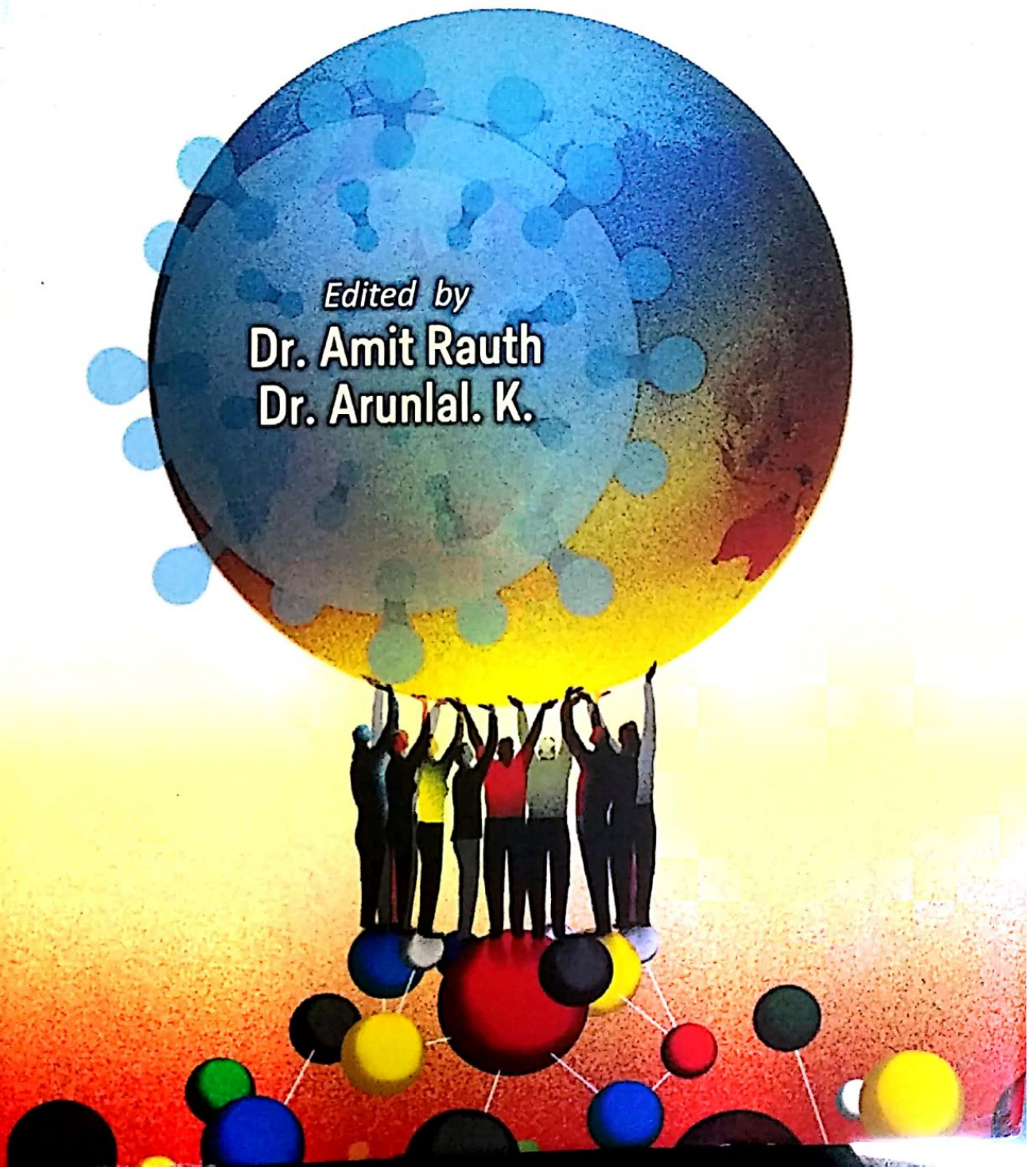




COVID NARRATIVES and Politics of the New Normal

Issues, Challenges and Perspectives

Edited by
Dr. Amit Rauth
Dr. Arunlal. K.



Worldwide Circulation through Authorspress Global Network
First Published in 2021

by

Authorspress

Q-2A Hauz Khas Enclave, New Delhi-110 016 (India)

Phone: (0) 9818049852

E-mail: authorspressgroup@gmail.com

Website: www.authorspressbooks.com

**COVID Narratives and Politics of the New Normal
Issues, Challenges and Perspectives**

ISBN 978-93-90891-55-9

Copyright © 2021 Dr. Amit Rauth and Dr. Arunlal K.

Concerned authors are solely responsible for their views, opinions, policies, copyright infringement, legal action, penalty or loss of any kind regarding their articles. Neither the publisher nor the editors will be responsible for any penalty or loss of any kind if claimed in future. Contributing authors have no right to demand any royalty amount for their articles.

Printed in India at Thomson Press (India) Limited

Contents

<i>Foreword</i>	7
<i>Acknowledgements</i>	9
<i>Introduction: Ways of Saying: Towards a Perspective on the Pandemic from Humanities, with Special Focus on Literature</i> Amit Rauth and Arunlal K.	13
SECTION A: POLITICS OF THE NEW NORMAL	
1. Political Trust, Democracy and the Pandemic: The Indian Scenario Ranjita Chakraborty	31
2. Migrant Workers' Plight during the Post-Covid19 Lockdown Period: A Socio-Legal Perspective Amit Dholakia	46
SECTION B: IMPACT OF ECONOMY	
3. The Impact of Covid-19 Pandemic on Indian Agriculture Gopal Chandra Mandal	63
4. Challenges of Covid-19 and It's Economic Impact on India Kausar Ansari	76
SECTION C: PHILOSOPHICAL ENGAGEMENT AND ROLE OF EDUCATION	
5. Mental Stress Coping in Pandemic Situation: Perspectives of Samkhya-Yoga Philosophy of Education Monorima Sen and Rupnar Dutta	89
6. Acceleration of 'Othering' in Indian Education System during Covid-19 Shobha R.	99
7. Media of Instruction: A Study on Parents and Children of Phoobsering Tea Garden Niki Rai	108
8. Technological Control on Teachers during the Period of Lockdown Soumya Jain	118

Mental Stress Coping in Pandemic Situation: Perspectives of Samkhya-Yoga Philosophy of Education

Monorima Sen and Rupnar Dutta

Abstract

This paper deals with the crucial question that how to cope up with our increasing mental stress in this pandemic situation due to the outbreak of COVID-19 across the globe. The main objective of this paper is to discuss, how we can trounce our mental stress in the Samkhya-Yoga perspective. Samkhya-Yoga is a very noteworthy school of Indian Philosophy. The core goal of the Indian Philosophy is to achieve 'Mokṣa', i.e., liberation from pain, sorrow, sufferings, etc. All of these belong to diverse mental states. The indispensable aim of the said school of philosophy is to liberate ourselves from every painful states of mind. Mind is here equivalent to 'Citta'. According to their vision, this liberation is achievable only through Yoga. Yoga is nothing but the '*Cittavṛtti- nirodhaḥ*'. This paper has discussed the nature of Citta, *Cittavṛtti* or Mind fluctuations, different states of Citta and the educational process by which we withdraw the transformed Citta from external world. If we are able to withdraw Citta from everything, our mind or Citta can feel the 'Ēkātmatā' or Oneness with the self and then only there will be Sat-Chit-Ānanda or Existence-Consciousness-Bliss which ultimately show the avenue to surmount our mental stress.

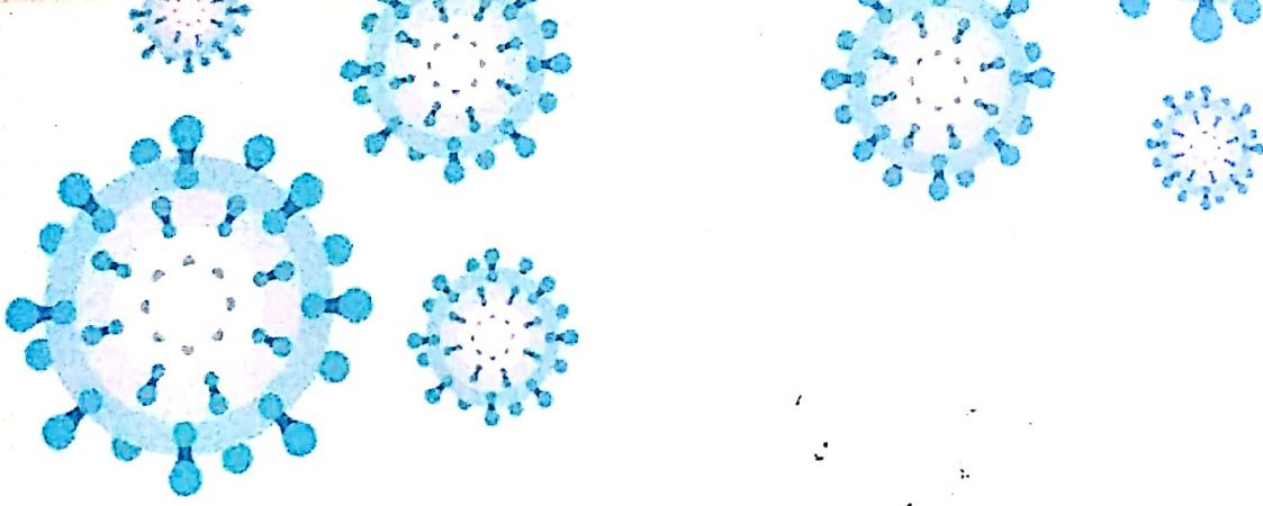
Keywords: mental stress, pandemic situation, samkhya, yoga, citta, liberation, miseries, *cittavṛtti-nirodhaḥ*, philosophy of education.

The world around us is the world of achievements from one side and the other side of the coin is the world of mental stress. In this modern world, stress is something from which a person can hardly escape. In this pandemic situation, arising out of COVID-19 outbreak across the globe, mental stress is increasing in almost every person, even at a higher rate than that of Corona Virus. Now the question is how we can cope up with our mental stress in this pandemic situation, where the only word exists, that is "uncertainty" in every sphere of our life. We know that our life is uncertain and death is the ultimate conclusion, but still in every moment we are frightened to "death". The life threatening COVID-19 reminds us that life is

social interaction from home through Laptop, PC or mobile phone is also a root cause of increasing mental stress by increasing loneliness. Not only fighting against the mental stress due to COVID-19, but also fighting against the mental stress as a resultant of modern innovations of ICT-Robotics, Tech-Savviness, diminishing World economic growth, increasing population and environmental degradation is a huge challenge to the researchers, theoreticians and practitioners to find a way out. Ancient Indian philosophy like *Samkhya-Yoga* has the power to reform this modern Earth from a Heartless World of miseries to the World of *Sat-Chit-Ānanda* or Existence, Consciousness and Bliss.

References

- Aggarwal, J. C. (2017). *Philosophical Foundations of Education*. New Delhi, India: Book Man Publishers.
- Akhilananda, S. (1950). *Mental Health and Hindu Psychology*. Australia: G. Allen and Unwin.
- Brahma, N. K. (1932). *The Philosophy of Hindu Sadhana*. London: Kegan Paul.
- Chaube, S. P., & Chaube, A. (2010). *Foundations of Education*. New Delhi, India: Vikas Publications.
- Coster, G. (1935). *Yoga and Western Psychology*. London: Oxford University Press.
- Dasgupta, S. N. (1924). *Yoga as Philosophy and Religion*. London: Kegan Paul.
- Dutta, R. (2011). "Effective Practices for Job Stress of Teachers." *Educatum: Journal of Education and Behavioural Science*, 5(2), 69-76.
- Prabhavananda, S., & Isherwood, C. (1953). *How to know God: The Yoga Aphorism of Patanjali*. New York: Harper & Brothers.
- Vedantacuncu, P. (1907). *Yoga-sutra with Bhasya*. Calcutta, India: Sanskrit Book Dispository.



The global pandemic has redefined the very nature of humanistic narratives and in the process also called into existence a host of new normal discursive areas. This edited book seeks to place new thoughts on trauma, isolation and displacement in the new normal context and also address the contestations regarding state and forms of power. The book also seeks to look at how the works of major theorists, contexts of philosophy have changed to eventuate in the new normal. This book cuts across all disciplines including literature, linguistics, sociology, psychology, education, anthropology, history, political science, economics, gender studies and religion studies among others. It seeks to investigate all the current issues at stake and come up with possible ways and strategies to combat this kind of problem in the near future.

COVID NARRATIVES and Politics of the New Normal

Issues, Challenges and Perspectives



AUTHORS PRESS
Publishers of Creative & Scholarly Books

ISBN 978-93-90891-55-9



9 789390 891559

₹ 800 | \$ 40