face-to-face' experiences as fundamental enabler is the digital infrastructure, which includes high-speed internet and supporting devices such as desktop, laptop, tablet or mobile phones. Students have not been very comfortable with the online mechanism. There is no denying that infrastructure challenges in online education have rendered unprivileged learners helpless.

Lack of digital infrastructure in rural and underdeveloped sections has posed implementation challenges on the ground, leading to social inequalities in the country.

We must remember 'Education and skill-development are dependent on each other'. It is difficult to imagine students learning physics and chemistry only outside of laboratories. Similarly, an engineer cannot have the knowledge of combustion engine without the skill to design and operate it. Experts feel 'online education producing graduates without skills may aggravate the employability issue further.'

It is, therefore, important to differentiate between knowledge and skill. While knowledge can be delivered and learned; skill-development needs experiment and experience that may not be feasible online.

Higher educational institutions around the world have endured an unprecedented challenge in 2020. We must acknowledge and address these challenges. Administrators and educators must look at the long-term structural changes that will be required to allow colleges and universities to continue providing a safe, positive environment for students across urban and rural areas.

Prof (Dr) Sanjay M Johri

'From a student to MarCom manager'

For me, life after Amity seemed ripe with numerous alleyways towards accomplishing my dreams of becoming a successful marketing and communications professional. A decade ago, I stepped in the portals of Amity School of Communication and little did I know that 10 years down the line, teachings from the S M J rulebook, mentoring from our eminent faculty and lessons learnt during my three-year tenure would be so valuable to hone my skills and mold me into what I am today.



Back in 2011 when I was given the opportunity by Johri Sir to manage 'Via Media', which as you all know is an annual event hosted by ASCO for its students to showcase their leadership and management skills, a chance to toss their brains, innovate and discover leadership, management capabilities far beyond the confines of academics. It was then I realized that I enjoyed leading

ALUMNI CORNER

and collaborating with people. I got a chance to become the Master of Ceremony as well as showcase my skills as an RJ, logo designer and debater. I also got a chance to go on an educational tour to Narora Atomic Power Station. All these experiences have played a big role in my career development.

I am working as a MarCom Manager with the world's largest telecom giant Rakuten Inc. heading a team of professionals, guiding them along the way and making significant strides to accomplish the goals set by the company. My journey as a MarCom Manager began at Amity. The faculty at ASCO were the most encouraging, convivial, and supportive group of people I've been fortunate enough to meet. It's easy to make a buck but a lot tougher to make a difference and if you find yourself scared to take the jump into the unknown, from personal experience I can guarantee that you'll be in the best hands. My life has truly changed for the better with opportunities and sanguinity pouring in at every angle – and I cannot ever seem to thank ASCO enough. I wish for every student at ASCO to have the same valuable experiences.

Smriti Sharma D.
BA J&MC (2011-2014)

SWAMI VIVEKANAND'S BIRTH ANNIV

'Story of Inspiration' marks National Youth Day

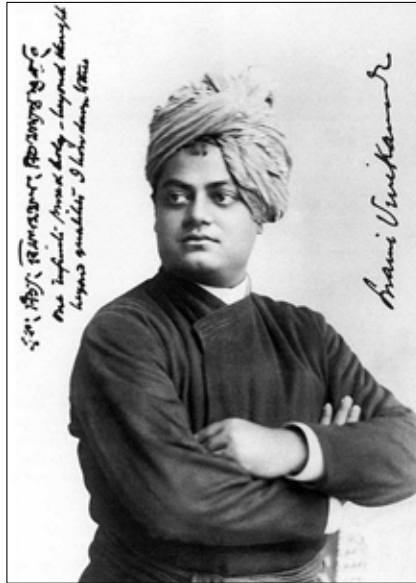
Aakarsh Bajpai

Amity School of Communication (ASCO), Amity University, Lucknow, organised 'Story of Inspiration', a virtual storytelling competition wherein students shared their inspirational stories on National Youth Day, which marked the 158th birth anniversary of Swami Vivekananda.

Celebrated on January 12 every year since 1984, the aim of this event is to motivate the youth to understand their role in the nation's growth while staying close to their spiritual and philosophical roots. After all it was Vivekanand, disciple of mystic Ramkrishna Paramhans, who introduced the philosophies of Vedas and Yoga to the western world.

Due to Covid-19, this year the celebrations were mostly conducted in virtual mode on the theme 'YUVAAH - Utsah Naye Bharat Ka'. Prime Minister Narendra Modi addressed the valedictory function of the 2nd National Youth Parliament and heard the aspirations and views of the top three winners of the National Youth Festival.

A plethora of virtual events like guest speeches, essay writing,



and others were organised on the occasion. However, the most highlighted event was NSA Ajit Doval's guest lecture at Jawaharlal Nehru University (JNU), wherein he reminded students of the path Swami Vivekananda showed, and the power the youth of this nation carries to change the destiny of India. Quoting the spiritual leader Doval said that he had given the mantra to the nation's youth in Colonial times: 'Arise, awake and stop not till the goal is reached'. Doval further said that this clarion call was effective, relevant, and inspiring even today as the country tries to push itself to the position of global leader.



We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far

All differences in this world are of degree and not of a kind because oneness is the secret of everything

- Swami Vivekananda



Oh! the struggle of keeping new year resolutions

Continued from P1

Tanu Pal, a school-going teenager says, "Since last two years, I have been making the same resolution of cycling in the morning to build stamina. However, within a month, I lose the motivation of dragging myself out of my bed early in the morning." This experience highlights the insight given by psychologist Wiseman in an interview with The Guardian, where he said repeating previously failed resolutions tend to fail again because the self-belief of people drops, affecting the ultimate result. Hence, while repeating New Year resolutions, one should make slight alterations to make them more feasible.

People setting New Year resolutions are ten times more likely to achieve the change they strive for than those who do not make one

- JOURNAL OF CLINICAL PSYCHOLOGY

The mistake all of us commit is spreading ourselves too thin among our lofty changes in the name of New Year resolution. A critical aspect that decides the fate of a resolution, is decision fatigue, in simple words it means more the changes, lesser the will power. Thus, focusing energy on one attainable goal at a time can help attain a huge goal over the year. Instead of biting off more than one can chew, setting small and attainable resolutions might bring the change. Be patient, even if you make a misstep, who said January is the only month to make a change?

Dinner at 7pm, regular exercise, healthy diet keeps me fit: Nupur

Sameeksha Srinet

Health and fitness have always been crucial for all of us. But with the “new normal” lifestyle, our eating-behaviour and fitness took a backseat. A substantial increase in screen time and restricted physical activities also contributed their share in the pandemic-hit lifestyle. Now with the vaccine drive in full swing, 2021 seems to be an apt year to put our fitness goals



including healthy diet once again into focus.

In this regard actor **Nupur Mehta** of films ‘Abra ka Dabra’ and ‘Jo Bole So Nihal’ fame and

nutritionist Richa Verma shared their daily fitness routine and doled out tips for Expressions readers in a telephonic interview.

While having food outside in a group is to order food before everyone else orders. This way, one’s appetite would not be influenced by the orders of other people

Richa Verma

So, what’s the secret of Nupur’s svelte figure one cannot help but ask and pat comes the reply, “I do not include any grains, rice, roti or quinoa in my evening/night meals.” And what about the daytime diet and Nupur swears by her morning shot of black coffee, which amps her up for the day. “For breakfast I



include raw food such as fruits, vegetables, salads, or egg whites for protein requirements, and a bowl of sprouts for lunch.” Her tip for fitness enthusiasts and/or beginners is to include tomatoes, lettuce, cabbage, and other items for lunch that have low calories, to balance the diet while taking into account less physical activity due to restricted outdoor movement.

She only advises a very high protein diet when there is ample amount of workout. According to Nupur, people should consume nuts and seeds like pumpkin and sunflower seeds as they are full of nutrients and high in antioxidants. She added that the timing of the dinner optimally should be around 7 pm, which is very important not only from a fitness perspective but also to ensure that the digestion

system is not sluggish before bedtime. “The same diet will not work if it is taken at 11 pm or midnight. A three-hour gap between dinner time and sleep”, is key to good health she concludes.

Meanwhile, with people gradually started eating out, Delhi-based nutritionist Richa Verma cautioned about carefully ordering meals. She recommends reading the menu carefully. Words like ‘baked’, ‘grilled’, ‘broiled’, can give an insight into the preparation of the dish. She further advises consuming tomato-based sauces over creamy ones as they help to cut down on extra calories.

“Whenever you visit an eatery, you end up eating different cuisine in one

meal, so it is good to eat something healthy before going out like roasted chana, moong dal jor, Quinoa patty, or fermented items like besan dhokla, ragi dhokla, or fruits. This way one would feel full for a longer period and also prevent overeating. Drinking water before a meal would also help in digestion, flushing out toxins, and suppressing appetite,” she advises people.

Both Nupur and Richa Verma have the same take on the consumption of alcoholic beverages. The drinks should only be consumed occasionally, and they should be taken with water instead of cold drinks or soda.

With these tips now that you know what to do to stay healthy, go ahead and start your fitness regimen today!

“

Together with a lack of physical activity, an unhealthy diet is one of the leading global risks to health

- WHO

Is 'New Year' ours to celebrate?

Adeeba Lari

Somewhere in the mid-2020, we started building our hopes high that the coming year would not only bring the 'new us' but also a life without masks and covid-19. New year's eve came and went with minimal fuss. Yet, a corner of our heart resented 2020 even more while saying the final goodbye.

Much like everything else, the new normal had a toll on the New Year celebrations too. The long-awaited new year parties in clubs and bars were no longer an option due to social distancing regulations courtesy Covid-19. This resulted into a majority of people spending New year's eve at home, just like they spent the whole year. Many millennials openly vented their frustration on losing the chance to celebrate the occasion with friends.

However, as an Indian this incident evokes an interesting thought: Is "New Year" even ours to celebrate or is it just another adopted western custom.

According to Hindu New Year or Vikram Samvat, the month of Chaitra is the first month of the year. Or, we can say that the Hindu calendar marks the beginning of new year between the months of March and April. Meanwhile, the Islamic lunar calendar marks the beginning of New Year on the first of Muharram. The southern Indian states, on the other hand, namely Karnataka, Telangana, and Andhra Pradesh, celebrate new year as Ugaadhi as per their lunar-based calendar.

Yet celebrations across the globe including India are held on January 1st to herald the new year. Lounges, restaurants and bars are flooded with heavy discounts and offers for the special evening in the name of new year around that time. With all our friends texting us to either attend their party or to plan something, there are slim chances of not feeling FOMO (fear of missing out) while sitting at home at the night of 31st December. Open social media and the updates are endless, a day being celebrated and cherished in every nook and corner of the globe, whose history is nowhere inscribed in our culture.

It is only natural for us as millennials to crave for celebration when the whole country is painting the town red. Unfortunately almost all of us have blindly adopted the new year shenanigans as one of our own, in accordance to the globalization and its consequent amalgamation in our media, lifestyle and ideology. However, we can always hope that the "new year" witnesses the "new and informed us" and we cherish the new year as per our own culture.

India is a country of many cultures and religions, yet new year is uniformly celebrated on the night of 31st December in the whole country

Family gatherings herald 2021

Unnati Bansal

Welcoming new year with a glass of wine with family in the drawing room or sitting around a bonfire on one's terrace was the trending thing this year. It is no surprise considering the night curfews and mini lockdowns imposed by various states to curb large gatherings owing to a spurt in Covid cases in the last month of the pandemic-riddled 2020.

So, making the most of the situation, people were more than happy to bid goodbye to 2020 in style and innovative ideas. According to home maker Janhvi Bharadwaj, "Every year we used to hold parties and celebrate the New Year's Eve with family and friends. This year we avoided doing the same and rather stayed at home and had a safe new year till midnight". For a lot of students, spending the night of New Year with the dear ones and family, munching on a heartwarming meal and bingeing on OTT platforms marked the beginning of the new year.

Alka, a student of IIHM (Indian Institute of Hotel Management), became a part of the latest trend of online new year celebration. She shared, "I celebrated the new year in many time zones like KST (Korean Standard Time), PST (Pacific Standard Time) for California due to the pen friends that I had all over the globe. It was like time traveling four times a day to celebrate the new year over and over."

For those who missed their friends and closed ones and could not meet them due to social distancing and geographical constrains, the celebrations took place over virtual platforms like Zoom and Google meets. For naught it is said, 'where there is will, there is a way' and it is with this hope that people welcomed 2021 in style.

Chinese new year is celebrated to mark the coming of spring while Korean new year is celebrated according to the lunar cycle

CHILLY DAYS

Lensman: Trilochan S Kalra





New Year, new us

Drishti Vanaik

New year began with a new hope as the government approved two Covid vaccines and the much-anticipated inoculation drive began on January 16 thus opening a debate on whether life would return to the 'old normal.'

Even as we all look forward to a better 2021, let's take a look at how we adapted to the 'new normal' and what lies ahead when the 'old and new normal' come together.

HYBRID EDUCATION

This is the new way forward with many educational institutions giving option to students to attend practical classes offline while simultaneously continuing with online teaching mode for other subjects. Many students seem happy with the development as a first-year undergraduate student quipped, "The online system requires less of studying and more of technological know-how, which is cool." A thought echoed by many students who feel this system will give them best of both the worlds.

DE-STRESSING VIA SOCIAL MEDIA

While earlier a good laugh or chat with family and friends helped people unwind; Covid induced lockdowns dealt a blow to this societal structure. As a result, people headed to social media platforms and started connecting with friends and faraway kin via a host of apps and social media tools, which helped them de-stress. The upside of this trend was that even those averse to digital, technical life soon adapted as it became an ideal getaway from the four walls of the house. However, lack of wider personal interactions affected mental health of many. "It's understandable that nowadays everything is operated digitally, but some rest from the usual high-tech life is much needed", says Dushyant, content creator, Hindustan Times Gurugram. Now with the vaccine roll out, we seem to be headed towards a healthy mix of both real and virtual communication not with just friends but also elderly family members.

So, what will it be in 2021? New year, new us or back to the old normal—the choice is yours!

Tourism after lockdown Getting back on the track

Srishti Rai

According to the world travel and tourism council, the travel and tourism sector accounted for 10.3% of global GDP and 330 million jobs in 2019

As per research, it was found that the appearance of sightseers to India from various parts of the world has diminished by 68% in March 2020 contrasted to the previous years. It greatly affects income produced from the travel industry as a fee

Covid-19 turned everything upside down, especially for the tourism industry. With enforcement of social distancing and subsequent lockdowns, the year 2020 dispensed unprecedented predicaments before the fragile tourism and hospitality industry. As per various reports, tourism, which was one of the fastest-growing industries globally till 2019, has faced severe downfall due to the pandemic.

As per the UN report, the global tourism industry has faced a \$1 trillion loss and 100 million jobs at risk from COVID-19. However, there is something to cheer about this year as the tourism industry has gradually started operating. "Finally, we can visit our favourite tourist destinations", says Nitish Kumar, a mass communication student and travel blogger. He adds, "After the pandemic, the travel sector has undergone a sea change. Sanitizers, PPE kits have become a staple in airline travel and similar regulations are also in place at most tourist hotels/spots."

People want some refreshment in their life to get a break from the monotonous routine. For some it can be a visit to the mountains and hilly areas while for others it can be sunbathing on a beach. To ensure social distancing and avoid spread of the virus, traveling in a private vehicle is currently becoming more popular. "I'm happy that now I can start planning my next escapade with a small group of friends", enthuses Jai Shanker.

Another travel enthusiast Mamta Rai quips, "In 2021, I believe we will witness new trends in the tourism sector. Online payment and bookings, automated cleaning and other preventative measures to curb the virus infection will become the norm."

Tryst with passion, is homemakers' mantra

Riddhi Bhargava

There was a time when homemaking was considered the sole domain of women, which was neither appreciated nor accounted for. Today, we live in a modern society, where not only housewives, but househusbands have also taken up their proud spaces in the job of homemaking, which was highlighted in Kareena Kapoor Khan and Arjun Kapoor starrer 'Ki & Ka'.

Now with the Supreme Court stating in a case on January 6, 2021, that the value of woman's work at home is no less than that of her office-going husband has heralded changing times and perspectives, something which the Covid induced lockdowns had already reinforced.

With appreciation and greater participation of everyone in the daily chores even the home makers have upped their ante. Housewife Babita Bhargava enthuses about how her family came together during the lockdowns and gave a much needed helping hand. Her new resolution is to make delicious home-made remedies for boosting the immunity of her family.

“At times we take for granted the innumerable blessings bestowed on us by the Almighty. I realized how much I always took breathing fresh air without a mask for granted. I have taken a resolution that I will count each blessing, be grateful to the blessings of elders and will never take anything for granted

-Dr Areena Zainub Mirza | ASSISTANT PROFESSOR



In fact cooking was one of the most prevalent passion during the lockdowns as almost everyone was trying their hand flipping the dosa or making dologna coffee...you name it. For homemaker and ardent cook Kajal Mohanto trying new recipes and innovating her signature dishes much to the appreciation of her family, gave her an idea to start her own YouTube channel in 2021. "I had never thought that someday I will be able to show my culinary skills on YouTube. I'm so looking forward to this new experience," she says with a smile.

Then there are some professional women who are also managing household and now want to pursue

their creative interests. Nalini Shah, a doctor by profession and painter by passion, is one such lady who has resolved to give more time to her passion.

Similarly, homemaker Saroj Srivastava wants to give a chance to her creative streak by redesigning her home this year. She also wants her daughter to re-do her room. Srivastava believes that the pandemic has given a much-needed respite from the daily hustle bustle of life and 'help us realize that our potential is not just limited to managing our house.'

For academician and homemaker Dr Areena Zainub Mirza the biggest takeaway has been appreciating even the smallest things in life. "At times we take for granted the innumerable blessings bestowed on us by the Almighty. I realized how much I always took breathing fresh air without a mask for granted. I have taken a resolution that I will count each blessing, be grateful to the blessings of elders and will never take anything for granted."

So, homemakers what are you waiting for? Go and paint your life's canvas in any shade you want. And yes, don't forget that even your smallest contribution will be accounted for this time.

■ **Not only women but men have given their shots in becoming a trendy homemaker and explore their skills in the kitchen, cleaning, and other spheres of homemaking**

■ **A few corporate males have even adopted a new year resolution to fix their duties for household chores in future**

■ **Househusbands have also taken up their proud spaces in the job of homemaking, which was highlighted in Kareena Kapoor Khan and Arjun Kapoor starrer 'Ki & Ka'.**

Work from home employees' resolutions

FOCUS ON FITNESS & TIME MANAGEMENT

Anjali Singh

Surviving a year filled with unexpected situations, everyone welcomed 2021 with open arms. Covid-19 has already changed several spheres of our lives, especially the professional aspect as lockdowns, social distancing and other preventive measures left us relying on the 'Work From Home (WFH)' format. Even though the year ended, the virus

I have planned to engage myself more in online team building tasks that will help enhance my skills, which will also add value to my resume. I will also hone time management skills to give quality time both personally and professionally

Sikha Singh | WFH EMPLOYEE

hasn't, thus it seems WFH will continue for this year as well until the Covid vaccination drive is complete or so it seems.

Every coin has two sides and so does WFH that promised safety on one hand while bringing up umpteen challenges like segregating personal and professional lives on



Every coin has two sides and so does WFH that promised safety on one hand while bringing up umpteen challenges like segregating personal and professional lives on the other hand

the other hand. Hence, entering in 2021 has made all the WFH employee to make resolutions for smoother and more efficient working.

Vyom Varshney, an employee of NTT Data Noida, who has been working from home since April 2020, has resolved to get more in touch with his colleagues. "Sitting within the four walls often leaves one with a sense of loneliness. I will try to talk to them regularly and rejuvenate my bond with my workmates." Varshney also added that he will be focusing on honing his culinary skills.

With social distancing and lockdowns gluing us to our chairs many WFH employees have resolved to start exercising. Mobin Ahmad, 32, working at Suku Controls Noida says, "I am going to work on my fitness by starting exercise and following a proper balanced diet because WFH took a toll on my physical health."

Where some employees got accustomed to WFH, others still have

trouble coping with the transitioning from traditional working environment to remote working. Sikha Singh, 28, who joined an offline job in February 2020 and had to immediately shift to WFH mode in March says: "This new experience was full of challenges. However, as my new year resolution, I have planned to engage myself more in online team building tasks that will help me cope up with the WFH format."

2020 has taught us that not just the WFH employees, all of us should make efforts in being better prepared to tackle the new year. Let us make 2021 a year of our choices, dreams, and goals.

'Exploring unconventional route is the only way forward'

₹1,000 Cr

'Startup India Seed Fund' to assist and support new ideas of ambitious entrepreneurs, announced by PM Narendra Modi on the new year eve

Rahul Mohanto

The new year celebrations have culminated and it is back to the grind. While professionals are back to their daily routine of either work from home or office; for the entrepreneurs it is a very significant time with Covid vaccine rollout fuelling their hopes for a better business this year.

Expressions reporter spoke to a few entrepreneurs to learn about their aspirations and new year resolutions.

Saagar Lalka, soft skill trainer and founder of SkillKey India believes in spreading more awareness about the career and personality development programs via digital platforms. He also advocates for associating with startups and subject experts across

India for knowledge exchange to fuel better career and business prospects. "Life tests people and those who readily take on these challenges can achieve new milestones," he says. As for the new year resolution, Lalka adds that he will work on three main domains – Entrepreneurship, Career, and Personality development.

Businesswoman Shagun Verma

- More than 30000 startups had shut their business due to Pandemic (source: livemint)

- Omnichannel consumer brands have hauled online and many startups ramp up product innovation

echoes similar thoughts. She believes it is all about taking risks and turning an adverse situation into an opportunity. This is exactly what Shagun did as turned a Covidpreneur with her own venture 'Madhouse' wherein she started making face masks in the initial days of lockdown when everything else had come to a standstill. Her idea clicked and she managed to sustain the business selling fancy as well as normal face masks at nominal price. Although she personally doesn't believe in making new year resolutions, however, as an entrepreneur her goal is to foster innovation in her start-up and build a strong base among the target audience.

For Moushumi Pal, founder of Woodpecker Media 2020 had taught everyone some real lessons for which no one was prepared.

Her focus this year would be on increasing adaptability over perfection with more emphasis on training her team to be prepared for adversity and always invest time in executive planning. Her resolution, "Be always open to experiment and explore new possibilities." Her parting advice to people, "Be grateful for all that you have and give back to the society."

ENTREPRENEURS' MANTRA

Be appreciative of what you have. You'll wind up having more. In the event that you focus on what you don't have, you will never be gratified.

- Saagar Lalka



New Year signifies a new start and a new beginning. My New Year is more of a waypoint to set new goals and grow prolifically

- Moushumi Pal

Entrepreneurs are the dreamers and the visionaries. Without them, the world stagnates and progress stops

- Cynthia Kirkeby

Alarming: Around 43% of people are coping with depression, while 17% of them face more strenuous levels of mental health issues as per a survey conducted by fitness coaching venture GOQii

Vaishali Gautam

How often do we make new year resolutions regarding mental well-being? With the global crisis of COVID-19, the year 2020 saw a drastic surge in the number of people suffering from mental health-related problems. With a WHO survey stating disruption of critical mental health services post-pandemic in 93% of the countries globally there has been a substantial decrease in mental well-being. The big question arises: Will mental illness emerge as the new pandemic?

Not just people with previous records of mental illness, most of the people who battled mental problems during the pandemic had no history of depression

Mental health and depression are issues, which people generally do not talk about openly. A teenage student residing in Lucknow, who had previous records of depression and has recovered, said: "I thought I'll never face depression again but as the pandemic became more uncertain and the lockdown extended, I faced a reoccurrence of depression. Few months were extremely tough and that is why I've taken a resolution to try my best to make sure that I don't

MENTAL ILLNESS NEW PANDEMIC?



fall into a similar situation again."

Identifying individuals with previous mental illness, the Union Health Ministry has also stated, "This section of the population may face newer challenges during self-isolation or COVID-19 infection and that they would also have the same fears and stress as others which may worsen their previous mental health condition."

Not just people with previous

records of mental illness, most of the people who battled mental problems during the pandemic had no history of depression, but they agreed that last year had been a huge struggle in terms of coping up with professional uncertainty, limited or no social interactions due to lockdowns and other problems.

Srinivas Rajkumar T, senior resident, AIIMS, has also admitted to having seen a surge in number of patients coming with depression, anxiety, and insomnia during the pandemic. He added, "Due to the economic impact, patients may find it hard to access mental health services and any pandemic has a long-term impact on mental health. But COVID-19 is peculiar as the very social nature of the existence of man is compromised." These statements highlight the importance of having a new year resolution, to not succumb to our pre-pandemic behavior and ensure our mental well-being.

So, this new year let us work towards our mental well-being and take a step towards building a happier world!

