



IMPACT OF COVID-19 ON HUMAN BEHAVIOUR,
HABITS & HOW SHOULD ONE TACKLE THE PROBLEM

❖ **INTRODUCTION:**

Coronaviruses are a large family of viruses that are known to cause illness ranging from common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Coronaviruses got their name from the way that they look under a microscope. The virus consists of a core of genetic material surrounded by an envelope with protein spikes. This gives it the appearance of a crown. The word Corona means “crown” in Latin.

The Novel coronavirus was identified in 2019 in Wuhan, China. This is a new coronavirus that has not been previously identified in humans. The virus is also referred to as COVID-19. COVID-19 are zoonotic in nature, meaning that the virus is transmitted between animals & humans. Typically Covid-19 presents with respiratory symptoms, cough, irritation in throat. However, among those who will become infected, some will show no symptoms. Most common seen symptoms are fever, cough, shortness of breath, breathing difficulties, fatigue & sore breath.

❖ **COVID-19. The Beginning of a Pandemic:**

Many researchers and health experts are of a belief that the strain of novel coronavirus likely originated from bats or pangolins. The first transmission to humans was in Wuhan, China in late 2019. Initially recognized as outbreak of pneumonia was on its way to cause havoc all over the world. Soon enough many countries started reporting cases of Covid-19 in the early 2020 due to international travel causing a mountain of problems because the ultimate cure of the disease was unknown and still today it remains the same. The first case of Covid-19 in India was reported on 27th January, 2020. Just soon after World Health Organization declared the outbreak a Public Health Emergency of International Concern on 30th January, 2020 and declared it as pandemic later that year on 11th March, 2020. Due to the severity of the pandemic many countries initiated a strict lockdown with an aim to limit the spread of the virus. Despite of all the efforts, the governments were not fully successful controlling the rise. Total number of Covid-19 cases in the world stands at 16,72,01,470 on 23rd May, 2021 and causing 34,71,361 deaths in total. The countries which are most impacted by the spread of the disease are United States of America, India & Brazil. Covid-19 has spread in total 222 countries till the date causing loss of lives, money & has drastically affected many elements of human life.

❖ **Covid-19. The impact and changes in human life:**

❖ **Negative Impacts:**

- **Loss of Life:** The Novel Corona virus has proved to be brutal to human kind. There is no bigger grief than to lose a loved one. Knowing the fact that the people who complete you, makes you a better version of yourself, now will not be there to hug you & melt all your sorrows. It kills a person mentally & emotionally. Covid-19 has snatched the parent roof from children, brought the nightmare of every parent to reality. This gives human a trauma which stays with him till the death. Feeling of helplessness, to see your family die & you can do nothing breaks even the strongest person. The family cannot even cremate the person who has passed away as a result of contracting Covid-19. The fear of losing a loved one gives enormous tension to their loved ones. This not only affects the mental health but also has a toll on physical health and opens a gate to uneasiness, fever, hypertension and various unpleasant problems.
- **Financial Crunch:** Even though lockdown is essential to curb the rocketing spread of covid cases in control it has caused many households sleeping without a meal because of the fact they weren't able to afford it. The unemployment rate in India was 8.8% in March 2020, the month in which lockdown was imposed which peaked to 23.5% in April which was caused due to a sudden abnormal event no business had foreseen & were forced to lay off manpower for the necessity of survival. The daily wage earners who spend all their earnings in their day's meal were affected the most & has caused many deaths due to starving. Everyone has taken a huge hit due to the outbreak of virus because their expenditure is unchanged due to all overhead cost of food and basic requirements but there is no source of income to balance it. People are relying on their savings which is declining at a fast rate endangering the family of basic amenities.
- **A Hault:** Humans are highly progressive in nature. Every day comes up with a new challenge and humans have their arsenal all prepared to test their limit. A red traffic light is never welcomed, so a red light in the never-ending goals, routine proved to be catastrophic for human kind. Having enjoyed the initial period of lockdown considering it as an early vacation, in the long term lockdown started getting on people's nerve affecting the mental state. Covid-19 was not kind to human's productivity. A research by the Australian National University reveals that Australians have lost 167 hours' worth of work between March & October. This equates to over \$5,000 each, & \$47 billion for the economy as a whole. Having idle of time resulted in boredom & also has seen increased in anxiety

& depression. Lockdown banning all the outdoor activities also meant a ban to outdoor exercise which restricted people to vent the toxicity out of their system.

- **Educational System Slows Down:** Education are the building bricks of one's character & glory. Importance of education cannot be overseen. It is a river of wisdom, knowledge & experience flowing to various beings. Covid-19 has immensely disrupted education system leading to closure of schools & other education centers. At the peak of the pandemic, 45 countries in the Europe and Central Asia region closed their schools, affecting 185 million students. Given the abruptness of the situation, teachers and administrations were unprepared for this transition and were forced to build emergency remote learning systems almost immediately. A research stated that till 12th March, 2020 more than 370 million children and youth weren't attending school because of wide school closures mandated by governments in an attempt to slow the spread of COVID-19. The biggest problem faced by education system was lack of physical touch. Teaching in its best form is an exchange of knowledge through personal interaction & participation accompanied by utmost attention which was unable to be executed in the given circumstances. Virtual classes became the new normal but it too had its own challenges in adaptation. Teachers were not familiar with explaining to a camera. It limited the opportunity of counter questioning, resulted in decreased participation, lack of understanding. Teachers familiar with a class full of pupils found it difficult to pay attention on their every student & majority of teachers unable to get tuned in with technology reduced their efficiency causing fall in quality teaching. A stop to education is a stop to a better tomorrow.
- **Devastating Environment:** Even a flower with the sweetest fragrance and dancing petals who has the ability to cheer anyone's day can't sustain in surrounding full of toxic and trash. The same has been the story of everyone in the pandemic situations. The morale had reach the rock bottom, increase unwillingness to make an effort, life being filled with clouds of sorrow, these were all outputs of negativity which had hounded over the humans. A man fighting in his daily struggles to earn his family a bread marches forward towards the light with the hope tomorrow will be better. This light soon turned into darkness. This darkness was not a rainy cloud but was a long lasting cyclone of pandemic. Read a newspaper or turn on any media channels only one thing will you come across that is the rocket rise of covid cases. The hope of seeing a better tomorrow was getting hammered, hammered with big bold headlines, '**COVID ON A KILLING SPREE**', hammered my news anchor screaming the negative news and spreading freight rather than delivering news. Even one trying to keep his head up with a smile & putting the toxic ball of news

past him failed knowing there is a person he knows fighting for his life against the deadly virus. The frontline warriors who being selfless were toe to toe against a monster of an opponent fought hard but many of them lost & there was not a thing we could do. This made the chest feel hollow. Coming across devastating circumstances every day of their life made the life miserable.

❖ **Positive Impact:**

The pandemic has presented a big challenge & struggle to humans, a calamity in its own sense, but surprisingly it was of some benefit to humans. Let us know how did covid-19 has helped human beings.

- **United Family:** Pre Covid-19, even though the whole family used to reside together, there was distance in relationship. Everyone so engrossed in their routine they often used to forget from whom they actually strive for, their family. There was lack of interaction & understanding too in many cases. The pandemic has cemented the walls of family even stronger. With life coming to halt, people were temporarily no longer horses in race of money & luxuries. The bond became stronger day by day strengthening the foundation, the foundation n that makes bunch of people a family. The foundation is made of trust, love, belongingness, sharing. Family got a broader definition. Not only the bond was strengthened with people staying in the same home but also reconnecting with those with whom you had lost touch. It made us realize that we are so focused behind materialistic treasure we are losing the real treasure, FAMILY. Even if u achieve gold, success, glory, fame what is the point if you don't have anyone to cherish it with. This was a strong lesson we learnt during Covid times.
- **Importance to health it deserves:** As pandemic was rising every day, people started to get more tensed about their future, frightened people started to give health the importance it deserves. Caution became the new lifestyle. Even though it sounds negative but it benefited humans. This saw a path towards a healthy lifestyle, diet consisting of all the nutrients. Practice of Yoga, indoor exercise saw a rapid rise. It was a start of a healthy, fresh lifestyle. Not only importance to physical health was uplifted but mental health which was overlooked for ages, started to gain importance. In India many people consider mental health problems as modern generation disease and are of the belief that no such things exist & it is black magic in reality. Everyone going through tough phase, it was difficult to be mentally healthy all the time. Taking the advantage

of essays people started to perform motivational sets, used social media platforms to spread awareness of mental health. This not only helped to stay motivated but also brought people together. It was a blessing in disguise.

- **Pollution less Lockdown:** Pollution is the weapon human is forging for its own doom. In path of ease and efficiency in every activities, nature has been compromised. Industrializing every aspect of our life we are destroying our own home. It took a outbreak of virus to tame us. Using computer models to generate a COVID-free 2020 for comparison, NASA researchers found that since February, pandemic restrictions have reduced global nitrogen dioxide concentrations by nearly 20%. Nitrogen dioxide is an air pollutant that is primarily produced by the combustion of fossil fuels used by industry and transportation, both of which were significantly reduced during the height of the pandemic to prevent the novel coronavirus from spreading. This provided us non-toxic air to breath. Pandemic period has also seen reduce in litter, keeping the surroundings and water bodies clean in the initial period. Taking a lesson from these we should collectively limit the emission of pollutants & save ourselves from early grave.
- **Charity a helping hand:** It has been clearly evident that covid-19 has presented a crisis in itself and has been a slap physically & financially. Not a single being can say that he was prepare to face all the curve balls the pandemic presented. People suffered in every aspect. But, in this situation of crisis, people stepped up to help the ones unfortunate. To fight this battle as one, Governments started relief funds in which people can contribute bare minimum so it can help in this fight against covid & everyone can live a life 'mask free'. Our honorable Prime Minister Narendra Modi started PM Relief Fund. As per research, at least Rs.9,677.9 crores (\$1.27 billion) has been collected in the Prime Minister's Citizen Assistance and Relief in Emergency Situations (PM CARES) fund for COVID-19 relief, according to an analysis by IndiaSpend. These donations have been made in the 52 days since this new fund was announced on March 28, 2020. Even celebrity joined this fight, putting their fame & reach to use they donated not only food but helped in this fight in other ways too. A certain case which was highly appreciated by people all across the globe is the kind contribution of a Manchester United forward player Marcus Rashford. Rashford's campaigning to get school meals for underprivileged children outside of school term time turned government policy around on two occasions in the past year. The England international has donated, and inspired others to donate, £20 million to FareShare in the past year. In comparison, the

player's personal wealth is reported to be £16 million, meaning he has a 'Giving Index' of 125%, far greater than anyone else. At just a tender age of 23, he has set example for everyone that if u work for the right thing, 1000 joins.

❖ **Situation as it stands & going forward:**

The date is 28th May, 2021 & Covid cases in India stands at 2,76,55,385. It has been a very difficult journey the past year. It was an abnormal event no living human being has ever faced before. What's done can't be reversed. We pray the ones taken away from us in this horrendous times rest in peace. Following will provide the highlights of our position in this battle & the approach moving forward.

- **Vaccination:** We humans have a trait to fight against every challenge no matter the magnitude of difficulty. After constant efforts of researchers across the globe, after many ups & downs, laboratories came out with vaccines. The first person to get vaccinated was William Shakespeare of United Kingdom who got vaccinated on 8th December, 2021. Soon after that vaccination was initiated all across the globes. Pharmaceutical companies producing vaccines in lot & is being used to vaccinate people with the help of highly complex & organized distribution channels. Most of the vaccines require 2 dozes to be taken & there requires to be a specific number of days between the 2 dozes. Till 7pm on Wednesday dated 26th May, 2021, India has administered 200,494,991 doses of the vaccine to nearly 157 million (156,999,310) people across the country, according to Union health ministry data. Of these, 113.5 million people have received just the first dose, while another 43.5 million people have been fully vaccinated, data shows. More than 1.81 billion vaccine doses have been administered worldwide, equal to 24 doses for every 100 people. There is already a stark gap between vaccination programs in different countries, with some yet to report a single dose. That is a huge improvement in the situations compared to the same day, the past year & is only on the path of improving even further. Americans vaccinated against Covid-19 no longer need to mask up outdoors when there is no crowd, President Joe Biden said this before celebrating by taking his first short walk at the White House without the face covering. It is not far enough that we will roam across the street wearing no mask & have the freedom physically & also mentally.
- **Work from home:** Initial period of lockdown was a big low for the economy of all the countries. All the business from big to small were on pause. Not many business can

sustain such a big break & it would had been catastrophic for the whole country if no action was taken soon enough. To tackle the problem presented at the time being, businesses resorted to work from home as travelling to the workplace was not an option. Businesses mechanized an environment, tools, conveyed the process & structure to the employees to bring back the car back on track. The initial period sure was difficult to adapt but as the time passed on people began to find it feasible. A study by Standford of 16,000 workers over 9 months found that working from home increase productivity by 13%. This increase in performance was due to more calls per minute attributed to a quieter more convenient working environment and working more minutes per shift because of fewer breaks and sick days. In this same study workers also reported improved work satisfaction, and attrition rates were cut by 50%. 77% of those who work remotely at least a few times per month show increased productivity, with 30% doing more work in less time and 24% doing more work in the same period of time according to a survey by ConnectSolutions. In a recent survey of over 17,000 workers, only 23.9% said they would “Rarely” or “Never” would want to work from home post-COVID, while 27.3% said they would prefer to work from home 5 days a week. The remaining 48.9% said they'd like to work from home 1-4 days a week. Stats on people working from home show that small companies are more likely to opt for full-time remote workers. There’s a reason for this: Remote workers cost less because companies don’t have to invest in office space, pay electricity bills, or buy as much equipment. Sales employers hire 66% more remote workers than the overall average. Work from home offers a great opportunity. Now no more one needs to leave his family & migrate to places in search of jobs, one can be working at dream job from his own desk. This also provides the hiring company with a bunch of potential candidates & gives them an opportunity to hire the right person for the job taking all the aspects in consideration. This might be a new normal.

- **Technology advancements:** As highlighted by the previous paragraph, work from home is the method adopted by every organization, no one can work from home without a technology as efficient as the infrastructure available in their respective offices. Technological advancement was highly required for work from home to be a working options. Not only the work culture required technological advancement but the delivery channel & product itself were required to be customized or even in some cases starting from scratch in order to maintain & even increase the sales, customer satisfaction, quality and to achieve all this without skinning the pockets. The survey results confirm

the rapid shift toward interacting with customers through digital channels. Perhaps more surprising is the speedup in creating digital or digitally enhanced offerings. Across regions, the results suggest a seven-year increase, on average, in the rate at which companies are developing these products and services. It is a great achievement to progress so much so instantly, turning threats into opportunities & thriving in the given environment. Technology has improved even in crucial sectors such as education, health, etc. As physical classrooms were not an option, institutes shifted to virtual classes by conducting classes on video conferencing applications. Customized applications for teaching have also been introduced in the market to provide students with the finest quality of teaching experience. The experience of teachers played a mighty role in this infrastructure, making learning highly easy, convenient & easy using tools provided by digital platform to convey topics in a better manner by giving pictorial examples. The online learning technology enables the students to get access to a large library of resources including books, pdf, test papers and much more. These resources accompany the students in their learning process to get knowledgeable content. There has been rise in installation rates of application like Byjus, Unacademy, etc. These are the platforms where highly qualified teachers & professionals of respective field teach the subject or concept which is their forte. Giving an opportunity to learn from the best, gain practical knowledge from professionals as same is highly important to thrive. You can't mend a problem only with knowledge, it requires knowledge accompanied by actions, actions which improve from experience. Experience of a professional can help the budding aspirants in achieving the goal of their life. Healthcare sector took the utmost benefit of technological advancements. Being aware of the sensitivity of this sector, technology advancements are highly helpful. Health systems across the U.S. are making strategic investments in business intelligence analytics to better understand patients and tailor the patient experience. The use of artificial intelligence chatbots, which provide patients with essential communication, has grown amid the pandemic. By employing machine processing to educate and assist patients during this time of great information demand, healthcare providers have been able to more efficiently reach patients. With the shift to virtual and remote care during the pandemic, wearable devices and smart technologies are gaining more traction as tools to deliver providers real-time patient care insights.

- **Play of Social Media:** Lockdown resulting in minimum physical interaction & communication, social media platform has seen a meteoric rise in use. In a survey the

majority of respondents agreed that their social media consumption 72% and posting 43% have increased during the pandemic. The majority said they hadn't decreased their time on any of the social media platforms they use. Respondents used Instagram most 44%; that platform also is where respondents increased their overall consumption most during quarantine 69%. The sales highly depend on how you market the product. Marketing should be in the customer friendly manner & the most important element in marketing is the platform of marketing. As majority of people spent their majority of time on social media, they have become highly lucrative platforms for organizations to market their products. Because more people are spending more time on social media networks and mobile devices during the pandemic, they are also engaging more with online ads. One report indicates that the number of mobile internet users engaging with online ads has increased by 15 percent during the crisis. In addition to the increase in social media usage, and ad engagement, the number of internet and mobile users turning to social media influencers and their content has also increased as a result of the pandemic. Now more people buying and shopping online, as a result of the pandemic, and social distancing rules. The current crisis has forced many to shop online from the safety and convenience of their own homes, and avoid waiting in lines, and crowded areas. Social media has given voice to social movement carried in the pandemic. It provided the fuel. Social media was a big part of movements carried out like Black Lives Matter, Farmer's protest. #Blacklivesmatter was highly used to show support to the movement & creating awareness in the fight against racism. A hashtag may not seem significant to some, but it all starts with a conversation. Social media is a powerful hub that is positively impacting our lives and social movements. In addition to social media being a source of protest advertisements and petitions, it's also a resource for information. Information you were not taught in school and information that isn't shown on the news can be found on social media. Social media has proved to be a non-violent weapon in circulating information & facts in the battle for justice. This united people for a noble cause. It binds the movements together & has an impact so powerful that can shake the injustice & rip it off from its roots.

❖ **Solutions & Improvements WE can bring:**

The pandemic has proved to be a difficult time to tackle. Highly concerning 2nd wave of Covid-19 is destroying lives with its rage. The pandemic has proved to be disastrous for everyone across the globe. Everyone had sleepless nights, trembled by fear of losing loved ones, going

bankrupt, starving the family to death, all nightmares coming to reality at once. If there is a problem there has to be a solution & we have to be the driving force to be the solution to bring the solution. People can volunteer for Covid duty. With precaution taken one can help others in need & the cycle continues. There are some organizations who gave their all to show love to fellow human being & fight as a united army in this battle. To acknowledge their contribution, here is brief about some of these organizations.

- **The Ismaili India:** From distributing drinking water to oxygen delivery to medical consultation to answering thousands of calls, the hundreds of volunteers at The Ismaili India are working endlessly to help others. Their efforts were even recognized by the BMC recently for distributing drinking water to frontline workers.
- **Student army of Xavier's:** The students of St Xavier's College Mumbai have formed their own volunteer group of 200 volunteers who are helping people. They are helping people in finding leads, making calls, finding resources and more. It truly proves that nobleness is not determined by age but by actions.
- **Meal for Soul:** They are devoted army on a mission to feed Mumbai. They have been tirelessly working to provide food kits to millions of Mumbaikars during the pandemic and even now are helping as many people as they can. They have a team of volunteers who go out and distribute food to the needy. If you want you can either volunteer with them or you can even donate and help them in feeding the millions.
- **Help Now:** Started by 3 IITians, HelpNOW is the largest private ambulance network. They are providing a safe, 24x7 logistics network for transporting patients, medicines, Healthcare workers i.e. doctors & nurse and Blood/Organs/Medical supplies in India.
- **Khaana Chahiye Foundation:** It started in March 2020 and served 46 lakh meals and distributed over 20,000 grocery kits. It is a citizen-led campaign. With the current restrictions in effect again, they have started distributing meals to homeless, migrant workers, slum-dwellers, in medical institutions, and more. They have a network of NGO partners, kitchen partners and citizen volunteers. They strive to serve 20,000 daily meals to the needy all over Mumbai.

We all can take motivation by the act of these noble warriors & serve our contribution in any way possible. Blood Donation is a very important donation one can do. After being vaccinated, the person cannot donate blood for a long period of time. If this escalates, blood banks will run

short on blood & many lives will suffer at the hands of it. People yet to get vaccinated can donate blood. It is a heartfelt request to everyone to donate blood if you can. Blood donated today will save a life tomorrow. The simplest gesture one can do is showing gratitude, gratitude to frontline workers, the Covid warriors. They put their lives on line. One can always thank these heroes when they come across. To show our respect, our emotions, provide them meals as a token of gratitude. These small things can change lives. Another important thing one should do, is to get vaccinated. Get vaccinated when your number comes. Don't believe in rumors and delay the vaccination process. The Government is making a huge efforts to get everyone vaccinated as fast as possible, so it is our duty to be vaccinated by following the rules & guidelines provided. By getting vaccinated we are less of a threat to ourselves & to people we love. Households & business can make a big difference in these times. The people suffering the most are the daily wage workers, house-helpers & labor oriented workers. Businesses & Organizations should pay these people their agreed salary even though they are not able to work for the time being due to the lockdown restrictions. Doing this gesture will keep their family fed, it will save many lives. WE are in this together & WE will win together only if WE fight it together.

❖ **The Ideal Approach:**

To win a battle on the field one should first win the battle in his mind. Even with less weapons in your arsenal you can win on the battleground if you are determined to win. Covid-19 has created havoc in the World. Social distancing is the method to live life. Freedom of movement has been murdered. Results are bad. But how to interpret the results depends on every individual. It is highly essential to have the right mentality in these circumstances. A right approach will drive us through this to the better future. There are several elements which carves an ideal mentality. Following is a ting of those elements

- It is very important to take decisions even in dire circumstances with a **calm & cool mind**. The decisions should never be driven by fear, panic or nervousness, which mostly results in a mistake. No situation isn't big enough that a solution cannot be derived. But for deriving a solution calmness & mental presence is highly important. Then only a sensible decision can be taken by taking all important aspects in consideration. Panic is a ride destined towards failure.
- **Optimistic & jolly behavior** plays a big part to diffuse tension times. Laughter is the best medicine is very accurate saying. It can relish one's mood. Gives them energy to

be all charged up for next challenge. Gives sense of feeling that no matter what is the problem we will get through it laughing & giggling.

- **Be a team** in all activities. May it be work assignment or household chores, a team gets through it swiftly, efficiently & most importantly by making happy memories. That is an overall win win situation for all the components.
- **Be organized** in all the activities. There should be a game plan throughout the schedule. That makes aware of the duties, responsibilities & gives the opportunity to attain the glory you aimed & simultaneously also being able to enjoy by performing some activities of liking. Organized schedule ensure minimum burnout which is highly important in this race called life.
- **Be hopeful.** Today was difficult but it prepares you for the future & ensures that tomorrow will be better than ever. A line which has utmost importance in my life is, ‘ No matter how big a problem might seem, it is never big enough to ruin your day.’ Good things happen to people who are out expecting good things with determination. So hope is a very strong pillar on which the life stands upon. So it is everyone’s responsibility to assure that this pillar stands erect & strong.

Following all these essential elements ensure a healthy mind & a healthy mind makes a happy day. This ensures no matter how gigantic Everest seems, you can always reach on top. These are the elements on which I drive my journey of life upon. With a belief I can achieve anything & nothing can stop me I can truly achieve everything. Regardless how scary the pandemic situations are I never let it affect myself. So I write this essay while contracting covid-19, completing my work duties as well as my household duties& I will emerge victorious.

❖ **BIBLIOGRAPHY:**

Primary Source: The data for the core of the topic was gathered from personal experience of battling the covid-19 virus while drafting the essay, analysis of environment, fellow people's opinion on the respective topic, general information from news channel & applications.

Secondary Source: Following websites were referenced to for facts & statistic data:

- <https://academic.oup.com/cid/article/71/15/882/5721420>
- https://en.wikipedia.org/wiki/Impact_of_the_COVID-19_pandemic_on_education#:~:text=Mid%2DApril%3A%20A%20total%20of,of%20the%20world's%20student%20population.
- <https://www.nasa.gov/feature/goddard/2020/nasa-model-reveals-how-much-covid-related-pollution-levels-deviated-from-the-norm>
- <https://www.sportbible.com/football/take-a-bow-legends-news-charity-manchester-uniteds-marcus-rashford-has-donated-20-million-to-charity-20210521>
- <https://economictimes.indiatimes.com/news/international/world-news/us-says-vaccinated-people-can-go-mask-free-outdoors-most-of-the-time/articleshow/82284129.cms?from=mdr>
- <https://www.apollotechnical.com/working-from-home-productivity-statistics/#:~:text=A%20study%20by%20Standford%20of,fewer%20breaks%20and%20sick%20days.>
- <https://www.beckershospitalreview.com/digital-transformation/10-big-advancements-in-healthcare-tech-during-the-pandemic.html>
- <https://www.wildapricot.com/blog/volunteer-from-home>
- <https://www.whatshot.in/mumbai/covid-volunteer-groups-are-relentlessly-helping-covid-19-affected-families-c-29447>