

## Role of Indian Youth in Keeping COVID-19 at Bay

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### ABSTRACT

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The Coronavirus, a pandemic has made us realize that we all are connected and this entire world is a family. Although connected, medical experts have suggested social distancing as one of the perfect solution to fight against the new evil. Youth in India constitutes about more than one-fourth of the total population. We as a responsible youth of this country should participate in this battle against the zoonotic disease. Every religious activity has been on halt in lieu of corona-virus outbreak, Still if we see any of the gathering around. It's our responsibility to guide and report if required. The Constitution of India, is the holy book for every Indian citizen & every-order must be accepted as a commandment. We live in a democracy & we have every right to put our thoughts on the table but this is the time to unite and stand with our government. Now, let's understand the role of youth in this battle. The outbreak of corona-virus has also affected the mental health of humans as everyone reacts differently to stressful situations. So in this hour of stress/anxiety let's spread the right knowledge, right humours, right videos and ensure them that we are going to win this battle. To understand better "It is not the Coronavirus which is dangerous but it is the quick spread which is a threat". Let's us do our part and participate in this battle by staying at home.

**Keywords:** Coronavirus, Medical experts, Zoonotic disease, Youth.

### I. INTRODUCTION

A long time ago, in 1918, the Spanish Flu infected 500 million people and killed an estimated 10-50 million, devastating the global economy<sup>1</sup>. A century later, the world was supposedly making massive progress and scientists focusing on higher order problems like blurring the boundaries between the real and virtual worlds. Armed with path-breaking tools such as gene editing, AI and big data, human beings were learning

to play god, creating designer babies and disrupting death and then, coronavirus (SARS-CoV-2), the China-born microbe that inflicts infectious respiratory illness, brings the world to its knees. The pandemic is still unravelling and it is too early to gauge its ultimate human and economic impact. Already, an unprecedented global lockdown is underway<sup>2-3</sup>.

***Schools, colleges, malls, theatres and much more have been shut***

Conferences and sports events such as IPL have been called off. Countries are tightening borders and suspending visas en masse, leaving airports empty, flights cancelled and many stranded in a world of globetrotters. With the world factory China as the epicentre, the global manufacturing machinery is grinding to a halt. Remote working and social distancing are the new buzzwords as workplaces struggle to carry on business<sup>4</sup>. We are collectively facing a pandemic threat that is sweeping across the humanity beyond oceans and borders. Considering the seriousness of Covid-19, it's about time we step up against this deadly disease. For the sake of lives lost and the rest of humanity, let us all pledge to beat corona back. COVID-19 has and is likely to affect people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness<sup>5-6</sup>.

***Do not refer to people with the disease as "COVID-19 cases", "victims" "COVID-19 families" or "the diseased".***

They are "people who have COVID-19", "people who are being treated for COVID-19", or "people who are recovering from COVID-19", and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to separate a person from having an identity defined by COVID-19, in order to reduce stigma. Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The

sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried<sup>7</sup>.

***Protect yourself and be supportive to others***

Assisting others in their time of need can benefit both the person receiving support and the helper. For example, check by telephone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together. Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience<sup>8</sup>. Take care of yourself at this time. Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with family and friends. Avoid using unhelpful coping strategies such as use of tobacco, alcohol or other drugs. In the long term, these can worsen your mental and physical well-being. The COVID-19 outbreak is a unique and unprecedented scenario for many workers, particularly if they have not been involved in similar responses. Even so, using strategies that have worked for you in the past to manage times of stress can benefit you now. You are the person most likely to know how you can de-stress and you should not be hesitant in keeping yourself psychologically well<sup>9</sup>.

***During times of stress, pay attention to your own needs and feelings***

Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected. When you're young and healthy, your risk of developing severe illness is lower. So consider those in your community who are most vulnerable, including older persons and persons with pre-existing medical

conditions<sup>10</sup>. Do your best to support them. Encourage others to take precautions, including washing your hands regularly, keeping a social distance from others and staying home when you're sick. Basic actions like this can help limit the virus' spread and its impact on public health, society and the economy. However, nobody acknowledged all the people in public health agencies who have been working tirelessly during this crisis. This includes public health nurses and physicians, health inspectors and educators, Pharmacists, laboratory technicians, epidemiologists and statisticians. These are the people who work in the background to keep us healthy. They process the tests that identify who has the disease. They produce the statistics and models that track how the disease is progressing through our countries<sup>11</sup>. Impelling the youth to play a more proactive role in rebuilding the economy in a post COVID-19 world, Prime Minister Narendra Modi said that building an assortment of physical and virtual supply-chain networks would help India take the lead in global business. The world is looking for a new business model in the wake of the devastation caused by the virus on the economies, offering India an opportunity to build a robust supply infrastructure for the progress of the country and the world. He urged the youth to think out of the box solutions and actively contribute to the discourse on economic recovery. Our response and conduct thereafter should attach primacy to unity and brotherhood. We are in this together. Unlike previous moments in history, when countries or societies faced off each against each other, today we together facing a common challenge. The future will be about togetherness and resilience. India, with the right blend of the physical and the virtual, can emerge as the global nerve centre of complex modern multinational supply chains in the post-COVID-19 world. Let us rise to that occasion and seize this opportunity. I urge you all to think about this and contribute to the discourse," the Prime Minister wrote LinkedIn on April 19. Mr Modi said that although the transition from "Bring your own device"

to "Work from home" brought new challenges to balance the official and personal, India could take the lead in helping the world shift to the "work-from-home" era<sup>12</sup>.

### **Need of the hour is to think of business and lifestyle models**

Doing so would mean that even in a time of crisis, our offices, businesses, and commerce could get moving faster, ensuring loss of life does not occur. As the world battles COVID-19, India's energetic and innovative youth can show the way in ensuring a healthier and prosperous future. Help children find positive ways to express feelings such as fear and sadness. Every child has his or her own way of expressing emotions<sup>13-14</sup>. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment. Every religious activity has been on halt in lieu of corona-virus outbreak, Still if we see any of the gathering around. It's our responsibility to guide and report if required. The Constitution of India, is the holy book for every Indian citizen & every-order must be accepted as a commandment<sup>15</sup>. We live in a democracy & we have every right to put our thoughts on the table but this is the time to unite and stand with our government.

Organisations and employers play a big role in combating the virus. Encourage your office to take precautions: for example, ensure spaces are clean and hygienic, promote regular hand-washing, test remote working and communicate clearly to employees. There is no hierarchy to doing what's right. You can be an influencer in your organisation by passing on vetted [business messages from the WHO](#), focusing on accuracy and relevance, and acting collectively. It is our responsibility as Global Shapers to help others and build more resilient, inclusive and informed communities<sup>16-18</sup>.

## II. CONCLUSIONS

Young people in India are capable to take the country out of the shackles of the ongoing health and humanitarian crisis. As the daily reports suggest, the poorest and the most marginalized (daily wagers, migrant workers, hawkers, contractual and informal workers etc.) are disproportionately impacted since their livelihoods and incomes are lost, with reports of them being confined in undignified conditions of shelters going around. Among the most impacted are the hapless migrants (youth are among the largest among the migrants), who are starved of funds and food and hardly have resources or space to practice social distancing.

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