

Protecting the Future's Foundation

Abandoned roads, hole in pockets, distress, and hassle in minds, this is what all the Coronavirus gave birth and rise to. Covid 19 entailed destruction in the economic as well as the social life of people. There is no denying the fact that students are the ones who have suffered the most amid the pandemic. Students, be it of school or college, each one of them has experienced a similar state of mind. Their minds are too vulnerable, easy to target for any disease or even person. Adults still find a way to cope up even in the hardest times, but children are completely a different mold of creativity.

The deadly disease made kids experience chronic plus acute stress due to disruption of routine, rise in family violence, parental anxiety, absence of connection between peers, and home confinement. Such a situation has tangled them into a cohesive lifestyle. There is no guarantee that the child will get full nutritional and emotional support in their home. Coming upon the facts, it has been brought to notice that young adults and children are developing issues such as suicidal ideation, mental health problems, depression, anxiety, and whatnot. They have been devastated by the vicious disease. And after so many days it still haunts them.

Amendments in the field of the education system have turned their lives upside down. Online lectures, improper audio, half grasped knowledge, and sudden occurrence of the exams. All these facts are leading them to the wrong path of learning. Schools and colleges are not only affecting the health of the students, along it they are even dismantling the foundation of their education. It seems as if the faculties are just running behind the completion of the syllabus rather than focusing and working upon the quality. Moving ahead with the solution, the teacher and parents need to put an extra amount of focus on students. Keep an eye on their behavior, whether they are acting as they used to earlier or something is fishy.

Initiatives need to be taken to monitor psychological disorders such as anxiety, self-harm behaviours, and depression. As they might put the life of the adolescents at resilience and risk. Community screening is one program that needs to be pursued. It helps in detecting

substance use, changes in behaviour, and intense isolation among teenagers as well as children.

Parents and teachers need to be trained in order to identify even the slightest signs and symptoms that indicate the poor condition of mental health. Hints like excessive and irrelevant anger, struggle in maintaining concentration, and disturbance in sleeping pattern, etc. One more alternative is to opt for the telemental health intervention, it has proven to address mental health issues. Phenomenal outcomes have been acquired through the use of this program.

So, kids are in dire straits and require more support, care, and love from the people around them. Be it from their parents, teachers, or older siblings. Special attention will eliminate the chances of growth in such harmful problems. It is evident that the mental health topic is crucial and we need to stop treating it as the white elephant in the room. The more we run away from it, the more lethal it will tend to develop. Therefore, stop taking it that seriously i.e in a negative way. It will remain a taboo till the time we let it be. The moment we open our arms for those who are struggling with mental illness, it will start vanishing away. More discussions will take birth, this topic demands door-to-door and brain-to-brain attention. Attention in a constructive manner, and along with it calls for solutions.

Getting printed in books is not just what it demands, it demands to get engraved on people's minds. The sufferers want to get healed not from the mind but within the heart too. And the beautiful creation of god in the form of a child needs to be kept safe in the warmth of the hands of their parents or guardians. Strong and intense programs are required to get executed in order to protect the future wings of the nation. As the moment they stop growing, the whole country will go into the stagnant and bleak phase!