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Extended Abstract

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Fruitfulness of Ramayana Watching to Mitigate Stress, Anxiety & Insecurity during Lockdown

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As the novel corona pandemic hits the people worldwide in current scenario, lives of people have changed, environment of threat, fear, despair, anxiety and insecurity prevails around us. In this adverse situation, an initiative taken by doordarshan to re telecast of "RAMAYAN SERIAL" since March 28, 2020,

Recreate the positive energy & a ray of hope to overcome anxiety and stress perplexity regarding lockdown conditions. According to "The Indian Express" report, Ramayana was watched by millions of viewers throughout India cutting across religion, caste and social strata earning it a spot in record book. It was become most- watched on April 16, 2020.

To know the psycho-therapeutic effect of Ramayana watching, we have started online survey across India. As per the objective of this research initiative, it has been proved that Ramayana watching has become a panacea to fight against corona pandemic.

The role of Lord Rama as imaryada purushottama' encouraged people to choose right path, to help weaker sections and also being hopeful or optimistic about future. It also helped people to change their attitude positively, minimises the complexes related to interpersonal relations, helped to beat insecurities pertaining in relations.

During lockdown, people are facing economic crises, uncertainty and insecurity regarding future. Mental distancing between people, families and society are spreading overhear. The teaching of Ramayana has restructured cognition, developed optimistic approach, inculcated post traumatic growth, retained perseverance and also improve resilience. As the study done by Sowell et. al. 2000, proved that religious involvement has been identified as a negative Correlate of psychological distress.

Effect of Bhagwat Gita reading to mitigate stress, anxiety & uncertainty during lockdown

As the novel corona pandemic hits the people worldwide since December 2019, lives of people have changed, environment of threat, fear, despair, anxiety and insecurity prevails around us.

Bhagwatgita reading become a powerful tool to overcome with anxiety, stress and uncertainty during lockdown.

As per the Bhagwatgita is concerned, it is a dialogue between two individuals, Lord Krishna and his disciple Arjun in the battle field where there was a war between Kauravas and Pandavas for control of Hastinapur Kingdom. Gita contains more the subject matter for personality development and behaviour modification rather than a religious book.

Different chapters of Bhagwat Gita deals with the various form of anxiety, stress and uncertainties of human beings and also management of stress and rectification of behaviour through CBT, person centered approach, psychoanalysis etc.

We have started an online survey across India to know the effects of Bhagwatgita reading during lockdown. As per the objective of this research initiative, it has been proved that Bhagwat gita reading lowers the anxiety, stress & insecurity level during lockdown.

Bhagwat Gita blends two path together- God realization and Self realization and focuses on action, worship and knowledge altogether. Its ability to interact with the environment by one's intellect explains state of enlightens and thus helps to maintain the positivity of mind, speech and body.

During lockdown, people are facing economic crises; they are feeling insecure towards their future, so the teachings of bhagwatgita helps to deal with adversities. The existence of Bhagwatgita and its teachings would never fade, no matter how many decades and times change

Psychosocial Crisis of Migrant Labours in U.P

As the Corona pandemic hits the masses worldwide since the end of 2019, the lives of people, irrespective of age, caste, creed, gender, nationality and SES has turned upside down like a rooter coaster.

Around the world 'there are millions of people who succumbed to the attack of this fatal, rather unseen, asymptomatic type of virus.

Govt. All over the world are at their toes 24x7 fighting against the disaster, leaving no stone unturned to upgrade the enhances of survival, job security, strengthening of constantly devaluating economy, meeting global crisis etc.

As the environment of threat, anxiety perplexity and uncertainty prevails around us, it is quite obvious that the weaker sections face dual burden i.e. surviving the disease and at the same time trying to fulfil bare minimum needs of food, shelter, job etc.

Experiencing pitiable conditions under long stretched lockdown period with no money, no food, shelter, proper meditation many labour migrants are returning to their native place as the life and future ahead provides no ray of hope or positive insurance in near future.

Researchers done currently show that labours migrating to U.P. experience acute episodes of stress, anxiety, depression and many psychosocial behavioural negativities. A sense of helplessness and insecurity towards their own self and family ignites aggression, mood swings and suicidal tendencies. The difficulties faced by inconvenient and overcrowded and much transportation may increase the graph of diseases and death.

Steps to oversee pressure:

Exercise Regularly

High-impact activities should even now be possible inside the dividers

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of your home or the compound of your loft, for example, strolling, running or climbing steps. In any event, playing with your children or pets can help consume off certain calories.

Practicing helps discharge endorphins inside your framework, which assume an imperative job in raising your mind-set and keeping an uplifting mentality. Extending activities and yoga likewise help keep you fit and your psyche quiet. Buy in to simple to-follow YouTube recordings or wellness and health sites for basic exercise regimens to do at home.

Keep up a Healthy Diet

Pointless pressure can make you gorge or eat unfortunate, unfavorably influencing your digestion. Maintain a strategic distance from passionate

eating by distinguishing trigger factors and avoiding the inclination. Keep solid snacks around you, for example, organic product bowls, nuts or even granola bars. Keeping your glucose levels stable for the duration of the day directs your temperament and feelings. Great nourishment additionally keeps your resistant framework solid.

Practice Good Hygiene

Be extra cautious and follow the precautionary measures that have been exhorted. Keep your floors clean and sterilize hard surfaces consistently. Ensure you wash up each day and are keeping up a day by day close to home cleanliness schedule.