



THE SECOND  
PANDEMIC

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JAGDISH CHINNAPPA

BANGALORE

INDIA

COVID HAS  
DISRUPTED  
CHILDHOOD

MEDICAL

DEVELOPMENTAL  
AND  
PSYCHOLOGICAL

UNIVERSALLY  
BUT EFFECTS  
ARE MORE  
LIKELY IN  
INDIA

WHY?

LARGEST CHILD POPULATION IN THE WORLD

**225 MILLION!!!!**

LARGEST CHILD POPULATION THAT ARE IMPROVERISHED  
AND BELOW THE POVERTY LINE

PANDEMIC HAS DISRUPTED EDUCATION

HUGE DIVIDE BETWEEN THE MIDDLE CLASS AND THE  
POOR

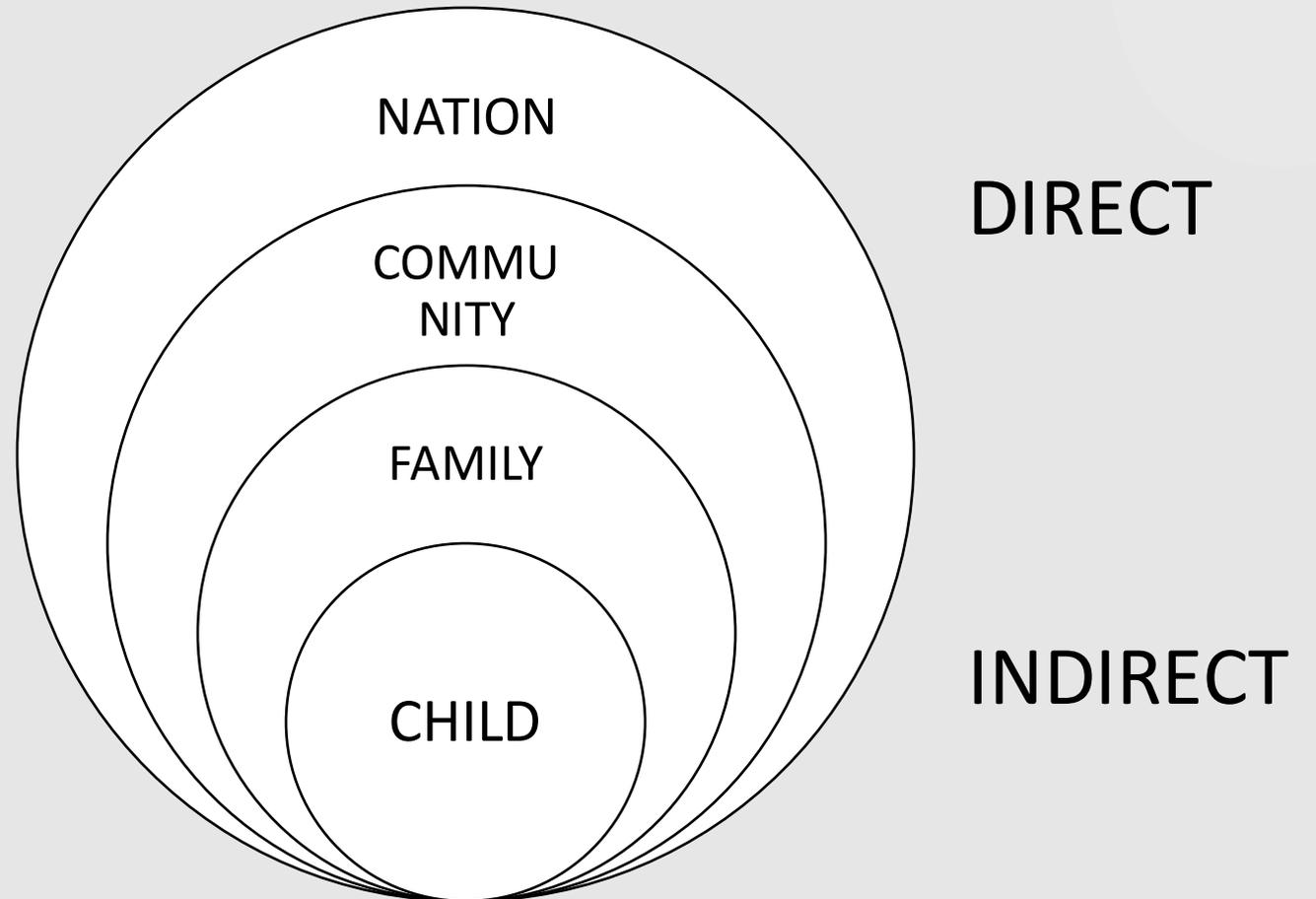
REALLOCATION OF RESOURCES AWAY FROM CHILD  
WELFARE

LOCKDOWN – POPULATION MIGRATION  
POPULATION EXPLOSION

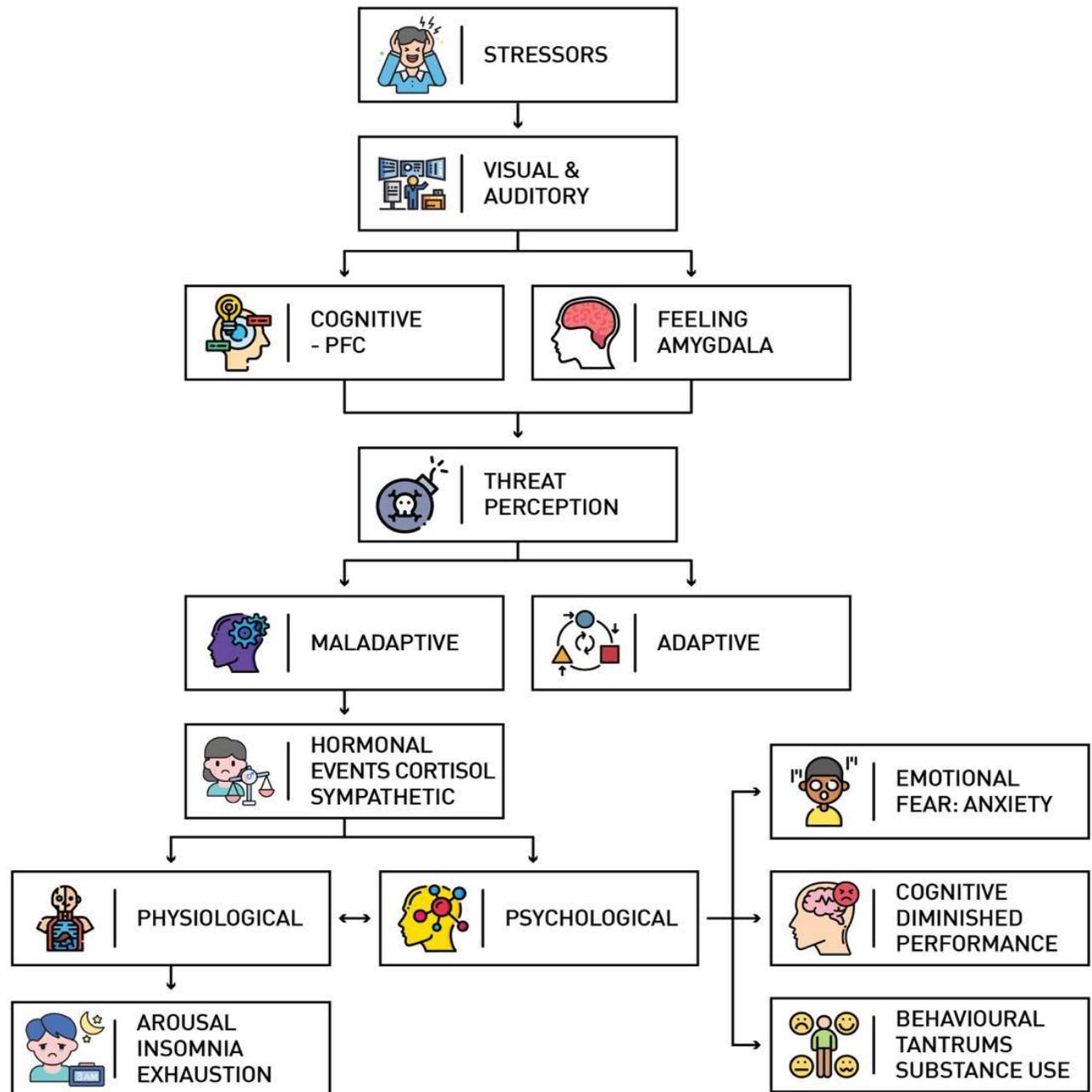
DROP IN ROUTINE VACCINATION RATES

# UNCERTAINTY/IGNORANCE

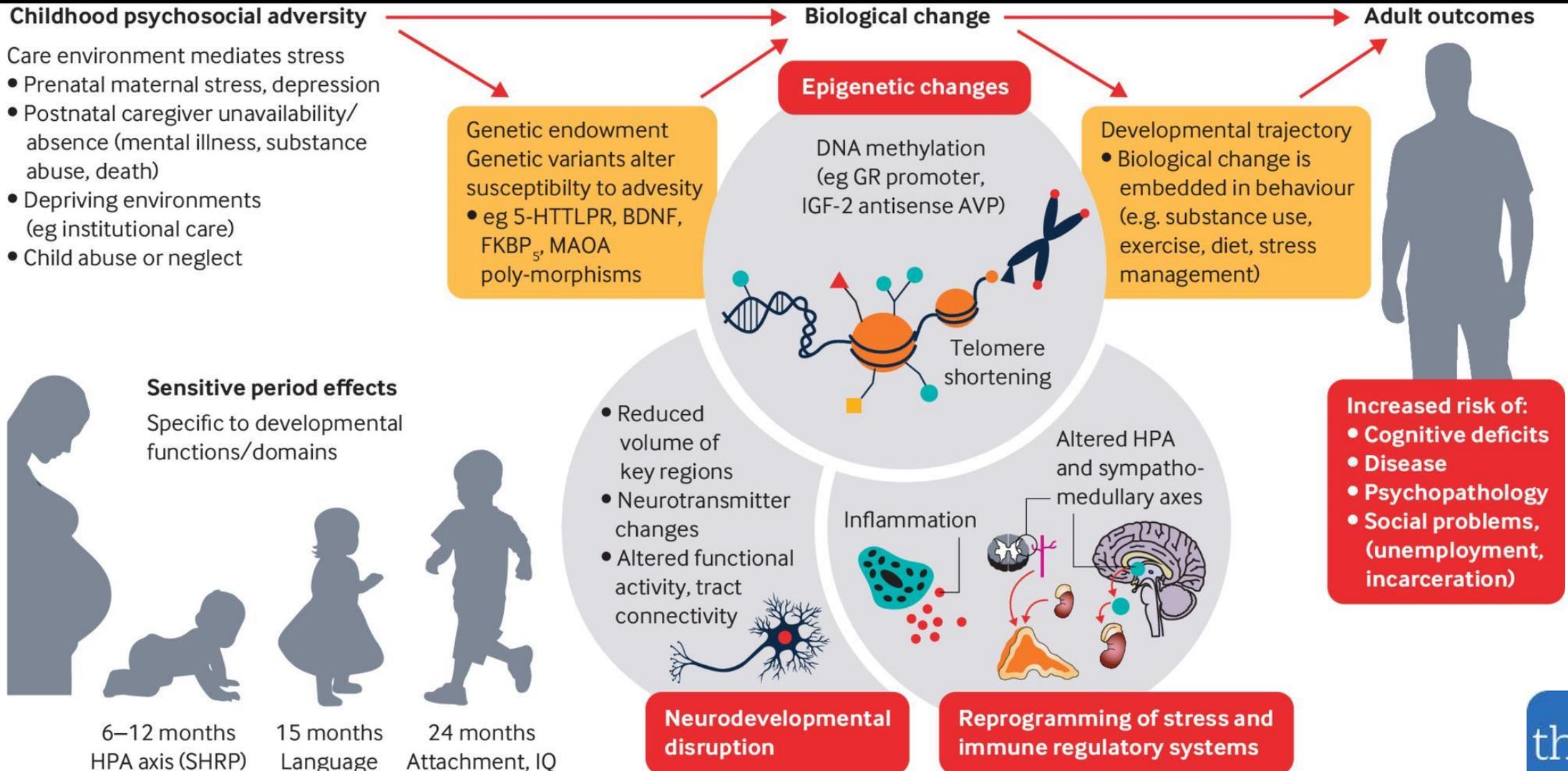
## MAJOR STRESSORS



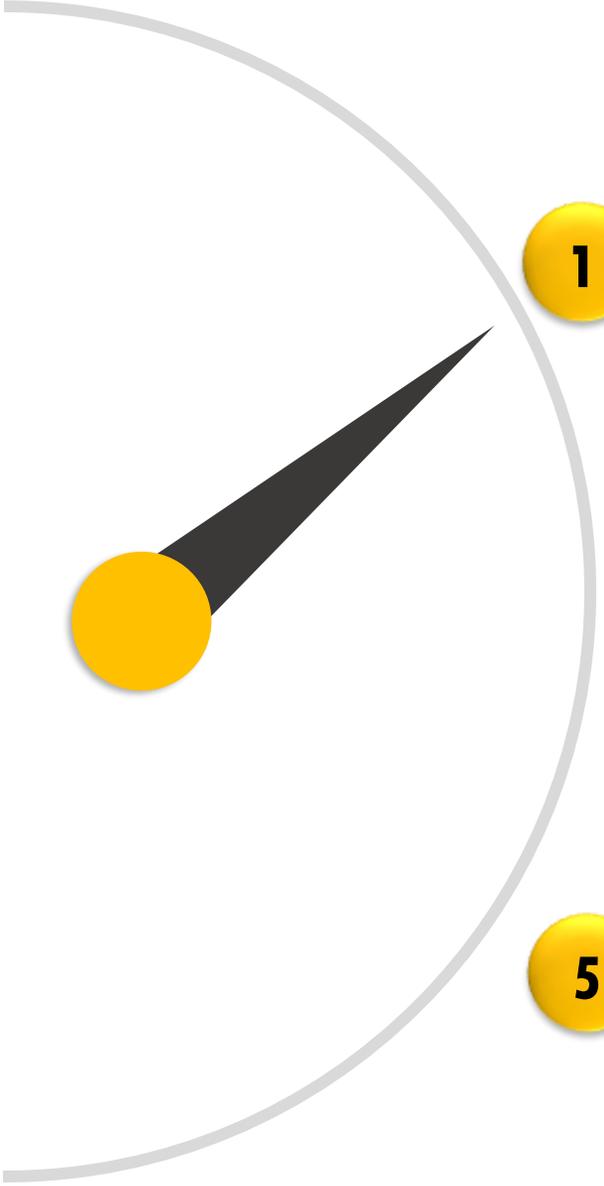
# MECHANISMS OF STRESS



# Some of the pathways that mediate exposure to early adversity and adult outcomes.



# COMMONLY ENCOUNTERED PROBLEMS



**1**

## EXTERNALISING PROBLEMS

TANTRUMS/OPPOSITIONAL BEHAVIOUR/AGGRESSION

**2**

## INTERNALISATION

DEPRESSION/FRUSTRATION/SADNESS/WITHDRAWAL

**3**

## CONVERSION

PAIN ;SOMATIC COMPLAINTS

**4**

## SELF IMAGE

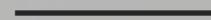
POOR SELF ESTEEM ;NEUROSIS;EATING DISORDERS

**5**

## SOCIAL;SCHOLASTIC ISSUES



SOME VOICES



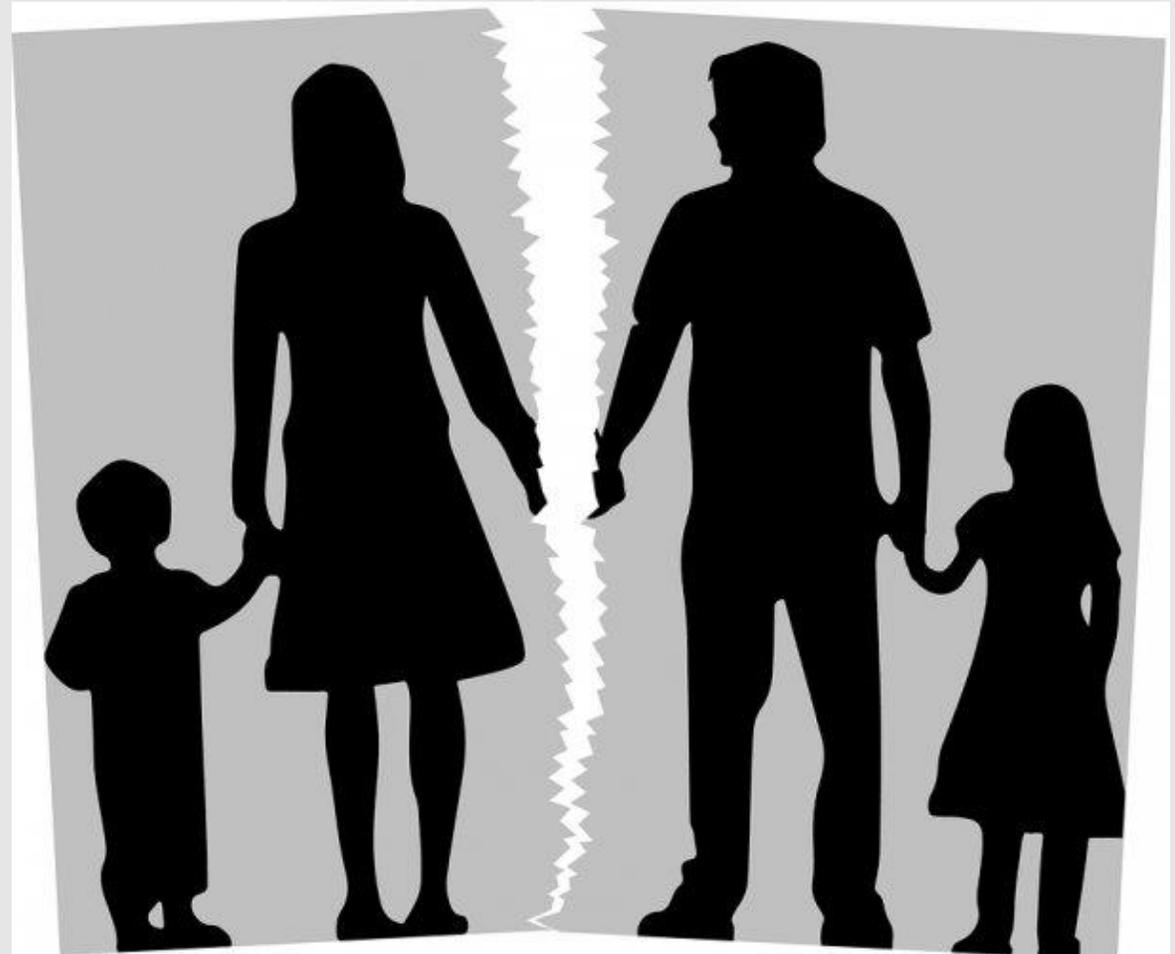
DECCAN HERALD  
the-harsh-impact-  
of-covid-19-on-  
children

Stress levels among children are said to have increased.

Struggling to adapt to online learning.

Falling academic performance,  
contributing to depression

# FAMILY DISRUPTION



<http://www.legalservicesindia.com/law/uploads/200206091344.jpg>

# Resurgence of COVID-19 sparks fears of another wave of mental health problems

moneycontrol



Anxiety, uncertainty, loneliness and shattered dreams



## Kerala Govt Focuses On Children's Mental Health After 66 Student Suicides During Lockdown

After 66 school-age children committed suicide in Kerala since March 25, the state government launched a slew of initiatives to address the mental and emotional well-being of children.



64% kids in rural India fear they have to drop out if not given additional support

**Survey** Conducted by Delhi-based NGO ChildFund India across 20 backward districts in 10 states — Bihar, Chhattisgarh, Delhi, Jharkhand, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Uttar Pradesh and West Bengal — in November 2020, the survey was carried out among 1,725 children, 1,605 parents, and 127 teachers

<https://www.asianage.com/india/all-india/030118/malnutrition-ravages-indias-children.html>



# BIPOLAR MALNUTRITION

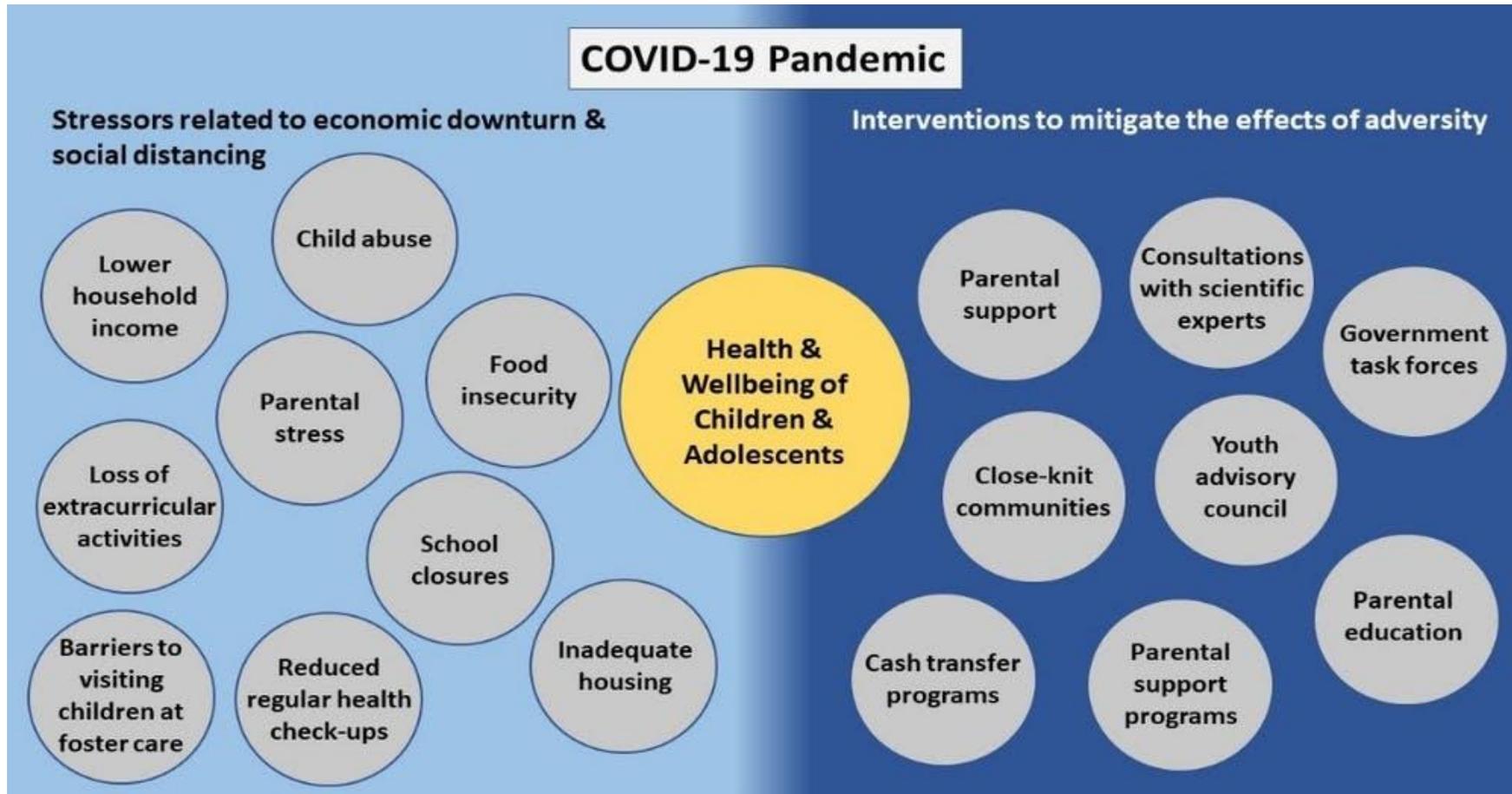


<https://scroll.in/article/810487/extra-kilos-among-rural-poor-weighting-india-down>



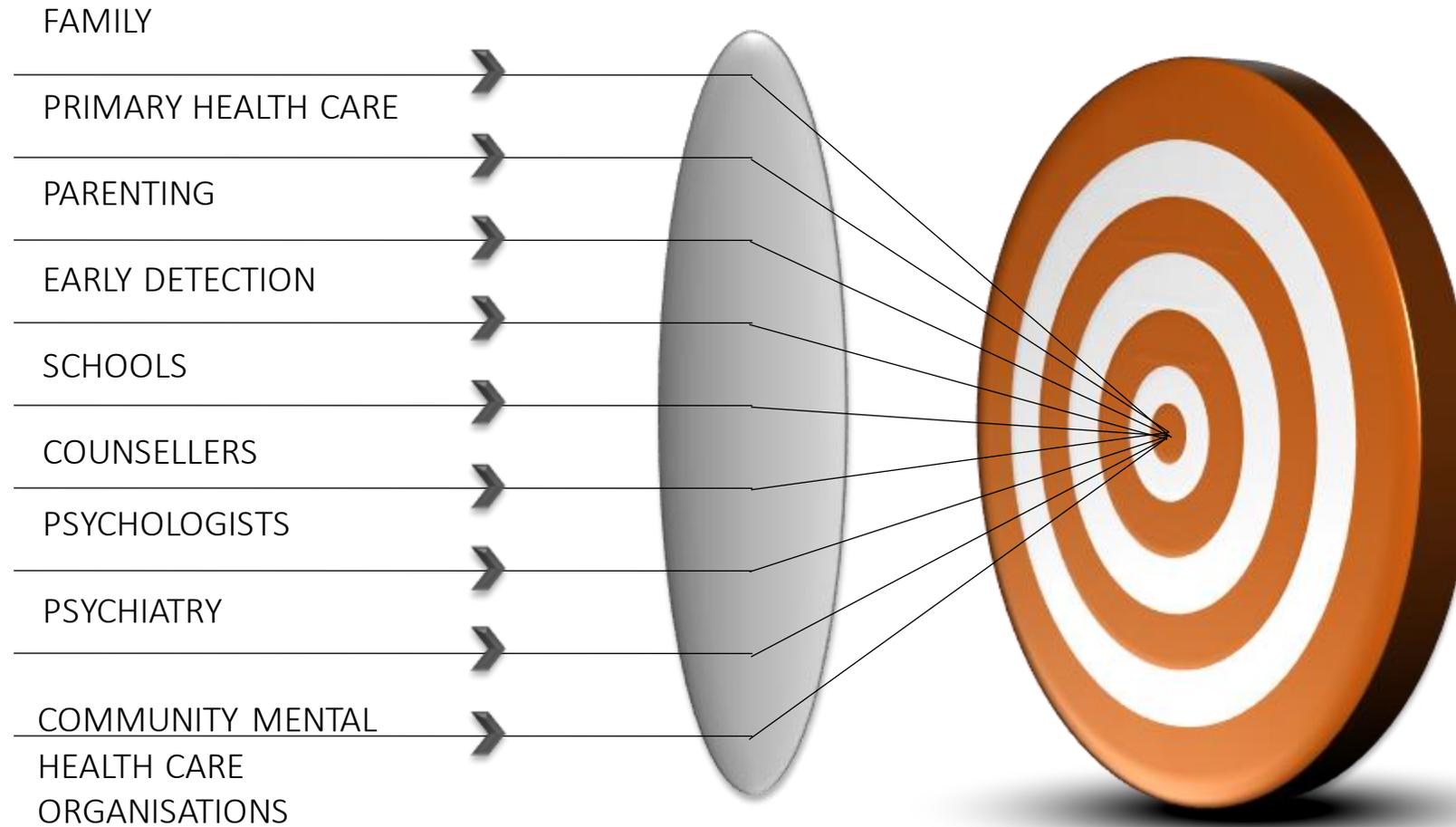
HOW CAN WE  
RESPOND ?

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<https://theconversation.com/the-long-term-biological-effects-of-covid-19-stress-on-kids-future-health-and-development-140533>

# MENTAL HEALTH

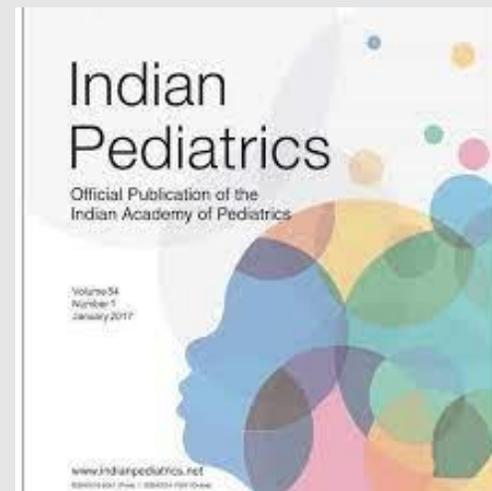


CONCERTED AND  
COORDINATED EFFORT



**BAKUL J PAREKH AND  
SAMIR H DALWAI**

# Psychosocial Impact of COVID-19 Pandemic on Children in India





Psychosocial Support for Children during COVID-19  
*A Manual for Parents and Caregivers*

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Ministry of Health & Family Welfare  
Government of India

NOVEL CORONAVIRUS DISEASE (COVID-19)



## Anxiety associated with COVID-19 pandemic may lead to psychological issues

If your child has:

Sudden changes in school performance/poor grades

Frequent changes in emotions and mood

Delayed physical or mental development

Frequent temper-tantrums/aggression

Poor attention/hyperactivity

Recent sleep disturbance



Visit your nearest health center with your child

Badalkar Apna Vyavahar, Karein Corona Par Vaar

For information related to COVID-19

Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline number 1075 (Toll Free), Email at [ncov2019@gov.in](mailto:ncov2019@gov.in), [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

[mohfw.gov.in](http://mohfw.gov.in)

[@MoHFWIndia](https://www.facebook.com/MoHFWIndia)

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[mohfwindia](https://www.youtube.com/mohfwindia)

# GOVT RESPONSE

# CHILDHOOD COVID VACCINES



<https://timesofindia.indiatimes.com/india/your-child-may-get-covid-jab-only-next-year/articleshow/81349261.cms>



# THE SECOND PANDEMIC

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- PHYSICAL
- FIRST WAVE
- SECOND WAVE
- PSYCHOLOGICAL
- GRADUAL
- IMPERCEPTIBLE
- LIFE LONG

# Dead End to Bright Future

