

Special Edition on  
THE LOCKDOWN



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# RM TIMES

## THE LOCKDOWN

On 24 March, the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown initially for 21 days, has now continued till 30th April 2020, limiting movement of the entire 1.3 billion population of India as a preventive measure against the 2020 coronavirus pandemic in India. This lockdown has shaken every one of us and effected each of us in various ways, the scarcity has imbalanced mental Health, Frustration has doubled domestic violence, work is replaced with “work from home”



## **Lockdown or Panic, Anxiety & Depression**

For the lockdown, 38-year-old Vinod who runs a business in Mumbai has been waking up with nightmares. "I am unable to deal with this idea of an uncertain future," he said. Vinod is battling with anxiety and obsessive-compulsive disorder. As the deadly novel coronavirus that has forced the Entire country to go under lockdown has taken a big toll on his mental health.

Over 90 million Indians, or 7.5 percent of the country's population of 1.3 billion, suffer from some form of mental disorder, according to the World Health Organization (WHO). While this outbreak has led to philosophical questions about survival, humanity and the future, the changes and the chaos that it is bringing in the lives of Indians are hard to cope with. It's slightly more difficult than washing hands ,coronavirus lockdown is amplifying symptoms of depression and anxiety in many reported cases.

## **Lockdown results in Domestic Violence**

With the home dynamics changing, though, for the Lockdown period, several things changed. For the majority of housewives, the "work" burden has increased immensely. The man & children being at home all day means never-ending "demands" for cooked food round the clock and more household chores. A situation made more untenable without the usual household help – the domestic helper.

On the other side, we hear that Domestic violence cases have doubled than what it was before the lockdown. Survey says: The cases of domestic violence are high in various parts of India," says NCW chief Rekha Sharma. She says the main reason for the rise of domestic violence is that the men are at home and they are taking out their frustration on women and they refuse to participate in domestic work. Women are also confined within the four walls of the house and they cannot share their grief with anybody.

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Stereotypical ideologies exist - it's the woman's job to cook, clean, wash. It's the man's job to earn, Hence some men are proving to be a gentleman and helping their spouse in dusting, cleaning utensils, Mopping, etc. Whereas some are beating them even if asked to participate in domestic work.

## **Senior Citizen's Lockdown**

In some ways, the whole world is united in the fight against COVID-19. But the reality is that some are more vulnerable to infection than others, senior citizens would easily top that list, Senior citizens make up about 9% of India's population, according to the last Census. "About half of them, around 53 million, are very poor.



The lockdown has not made provisions for the elderly who are living alone. "What happens to those who are over 75 years of age, having health complications and cannot step out to buy essential goods, medicine without any support.

The mandatory preventive measure of "Physical Distancing" comes with its own challenges for this elderly population, many of whom are already struggling with loneliness, restricted mobility and lack of financial security.

We have inherited the gesture of seeking blessings from elders who are equated with God, so this lockdown "God" needs your support for essential goods, medicines, etc.. Lend them a hand

## **Office Lockdown**

The trend which was used mostly by women working in multinationals "Work from Home" during maternity leave has become universal. The lockdown has left no option but to work from home. The lack of physical boundaries between the two otherwise separate environments impacts both the work as well as family dynamics for freshers.

While it makes perfect sense for IT employees to work from remote locations via video conferencing and collaboration tools seamlessly - especially in the case of tech giants like Google or Microsoft -- workers from the non-IT companies and small and medium enterprises (SMBs) are the worst-hit in India, especially those Organization whose nature of business demands a lot of travel and face to face interactions.

Kids jumping here & there, the rice cooker whistling & the bed just some steps away isn't being a win-win situation I thought it would be.

## **Benefits of the Lockdown**

The UN has expressed solidarity with India in its fight against coronavirus, with a top official at the world body's health agency praising Prime Minister Narendra Modi's 21-day nationwide lockdown which has now extended till 30<sup>th</sup> April. This lockdown is important, This can take India to the next level, if the virus is contained in time, India will emerge as a Super Economy & Super Power. The strength of 1.3 billion population of India can turn this assumption into reality by staying at home and maintaining complete Lockdown in villages, cities, states of India.

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**This is a #WORK FROM HOME INITIATIVE# and we will be glad to hear from you, we are open to suggestions & will be happy to write about Organization or person who is making a mark in these Challenging times.**

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