

What Mental Health Intervention Needed During Covid-19 Pandemic?

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Abstract

Coronavirus is spreading rapidly all over the world and the cause of COVID-19 disease. Concerns about the Coronavirus have increased in everyone's mind and serious threat. The impact of the virus has shocked the whole world. The new form of the virus (second wave i.e. COVID-2.0) was affected more people unexpectedly. COVID-19 epidemic has affected very badly physically, economically, culturally, politically, psychologically, emotionally, medically and much more. Moreover, amidst a new form of havoc-wreaking, it has become a double challenge to save lives as well as a livelihood (employment). This virus has created fear, severe anxiety, helplessness, an atmosphere of mourning, and an explosion of emotions all over the world. This tragedy is a sudden and widespread challenge. Ensure adherence to the current COVID protocol to deal with the situation resulting from the outbreak of the COVID-19 pandemic and prevent a series of virus outbreaks by vaccination. An atmosphere of fear, uncertainty, anxiety, and feeling of guilt, doubtful atmosphere, and despair are the major problems of the present life. In a state of fear and anxiety, a person's emotional response often leads to psychosocial fear, apprehension and nervousness, which can be reduced by the exchange of emotions. This increases the ability to adjust and mold them according to the situation. Mixed emotions and psychosocial stress, mental pressure, anxiety, emotional and behavioural issues resulting from this aggravated situation, along with the positive environment and psychological intervention prove to be effective. By adopting positive thinking and constructive activities, one can get out of a stressful situation. Newspapers, social media and television are being used to make people aware. Only the needs are to strive with strong will and sense. It is time for us to maintain a good mental state and morale. We need to fight this battle as much as we can.

Keywords: Corona Crisis, Mental Health, Social Distance, Social Behavior, Psychological Counselling.

Introduction

The ongoing pandemic of Coronavirus disease 2019 (COVID-19) is a major public health emergency affecting all over the world. It connects such widespread outbreaks with adverse mental health problems. As per 'Global Burden of Diseases' (GBD), Injuries and 'Risk Factors Study 2019' showed that "disabling mental disorders were depressive and anxiety disorders

are leading causes of burden worldwide". Keeping in mind, we are trying to explore different strategies, which are helpful to cope with the mental health problem during the COVID-19 outbreak. COVID-19 pandemic is turning out to be an essential stressor for a major portion of humanity. Never has such type of pandemic affected so many persons across the globe. The preliminary focal point is always on

the bodily penalties of the contamination. However, there is cognizance that the sizeable psychological penalties rising out of this disaster needs to be addressed. COVID-19 has brought about a good-sized effect on many people during this pandemic. Social distancing insurance policies and bodily isolation may also incite acute stress disorders, irritability, concern and panic, avoidance behaviour, emotional distress and different intellectual fitness penalties in the healthful population. COVID-19 pandemic has created psychological depression and a range of tiers of disaster in the society which consists of financial, social, and occupational. Various measures are taken to curb the pandemic unfold encompassing quarantine, isolation, and lockdown. Indeed COVID-19 has impacted the intellectual fitness of the whole neighbourhood in one or every other manner. This has created an unparalleled intellectual fitness assignment in the face of restrained professional resources. Understandably, a little bit of interest has been paid to the intellectual fitness penalties of the pandemic. Yet, whilst the pressing emphasis is and ought to be on containing the virus and its bodily threat when the pandemic has subsided and we commence to resume ordinary life, it is the psychological squeal that will emerge and persist for months and years to come.

Corona is a disaster that has caused a great upheaval in the normal life of the people. An unknown, invisible virus halted the world, apparently affecting the emotional health of the people and the epidemic affecting the mental health of the people. As a result, stress is common in ordinary life. But, one thing that has started to affect the mental health of the known and unknown people is that in global health, economic and social discrepancies, COVID-19 has physically alienated millions of people from the rest of the world. This, along with unknown fear of the future, can create a huge problem. Loneliness is one of the most important risks in the world. Now, that the movement of people to

move freely has been curbed, the problem has worsened. Such, collectivism is seen more in Indian society, so the importance of shared experience in the context of our specific culture increases. In our society, the mass gathering is the central point of the fabric of our social gathering.

Psycho-Social Scenario

The situation also leads to pressure for social discrimination and self-isolation. Experiencing the pressures created by this circumstantial event in the current environment; such as negative thinking, staying depressed, lack of interest and happiness, feelings of insecurity and loneliness, stress and frustration, sadness, unrest, abnormal behaviour, negative thoughts and feelings, lack of concentration, difficulties in family adjustment, lack of lethargy and complexity, helplessness, over-thinking, blame, grief, anxiety, unsteady emotion, fear, frustration, irritability, anger, restlessness, distraction, lack of confidence, lack of sociality and being isolated, selfishness, distracting, difficulty in resting and sleeping, pressure due to everyday new routines, dietary disorders, feeling of living life in the shadow of panic, anxiety, fear of losing loved ones, infectious fear, suspiciousness and hypersensitivity, mania, depression, fear of death, the origin of many psychoses, psychiatric disorders, physical symptoms such as indigestion, fatigue, muscle aches, early upset, anxious, fearful, uncomfortable sensations, sudden body heat or cold feeling, awakening from sleep, awkward dream etc.

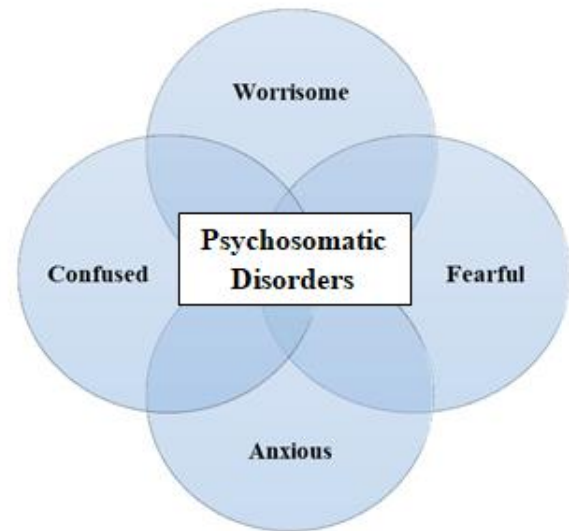
An outbreak of the Coronavirus can cause mental pressure for all individuals, including the general public, as the epidemic has caused feelings such as grief, fear, anxiety, feelings of uncertainty, lack of interest among others, and despair. At present, researchers suggest that the expansion speed of this epidemic is being put to rest through personal distancing,

self-isolation. This sudden lifestyle change has led to many mental problems and complications. People are forced to live in their homes and are cut off from society; due to which nervousness, restlessness and discomfort are started to be felt. All people are living under the shadow of a kind of Corona-phobia and invisible death-fear. Psychological intervention can prove effective in relieving the mental pressure created by this critical situation.

In the current scenario, it is natural to have many mental health problems. Therefore, it is important to take constructive action to help and make adjustments to the pressure and anxiety of the common man. One can get out of this stressful situation by adopting positive thinking and constructive activities. Everyone must work with patience and complete understanding. Stay positive - stay healthy and come together - spread positive thoughts.

In the present situation, the chances of getting affected by mental illnesses are increased. That time, some news and information can cause trauma. Substantial information about the escape from Corona has already been sent by the Government. Everybody is familiar with the necessary information. So, focus your attention on positive and interesting work such as painting, music, sports, gardening, leaning towards cooking food, motivational books, spiritual books and inspiring biographies of the great person, stories, developing the habit of reading and writing. You can take the help of activities to keep yourself busy in your interest.

Mental Health Condition



Mental health is a big challenge in the present scenario. Good health depends on the state of body and mind. Both have a direct impact on human health. A healthy person is not only physically, but also mentally healthy. Health means that both body and mind work efficiently and balance. Mental health provides an important contribution to the physical and social health of humans. Psychologists believe our mental health is a kind of adjective behaviour that helps a person to successfully adjust to all major areas of life such as emotional, psychosocial, career and academic, etc. A mentally healthy person maintains such cohesion between the various desires, needs, and modesty of personality that can behave satisfactorily in all areas of life. There are two important aspects of mental health: personal and social. The personal aspect is an indication that the person is internally adjusted. He is confident, fit, and free from internal conflicts and pressures. He adapts easily to new situations. If you feel more pressure and anxiety about something, then you should share it with your friend or parents, because mental connectedness is necessary. Therefore, friends, distant relatives and loved ones etc. keep coming online, so mental distance will not increase. And work on more relationships, only then will morale remain. In

such a situation, we need to bring discipline to life. This will reduce your pressure and anxiety which helps a lot in problem-solving.

Mental Condition of Children and Teens

During the pandemic period (COVID-19), all Schools, Colleges and Universities were closed. That time, all students and children stay at home and away from their school, friends and play ground. They experienced anxiety, distress in an isolated environment. Increased sadness, depression, annoying behaviour, changes in eating pattern, and difficulties with concentration was observed in the behaviour of students and children. The role of parents is very important to handle the situation, parents should talk about the facts of the COVID-19 pandemic. Parents should encourage children to stay at home and also engage with indoor sports activities, physical exercises etc. Parents should prepare the timetable for studies and also involve in healthy activities so that it can reduce their mental anxiety and reduce stress.

Mental Condition of Elderly People

Elderly people age 60 or above age are very at risk during the COVID-19 pandemic. The COVID-19 pandemic created a negative effect on the mental health of elderly people. It was observed that increased stress, anxiety, irritating behaviour, change in eating habits, and change in their sleeping time, and sudden changes in emotional behaviour. Family members are having a very important role for elders. Family members should involve elders in their daily routine activities, involve in physical exercises, give proper space and timing, talk regularly, respects their feeling etc. so that their stress level may be reduced.

Mental Condition of Health Workers

Doctors, nurses, paramedics and front line workers were giving services to fight against the COVID-19 outbreak. The pandemic affects the mental condition of health professionals. Social distancing from their family and friends, fear of catching a disease, unavailability of COVID-19 vaccine, testing and treatment facilities, unavailability of personal protective equipment (PPE) kits, long working hours, no proper training of health worker etc created negative affect on mental health. Proper training to the health professionals, availability of PPE kits, medical equipment, reduce working hours etc. should be given to health workers.

Mental Condition of Women

Violence against women (VAW) and domestic violence (DV) remains a major threat to public health and women's health during emergencies. Violence against women tends to increase during any type of emergency, including epidemics and pandemics. Under the lockdown of the COVID-19 pandemic (for the period of wave first and second), interaction time has increased, and families have been left without access to the outside world. Older woman and women with disabilities are likely to have additional risks and needs. Women who are displaced, migrants, and living in conflict-affected areas are particularly vulnerable during pandemics. As per the National Commission of Women (NCW) data shows that violence against women has increased during the lockdown period of the COVID-19 pandemic (for the period of wave first and second). To tackle the violence against women during the pandemic period, informal networks should be the prime source of disclosure of violence. Online complaints like email, WhatsApp networks can be encouraged. Hotline or telephone call based support should be provided.

Emotionally Strong and Be Happy Mantra for Self Space

To maintain mental health during COVID and post COVID, you must become mentally strong. If you are mentally strong, then you will be able to understand things better in every situation and take the right decision. Maintaining good emotional health is also important for yourself and your family. With its help, you will be able to take safety measures according to your family's needs. Do not follow the crowd for unusual causes such as religious, spiritual, social gatherings etc. People can help each other voluntarily for need and needy people. Be happy and try to keep up.

Stress Management

Stress is a normal reaction to daily pressures but can become unhealthy when it upsets everyday functioning. Stress may result from anything that poses threat, real or perceived, to a person's well-being. It is an integral part of human life with varying degrees and experiences. More than two years, the COVID-19 pandemic has added a new strain in people's life. They are stuck in the four walls of their homes which led to negative effects on their mental (emotional), physical and social health. Excessive use of digital devices for academic and occupational purposes resulted in social disconnectedness inducing a noticeable amount of stress among people of various ages or all age groups. This outside distancing overloaded their emotions inside. Loss in lives caused distress leading to develop high blood pressure (BP) and cardiovascular diseases means diseases of the heart among people. The global outbreak of the COVID-19 pandemic has increased the concern to manage the stress more significantly. Almost every population of the society was affected; while their psychological and socio-cultural well-being were disturbed during the pandemic period.

The World Health Organization (WHO) has labelled stress the "Health epidemic of the 21st century" exerting significant burdens at all levels of humanity. Indeed, the WHO has concluded that problems and disorders related to stress are common and may contribute to over 50% of physician visits around the country with both internal and external stressors contributing to those increasing rates.

In other words, stress can be defined as our mental, physical, emotional, and behavioural reactions to any perceived demands or threats. In another word, stress is the nonspecific response of the body to any demand, whether it is caused by results in pleasant otherwise unpleasant conditions. On the other hand, a reaction in your mind and body to an event in the outside world that alarms or arouses you. A good example of a stressful situation for many people is taking a test. If you find testing to be stressful, you might notice certain physical, behavioural, mental, and emotional responses.

In fact, stress is the emotional and physical response that you experience when you perceive an imbalance between demands placed on you and your resources at a time when coping is important. Stressors may include the environment (such as noise, traffic, commuting problems, crowded or disorganized classroom or living conditions), academic (for instance deadlines, exams, presentations, assignments, competition, conflict or disagreements with professors or classmates), occupational (e.g., concerns about selecting a major; conflicting demands of work, school and home; conflicts with colleagues; working too many hours), financial (for example bills, debt, inadequate income, change in financial state), social (as loss of a relationship; too many demands on your time; not expressing your feelings, needs, or concerns; relationship problems; interpersonal conflict; and lack of social support), physiological (at the same time lack of exercise; poor nutrition; sleep disturbances; and illness),

and changes (e.g., moving otherwise transitioning; beginning or ending of anything, and loss of a job or familiar surroundings).

Stress is an inescapable reality in today's pan India as well as the world. Stress affects individuals regardless of socio-economic status, education, race and creed. Addressing stressors at the individual and societal levels is imperative in decreasing the development of and improving the management of chronic diseases, which can develop as a result of chronic stress. Although many steps can be taken at the individual level, systemic changes are often required to address stress among different age groups, population groups, communities (ethnic group) and geographical regions. Programme, policy and scheme implications, including identifying the social support interventions that will provide buffers against the effects of stress and disseminating those intervention programs for use by employers, voluntary and religious agencies and community agencies is necessary.

The importance of reducing health inequalities, including poverty, discrimination, inadequate schools, residential segregation and unemployment, in addition to reducing health disparities over the life span and health span by targeting children at risk due to inadequate schools, stressful family situations, and poverty can't be overstated. Despite the consequences of the approach used to address stress (individual, societal, policy) there is one inescapable truth: stress is a part of our daily lives and we must all do our part to prevent its detrimental effects on every human body. Institutions at all levels of society must do their part in order to assist individuals in coping with the many stressors encountered in daily life.

In conclusion, stress adds challenge and opportunity to our life. Regular physical and psychological stress can diminish self-esteem, decrease interpersonal and academic effectiveness and create a cycle of self-blame and self-doubt. Cognitive-behavioural interventions

are designed to help people live longer, feel better and avoid having self-defeating thoughts. Overall, individual thoughts as a cognitive (thinking) process are dependents on the situation. It is based on the theory that changes in our emotions and behaviours are determined by our thoughts about events that occur. People are often disturbed by their view or perception of events rather than the events themselves.

Role of Counsellor and Psychologist

Mental health, grief, fear, loneliness, anxiety, uncertainty, despair, pressure, stress management, psychosocial concerns and counselling for needy people. Psychological counselling and psychosocial assistance can be given to address mental health concerns during the period of COVID-19. Worry and stress are the biggest problems in the present life. Today, mental stress is the enemy of health. In a state of stress, a person often produces anxiety, fear, apprehension, nervousness, helplessness and bereavement, which can be reduced by the exchange of emotions and have hope, patience and positive expressions. This increases the ability to adjust and mold them according to the situation. Hence, make sure to follow the COVID protocol. Psychological help gets out of the mental pressure created by this critical situation. By adopting positive thinking and constructive activities, one can get out of a stressful situation. There is a need to strive only with a strong.

For questions related to mental health, stress-related and psychosocial concerns, you can contact the National Toll-free Helpline No. - 08046110007 on behalf of the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore and 24x7 Indian Academy of Health Psychology (IAHP) also provided Tele-counselling Helpline Number for psychosocial support.

Through “Manodarpan” a national toll-free helpline number - 8448440632 has been set up for nationwide outreach to students from schools, colleges, and universities under the initiative of the Ministry of Education, Government of India, to provide them access to their mental health, academic, career and psychosocial issues in providing Tele-counselling to overcome the problems. Psychology counselling is provided by “Manodarpan” through the National Directory of Counsellors and interactive interaction forum from 8 am to 8 pm pan India approach. Children need counselling in an odd situations, and parents play a very important role in calming them down. Counselling helps children as well as their parents in coping with stress, fear, and anxiety. As a result, a comprehensive guidance system in the form of consulting services has been established. The purpose of such services is to ensure children live their lives effectively and productively and to become flexible over time with the help of life skills, including challenges, difficult times and obstacles to face. Prepare a plan for daily activities and continuously try to follow it as much as possible.

Get correct information from reliable sources like Government of India Corona Virus Helpdesk - 9013353535, National Toll-Free Helpline Number - 1075, National Center for Disease Control (NCDC), Aarogya Setu App, Cowin Vaccination App, UGC Helpline Number - 08046110007 and World Health Organization (WHO). Government of India’s Helpline number-1075 or the State Government Helpline number are providing useful information regarding COVID-19, its treatment etc. (if persons are having symptoms of fever, cough and difficulty in breathing and so forth).

Psychosocial Support and Emotional well-being (welfare) through Helpline

Social change with a unique initiative towards mental health and emotional well-being

Helpline for psychosocial support and mental health facilities – Pan India Approach		
Sl. No.	Name of Institutions	Free National Toll-Free Helpline No
1.	Manodarpan (8 AM to 8 PM)	8448440632
2.	Tele-MANAS (24×7)	14416
3.	NIMHANS (24×7)	08046110007
4.	COVID-19 Helpdesk	9013353535
5.	National Toll-Free Helpline No (24×7)	1075
6.	UGC Helpline No	1800-111-657
7.	National Health Helpline (24×7)	1800-180-1104
8.	Ministry of Health and Family Welfare (24×7)	011-23978046
9.	Health Psychology Academy Task Force	Different Number at Different Time
10.	Institute of Human Behavior and Allied Sciences, New Delhi	9868396824, 9868396841, 011-25574820
11.	VIMHANS	011-29802980
12.	Icall-TISS	022-25521111
13.	Fortis Hospital (24×7)	8376804102
14.	Vandrewala	18602662345

	Foundation (24x7)	
15.	Jeevan Aastha	1800233330
16.	Maitra	022-25385447
17.	Maipalajar	733-826-3303
18.	Thanal	0495-237-1100
19.	Pratyaasha	4802820091
20.	Prateeksha	4842448830
21.	Connecting India	9922001122, 18002094353
22.	Roshanee	0407904646
23.	National Suicide Prevention Hotline (24x7)	022-27546669
24.	Aasara (24x7)	9820466276
25.	Arpita Suicide Prevention Helpline	080-23655557
26.	Sahay Helpline	080-25497777
27.	Lifeline	033-24637401/432
28.	Sneha Foundation	9566027776
29.	Cooj Mental Health Foundation	0832-2252525
30.	Parivartan Helpline	7676602602
31.	Jeevan Suicide Prevention Hotline	044-262644444
32.	Sumaitri Helpline	011-23389090
33.	Sanjeevani Helpline	011-24311918
34.	One Life	7893078930

	Helpline (24x7)	
35.	Samaritans Helpline	8422984528
36.	Roshni Trust	040-66202000/01
37.	Mitram Foundation	080-25722572
38.	Mental Health Rehabilitation Helpline 'Kiran' (24x7)	1800-599-0019

An effective, strong and encouraging psychosocial environment is very important for achieving any one objective in life and for learning and progress. Psychosocial guidance is very effective in dealing with situational mental problems arising from epidemics. In such a crisis state, people are forced to live alone, due to which the interpersonal relationship starts to weaken. The feeling of insecurity increases, causing psychosomatic distortions. A person's aspirations are not fulfilled, which increases stress and frustration. The post-symptomatic syndrome can also occur after the epidemic ends. To deal with these problems, people currently have a phone, mobile, email, Facebook, Instagram, Twitter, Blog, Website, Skype, Zoom, LinkedIn, Google+, Telegram, Skype, Youtube, Google Hangout, Whatsapp; WhatsApp group are beneficial to get connected with many people and getting rid of loneliness and stress. People of the society are with them, all of us will conquer it together, etc. Self-confidence increases and mentally the fear are reduced. It, therefore, helps to develop a life orientation towards lifestyle and mindset to address psychological concerns.

Therefore, in the case of the Corona tragedy, whether natural or human, it is necessary to take prompt and collective steps to reduce the suffering of the affected people. Mass participation is the most important way to reduce the impact of any major disaster. Mental health issues are common during this time. However,

everyone accepts and learns how to deal with them. The only way to fight this virus is our health facilities and services, our alertness, determination, tolerance and patience, our food and living habits and the strong education system that will help us in the future to fight such epidemics.

Overall Impact on Our Life during COVID-19 Period in India

- Confirmed cases of Covid-19 in India 44,618,533 and death 5,28,835.
- Out of 1.23 crore migrants returned to home States during the Covid-19 lockdown.
- Closure of industries – especially micro, small, and medium pushed population into poverty.
- Impact was more in underdeveloped areas.
- More impact on elderly, unemployed, disabled, young and marginalised.
- Breakdown of health system, increase in health expenditure, death of earning member.
- Anxiety, depression, substance use, violence against women, fighting in the family.

Phased Manner Lockdown in India			
S.No.	Phase	Period	Days
1.	Phase - 1	25 March 2020 – 14 April 2020	21 days
2.	Phase - 2	15 April 2020 – 3 May 2020	19 days
3.	Phase - 3	4 May 2020 – 17 May 2020	14 days
4.	Phase - 4	18 May 2020 – 31 May 2020	14 days
Total No. Days = 68 days			

Impact on Mental Health

These pandemic situations create a serious impact on people's mental health. Today, the whole world has come to a point where both present and future is a concerned and profound influence on the mood of the people. All these feelings have led to negativity, such as closed life in homes, fear of financial crisis and above all the fear of Corona.

Personal distance, use of masks and social-behavioural discipline will lead to self-protection of all people. Individual distance + Yoga and meditation + balance diet (healthy diet) + detention in the Corona period + vaccination will be treatment of Corona. Detention and vaccination can prevent the Coronavirus from spreading. Vaccination is the solution to eradicate the coronavirus. It is very important to stay home and stay safe during the COVID-19 pandemic.

Conclusion

In the current situation, the combined use of modern technological resources as well as traditional measures to deal with epidemics, the experience of elders, etc. can prove to be very beneficial to maintain mental health. Staying connected to your loved ones even while staying in their homes is essential. Adjustability increases the ability to adapt to the situation and environment. Normally, the brain and nervous system function as a combination of how a person thinks behaves and responds and any kind of emotions arise within him. It is very important to adopt positive thinking and constructive activities to remain physically and mentally active. During the 2nd wave of COVID-19, most of the family has had a bad experience as they are losing their near and dear helplessly. Such type of news and social mediais accelerating the fear of uncertainly about lives. Epidemics keep coming and going, but the final victory is only with the strong will and dedication of humans.

Corona is nota final pandemic; it will be our victory soon.

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