

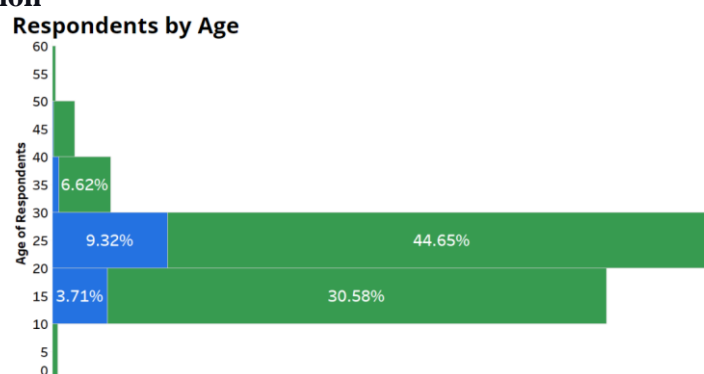
# Examining Life Amidst the COVID Era

The COVID-19 pandemic has caused significant disruptions worldwide, resulting in massive lockdowns and considerable industry changes. Isolation strategies were implemented to control the virus's transmission, significantly impacting global lifestyles and social conventions. The worldwide outbreak severely affected students, particularly those in the Delhi-National Capital Region, prompting them to transition rapidly to online education. This shift raised substantial challenges for traditional educational systems and emphasized the importance of understanding the pandemic's impact on student life.

This study explores the consequences of the COVID-19 epidemic on students in the Delhi-National Capital Region, with a particular focus on their mental health, social connections, and educational experiences. The transition to online learning presented significant problems for traditional education, making it critical to thoroughly understand its impact on students. The study handles critical issues concerning students' health and well-being during the pandemic, in line with Sustainable Development Goal 3 (SDG 3): to ensure healthy lifestyles and promote well-being for all ages. The study is intended to help academics, educators, policymakers, and other stakeholders understand the pandemic's psychological and educational effects on students.

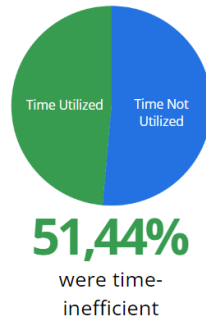
Considering possible biases in self-reported data and geographical focus, the study assumes an accurate portrayal of students' experiences in the Delhi-National Capital Region. Regardless of those drawbacks, the study is critical for understanding the pandemic's broader effects on students' lives, providing practical insights that might help shape future educational policies and mental health systems. The study presents an in-depth analysis of these existing concerns and prospective solutions, making it a valuable resource for people concerned about students' well-being during and after the pandemic.

## I. Age Distribution



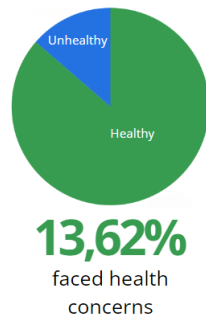
The age distribution of survey responses indicates that the majority are in their teens and twenties. This demographic information is critical for understanding the unique issues different age groups face. Younger students may struggle with self-discipline in online learning, whereas older students may experience stress due to future career prospects.

## II. Time Management



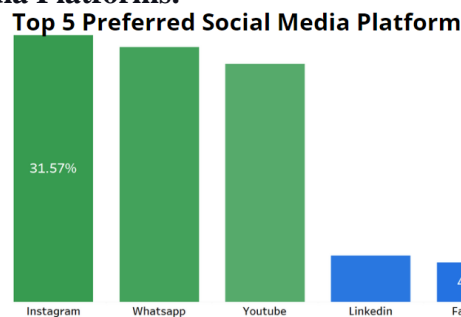
The study finds that time management has been a critical difficulty for students during the pandemic. According to the research, 51.44% of students felt they were not using their time efficiently. This finding demonstrates students' difficulty adjusting to new habits and properly managing their time in an online learning environment.

## III. Health Concerns



According to the survey, roughly 13.62% of students reported health difficulties, indicating a significant influence on their physical and mental health. This finding reflects a more substantial global trend of growing health concerns caused by lengthy lockdowns and lifestyle changes.

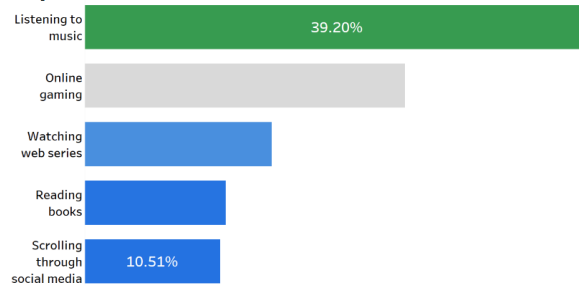
## IV. Preferred Social Media Platforms.



The report also looks at the most popular social media platforms among students, providing insights into their online behavior and the impact social media played in maintaining relationships during the pandemic. Instagram and WhatsApp were the most popular options, indicating their importance in students' social lives.

## V. Stress Relief Activities

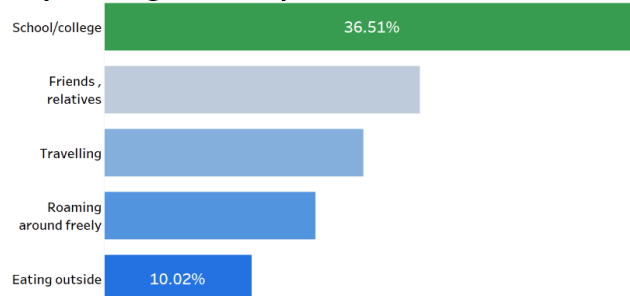
### Top 5 Preferred Stress Busters



Stress management is another essential issue. During the pandemic, students favored listening to music and playing online video games as their top five stress-relieving hobbies. These coping methods were critical for students surviving these difficult times, allowing them to relax and relieve stress.

## VI. Missed Pre-Pandemic Aspects

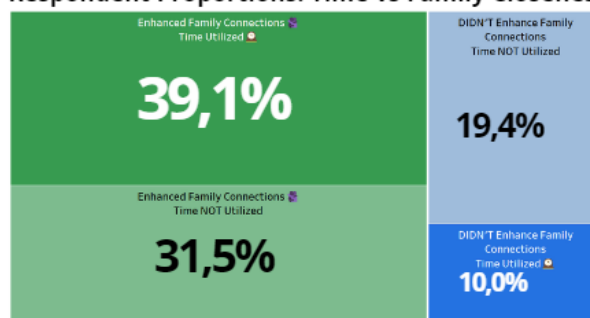
### Top 5 Things the Respondent Miss the Most



Students missed various components of their pre-pandemic lives, including attending school and college and spending time with friends and family. These variables reveal what characteristics of routine students cherished and how the epidemic affected their social and academic contexts. The absence of in-person encounters and regulated routines substantially impacted their everyday lives.

## VII. Family Closeness and Time Management

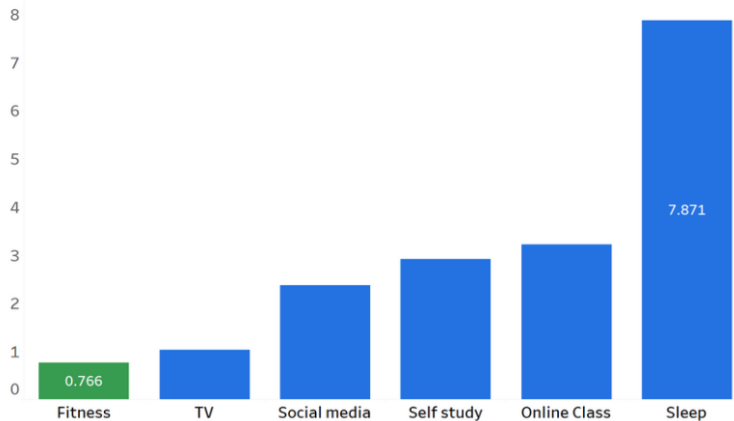
### Respondent Proportions: Time vs Family Closeness



The evidence reveals a link between good time management and increased family connectedness. Students who controlled their time effectively reported more significant family connections. This insight is essential because it shows how effective time management can improve personal relationships during difficult times.

VIII. **Daily Activities**

**Hours Spend by Activity**



The investigation of how the students spent their time revealed some troubling trends. Exercise was the activity that required the least amount of time, indicating a lack of physical activity. Physical inactivity can have a long-term negative impact on both physical and mental health. Encouraging children to include more physical activity in their daily routines is vital.

IX. **Activity Levels and Health Concerns**

**Activity Hours by Health Issue**



The study found no clear relationship between activity level and health difficulties, implying that various factors influence students' health outcomes, including mental health, nutrition, and pre-existing diseases. To fully understand this complicated shifting, a thorough method is required.

## **Conclusion**

Based on this study, students experienced considerable problems with inefficient time management and a lack of physical activity throughout the epidemic. These factors and health problems highlight the importance of improved support networks. Educational institutions and policymakers must address these issues to assist students in managing their time correctly and adopting healthy habits into their daily routines.

The positive correlation between time management and family connections emphasizes the need to foster conditions that promote time management abilities. Recognizing students' preferred stress relievers may help develop effective mental health regulations.

Although there is no direct link between exercise levels and health conditions, addressing student health requires a comprehensive approach. Future research should look at a wider variety of indicators to better understand the factors that influence student well-being.

This study shines awareness on the multidimensional impact of the COVID-19 pandemic on students' lives, providing practical knowledge that might advise future approaches to education and mental health policies. Supporting and improving our students' well-being during these difficult times is critical.