

Editorial

The two years of COVID, the compliance with COVID protocols, restricted social engagements, virtual contacts, limitations on physical activities have their impact on the individual's life in terms of physical fitness and state of wellbeing. The changed status of physical fitness and changed form and frequency of social relationships are likely to have their influence on the individual's self-esteem and disposition in terms of wellbeing. It is significant to explore into body image, social interactions among the adolescents and young adults facing limitations on these aspects in contemporary times which coincides with their critical stage of development. Individuals and groups have created virtual platforms to promote various interventions aimed at physical fitness and psychological equilibrium. Many indigenous relaxation techniques such as Sudarshan Kriya, Pranayama, Suryanamaskara, Transcendental meditation, vipassana etc have gained focus. The medical professionals in India have begun to take a relook at the idiopathic symptoms and find solutions through psychological and lifestyle change interventions. Symptoms that are not medically explained have their origin in the stressful life combined with faulty coping strategies. The COVID years also have provided an opportunity to individuals to discover or rediscover and utilize one's internal resources. While this contributes to the wellbeing, there is a flip side to this. The period of work-from-home also had the disadvantage of subtle aberrations in interpersonal relationship between family members. The major brunt of it is sometimes borne by the person identified with certain inherent deficits that deprives one from experiencing some natural biological processes such as sexual relationship, child-bearing etc. Thus, there is a need for psychosocial interventions to many groups and individuals. The impact of COVID on individual's personality is yet unknown. It may be interesting to plan longitudinal studies on children born in 2019 and thereafter and compare them with those born prior to it on various psychological parameters.

Meena Hariharan