

SURVEY PROJECT REPORT

ON

A STUDY TO ASSESS THE MENTAL HEALTH OF COMMUNITY OF INTEGRAL UNIVERSITY DURING COVID-19

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF

Bachelor of Science

(Physics, Mathematics, Statistics)
BATCH -2018-21

BY

Ashra Bano (1801076010)

Abdun Nabi

(1801239002)

Divyanshu Singh (1801239004)

Maahzain Shakeel (1801239006)

Muskan Sachdeva

(1801239008) Nitish Singh

(1801239010)

Shafahad Khan (1801239012)

Abdul Ahad (1801239001)

> Diksha Singh (1801239003)

> Zeenat Khan (1801239005)

MD Izhan

(1801239007) Nazreen malik

(1801239009) Owais Ahmad

(1801239011)

Shiv Varun Maurya (1801239013)

UNDER THE SUPERVISION OF

Dr. Quazzafi Rabbani Dr. Abdul Quddoos

DEPARTMENT OF MATHEMATICS AND STATISTICS INTEGRAL UNIVERSITY, LUCKNOW -226026

INDEX

Contents.

Chapter 1: Introduction.

Chapter 2: Survey Methodology

- 2.1 Introduction
- 2.2 Population
- 2.3 Subpopulation
- 2.4 Census
- 2.5 Sampling
- 2.6 Sampling Design
- 2.7 Sampling Frame
- 2.8 Simple Random Sampling
- 2.8.1 Simple Random Sampling without Replacement
- 2.9 Data Collection
- 2.10 Designing a Questionnaire
- 2.11 Field work
- 2.12 Test of hypothesis

Chapter 3: Collection and Analysis of Data.

- 3.1 Title of the Survey
- 3.2 Population under Study
- 3.3 Sampling Frame construction

- 3.4 Sampling type
- 3.5 Questionnaire
- 3.6 Field work
- 3.7 MS-Excel Spread sheet
- 3.8 Analysis of Data

Chapter 4: Analysis of the data based on the mental health of the community

- 4.1 Demonitisation Analysis
- 4.2 References

Appendix-A:

QUESTIONNAIRE

Appendix-B: MS-Excel

Spreadsheet

CHAPTER- 1 INTRODUCTION

♣BACKGROUND

The COVID-19 pandemic has led to complete shut-down of the entire world and almost all the countries are presently in a *lockdown mode*. While the lockdown strategy is an essential step to curb the exponential rise of COVID-19 cases, the impact of the same on mental health is not well known.

♣ AIM

To study the impact of COVID-19 on the mental health of the community of Integral University with an objective to assess the prevalence of depression, anxiety, perceived stress, well-being and other psychological issues.

UNITERIALS AND METHODS

It was an online survey conducted using the Google form. People were invited to fill out the web-based questionnaire via social media. This self-administered web-based questionnaire assessed the mental state of the participants by attempting the questions contained in it regarding COVID-19 and mental health. The survey link was circulated starting from April 25, 2021 and was closed on June 15,

2021.

♣ OVERVIEW

A pandemic is not just a medical phenomenon. It affects individuals and society and causes disruption, anxiety, stress, stigma or xenophobia. The behaviour of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity, degree of flow and after effects.

Rapid human-to-human transmission of the *SARS-CoV-2* resulted in the enforcement of regional lockdowns to stem the further spread of the disease. Isolation, social distancing, and closure of educational institutes, workplaces and entertainment venues consigned people to stay in their homes to help break the chain of transmission. However, the restrictive measures undoubtedly have affected the social and mental health of individuals from across the board.

As more and more people are forced to stay at home in self-isolation to prevent the further flow of the pathogen at the societal level, governments must take the necessary measures to provide mental health support as prescribed by the experts.

Professor *Tiago Correia* highlighted in his editorial as the health systems worldwide are assembling exclusively to fight the COVID-19 outbreak, which can drastically affect the management of other diseases including mental health, which usually exacerbates during the pandemic. The psychological state of an individual that contributes toward the community health varies from person-to-person and depends on his background and professional and social standings.

Quarantine and self-isolation can most likely cause a negative impact on ones mental health. A review published in *The Lancet* said that the separation from loved ones, loss of freedom, boredom, and uncertainty can cause deterioration in an individual's mental health status. Under the current global situation, both children and adults are experiencing a mix of emotions. They can be placed in a situation or an environment that may be new and can be potentially damaging to their health.

♣ CHILDREN AND TEENS AT RISK

Children, away from their schools, friends and colleagues, staying at home can have many questions about the outbreak and they look up to their parents or caregivers to get the answer. Not all children and parents respond to stress in the same way. Kids can experience anxiety, distress, social isolation or an abusive environment that can have short or long-term effects on their mental health. Some common changes in their behaviour can be:

- > Excessive crying and annoying behaviour
- ➤ Increased sadness, depression or worry
- ➤ Difficulties with concentration and attention
- > Changes in or avoiding activities that they enjoyed in the past
- ➤ Unexpected headaches and pain throughout their bodies
- > Changes in eating habits

To help offset negative behaviours, parents require to remain calm, deal with the situation wisely and answer all of their child's questions to the best of their abilities. Parents can take some time to talk to their children about this pandemic and help them by:

- ➤ Share some positive facts, figures and information
- > Encourage them in some activities, both physical and mental
- ➤ Developing a home schedule that can help their children to keep up with their studies
- > Involving in healthy activities with their children

By following all these factors, parents can actually help with not only their children's mental health but their mental health too.

♣ ELDERS AND PEOPLE WITH DISABILITIES AT RISK

Elderly people are more prone to the COVID-19 outbreak due to both clinical and social reasons such as having a weaker immune system or other underlying health conditions and distancing from their families and friends due to their busy schedules. According to medical experts, people aged 60 or above are more likely to get the SARS-CoV-2 and can develop a severe or grave condition even if they are healthy.

Physical distancing due to this pandemic can have drastic negative effects on the mental health of such individuals. It can cause anxiety, distress or induce a traumatic situation for them. They depend on young ones for their daily needs and self-isolation can critically damage a family system. The elderly and disabled people living in nursing homes can face extreme mental health issues.

However, a simple phone call during these times can help to console them. This pandemic is also catastrophic to the mental health of people already dealing with mental health issues.

Family members may witness any of the following changes to the behaviour of older relatives:

- ➤ Mood alternations and peevish behaviour
- Change in their sleeping and eating habits
- > Emotional outbursts

The World Health Organization suggests that family members should regularly check on senior citizens in their family and at nursing facilities. Younger family members should take some time to talk to older members of the family and become involved in some of their daily routines if possible.

♣ HEALTH WORKERS AT RISK

Doctors, nurses, and paramedics working as a front-line force to fight the COVID-19 outbreak are more susceptible to develop mental health symptoms. Fear of catching a disease, long working hours, unavailability of protective gear and supplies, patient load, unavailability of effective COVID-19 medication, death of their colleagues after exposure to COVID-19, social distancing and isolation from their loved ones and the dire situation of their patients may take a negative toll of their mental health. The working efficiency of health professionals may decrease gradually as the pandemic prevails. Health workers should take short breaks between their working hours and deal with the situation calmly.

STIGMATIZATION

Generally,people released from quarantine lately can experience stigmatization and develop a mix of emotions. Everyone may feel different and have a different welcome by society when they come out of quarantine. People who recently recovered may have to exercise social distancing from their loved ones and relatives to ensure their safety because of unprecedented viral nature. Different age groups respond to this social behaviour differently, which can have both short and long-term effects.

Health workers trying to save lives and protect society also experience social distancing, change in the behaviour of family members and stigmatization for being suspected of carrying COVID-19. COVID-19 warriors and health professionals (dealing pandemic) may develop sadness, anger or frustration because friends or dear ones may have

unfounded fears of contracting the disease from contact with them, even though they have been determined not to be contagious.

However, current situation requires a clear understanding of the effects of the recent outbreak on the mental health of people of different age groups to prevent and avoid the COVID-19 pandemic.

LAKING CARE

Understanding the effects of the COVID-19 outbreak on the mental health of various populations are as important as understanding its clinical features, transmission patterns and management.

Spending time with family members including children and elderly people, involvement in different healthy exercises, following a schedule/routine and taking a break from traditional and social media can all help to overcome mental health issues.

Public awareness campaigns focusing on the maintenance of mental health in the prevailing situation are urgently needed.

CHAPTER- 2 SURVEY METHODOLOGY

INTRODUCTION

Statistical surveys are undertaken with a view towards making statistical inferences about the population being studied, and this depends strongly on the survey questions used Polls about public opinion, public health surveys,market research surveys,government surveys and censuses are all examples of quantitative research that use contemporary survey methodology to answer questions about a population. Although censuses do not include a "sample". They do include other aspects of survey methodology, like questionnaires, interviewers, and non response follow-up techniques. Surveys provide important information for all kind of public information and research fields e.g., marketing, research, psychology, health professionals and sociology.

The purpose of statistical survey is to obtain information about population. The information about population may be obtained in two ways;

- Information collected only from a group of selected units of the population i.e., from the sample of the population called sample survey.
- J Information collected from each unit of the population called census survey.

Sample survey is preferred over the census for the following positive qualities of sample survey:

Reduced cost as compared to census

- Less time as compared to census
- Administrative convenience as compared to census
-) Greater accuracy of results

♣ POPULATION

In statistics, a population is a complete set of items that share at least one property in common that is the subject of a statistical analysis. For example, the populations of German people share a common geographic origin language, literature, and genetic heritage, among other traits, that distinguish them from people of different nationalities. As another example, the Milky Way galaxy comprises a star population. In contrast, a statistical sample is a subset drawn from the population to represent the population in a statistical analysis. If a sample is chosen properly, characteristics of the entire population that the sample is drawn from can be inferred from corresponding characteristics of the sample.

♣ SUBPOPULATION

A subset of a population is called a subpopulation if they share one or more additional properties. For example, if the population is all German people, a subpopulation is all German males; if the population is all pharmacies in the world, a subpopulation is all pharmacies in Egypt.

In contrast, a subset of a population that does not require the sharing of any additional property is called a sample.

Descriptive statistics may yield different results for different subpopulations. For instance, a particular medicine may have different effects on different subpopulations, and these effects may be obscured or dismissed if such special subpopulations are not identified and examined in isolation.

Similarly, one can often estimate parameters more accurately if one separates out subpopulations: the distribution of heights among people is better modelled by considering men and women as separate subpopulations, for instance.

Populations consisting of subpopulations can be modelled by mixture models, which combine the distributions within subpopulations into an overall population distribution. Even if subpopulations are well-modelled by given simple models, the overall population may be poorly fit by a given simple model poor fit may be evidence for existence of subpopulations.

For example, given two equal subpopulations, both normally distributed, if they have the same standard deviation and different means, the overall distribution will exhibit low kurtosis relative to a single normal distribution the means of the subpopulations fall on the shoulders of the overall distribution. If sufficiently separated, these form a bimodal distribution, otherwise it simply has a wide peak. Further, it will exhibit over dispersion relative to a single normal distribution with the given variation. Alternatively, given two subpopulations with the sane mean and different standard deviations, the overall population will exhibit high kurtosis, with a sharper peak and heavier tails (and correspondingly shallower shoulders) than a single distribution.



CENSUS

A census is the procedure of systematically acquiring and recording information about all the members of a given population. It is a regularly occurring and official count of aparticular population. The term is used mostly in connection with national population and housing censuses; other common censuses include agriculture, business, and traffic censuses .The United Nations defines the essential features of population and housing censuses as "individual enumeration, universality within a defined territory, simultaneity and defined periodicity", and recommends that population censuses be taken at least every 10 years United Nations recommendations also cover census topics to be collected, official definitions, classifications and other useful information to coordinate international practice.

SAMPLING

In statistics, quality assurance, & survey methodology, sampling is concerned with the selection of a subset of individuals from within a statistical population to estimate characteristics of the whole population.

Each observation measures one or more properties (such as weight, location, colour) of observable bodies distinguished as independent objects or individuals. In survey sampling, weights can be applied to the data to adjust for the sample design, particularly stratified sampling Results

from probability theory and statistical theory are employed to guide practice. In business and medical research, sampling is widely used for gathering information about a population

The sampling process comprises several stages:

- Defining the population of concern
- Specifying a sampling frame, a set of items or events possible to measure.
- Specifying a sampling method for selecting items or events from the frame
- Determining the sample size
- Implementing the sampling plan
- Sampling and data collecting
- Data which can be selected

♣ SAMPLING DESIGN

A procedure or plan drawn up before any data is collected to obtain a sample from a given population is known as sampling design also known as sampling plan survey design. Sample is a part or fraction of population which gives the maximum information about population. Sample consists of a few individuals of a population. It is best achieved when sample consists all the properties of a population. Then it is called best sample. A sample should be such that it is a true representative of the population. The purpose to take sample is to find maximum information about population at minimum cost, time and human resources

♣SAMPLING FRAME

A sampling frame is a complete list of all the members of the population that we wish to study. For using sampling methods in the collection of data, it is essential to have a frame of all the sampling units belonging to the population to be studied with their proper identification particulars, such a frame is called the sampling frame. This may be a list of units with their identification particulars. This sampling frame must be updated because there is some information that may be missing or may be replaced by new sampling units or information.

SIMPLE RANDOM SAMPLING

Simple random sampling is the basic selection process of sampling and is easiest to understand.

A random sample is one in which each unit of population has an equal chance of being included in it. Proper care has to be taken to ensure that the selected sample is random. Human bias, which varies from individual to individual, is inherent in any sampling scheme administered by human being.

Fairly good random samples can be obtained by using lottery system.

Two types of Simple Random Sampling:

- i) Simple Random Sampling with Replacement (SRSWR)
- ii) Simple Random Sampling without Replacement (SRSWOR)

Here in our sampling procedure we have used Simple Random Sampling without Replacement.

♣ SIMPLE RANDOM SAMPLING WITHOUT REPLACEMENT

Suppose the population consists of N unit, then a unit is selected, its content noted and the unit is not return to the population on before the next draw is made.

The process is repeated 'n' times to give a sample of 'n' units. In this method at the rth draw, each of the (n-r+1) units of the population gets the same probability 1 of being included in the sample N-r+1.

Here any unit of population cannot occur more than once in the sample.

LANGE TO SELECTION

There are many methods of data collection such as through post, telephonic interviews, questionnaire, interviews etc.

This is an important aspect of survey and the decision regarding choice of method of data collection is obtained after careful consideration of accuracy, practicability and cost from among the alternative methods.

- 1. We used the questionnaire to collect the opinion of students.
- 2. Then analyze the responses on the Google form
- 3. Conclude out the relevant information.

DESIGNING OF QUESTIONNAIRE

Keeping in mind that the questionnaire is able to realize its objectives and also able to obtain the most complete and accurate information and possible, questions are formulated following the guidelines given as below:

- 1. Words used should be of general English and also length of questions should not be through long.
- 2. Questions should be in simple language and easy to understand.

- 3. Number of questions should be appropriate enough show that the respondents do not get irritated, bored, getting fatigue while answering.
- 4. Open ended questions should be avoided as these are difficult to analyze.

⋠ FIELD WORK

Field work is the most important and indispensable part of any survey as it is backbone of all the surveys that are conducted. So the field work is taken sincerely, honestly and as per the specification laid down by the supervisor in order to have the accurate value in our results.

For the survey, the first task is to get complete list of sampling units of the population, called sampling frame. The sample size, n, determined as mentioned above is used to select sample by using the R command "sample(c (1, 2, 3, 4, 5... N), size=n, replace=F)*". After selecting the sampling units and preparation of questionnaire, the job is to collect information from selected sample unit. For this each individual is approached and the investigator introduces himself/herself and explains them the reason of the visit requests to fill the questionnaire. The data is collected with a great deal of surveillance in a very polite manner. Sometimes the respondents desire to have some time for filling up the questionnaire. In that case, the questionnaires are collected after the time given by the respondents. On the spot,

checking is made in each and every case.

♣ TEST OF HYPOTHESIS FOR TESTING THE POPULATION PROPORTION OF RESPONDENTS AGREES WITH THE NOTION

Null Hypothesis: There is no significant difference between the number of respondents agree/strongly agree and those who disagree/strongly disagree with the stated opinion.

Alternative Hypothesis: The proportion of respondents agreeing/strongly agreeing with the stated opinion is larger than those are disagreeing/strongly disagreeing.

Test

Statistics:
$$Z = X - np$$

$$(nPO)$$

Where P is the proportion of respondents under null hypothesis

X is number of respondents who were students

n is the total number of respondents who were other than students of the notion.

$$Q = 1 - P$$

Under the null hypothesis P = 0.5

Level of Significance (for one tail test-right-tailed):

$$= 0.05, Z = 1.645;$$

Rejection criterion Reject Ho when Z > Z

CHAPTER - 3

COLLECTION AND ANALYSIS OF DATA

***** TITLE OF THE SURVEY PROJECT

"A Study to assess the mental health of community during COVID-19, for the community of Integral University, Lucknow, India"

Objectives:

- To conduct the sample survey to collect the data about mental health and overall health of the community of Integral University, Lucknow.
- To analyse the data collected from the sample survey with the help of questionnaire
- To present the conclusions obtained in the analysis of the survey.

POPULATION UNDER STUDY

In this survey the population comprises of UG, PG and Research scholars and the faculty members of Integral University.

Integral University is a private University which has two hostels:

- 1.) Girls hostel and
- 2.) Boys hostel

along with non-hostelers and these categories of respondents are allied to our survey.

SAMPLING FRAME

We have list of all the students from department of science, all the sections of B.Sc in Integral University.

As we have complete everything by online mode, we were not able to collect the list all the units of population.

♣ SAMPLING TYPE

We have conducted **simple random sampling**, and the total sample is **500.** And this amount of data is sufficient to draw a proper conclusion about average mental condition of the people of the community.

UESTIONNAIRE

- ➤ It consists of 22 questions seeking about the impact of COVID-19 on the topic "A study to assess the mental health of community of integral university during COVID-19"
- Four demographic questions are there in the beginning of the questionnaire, asking about:
 - 1. Age of the respondent
 - 2. Their occupation
 - 3. Their gender
 - 4. And their residence

➤ 11 MCQs questions, 11 yes/no type questions; these together comprises the whole questionnaire.

The questionnaire is given at the Appendix A

♣ FIELD WORK

The field work was carried out as detailed in Chapter 2. Since, it is a known fact that no two individuals are alike, it became crystal clear during the survey that each respondent has their own way of expressing about their mental health. Overall, the respondents were helpful and co-operative. They tried their best to make our task easier. Sometimes, due to non-availability of respondents and some other reasons we have asked each individual if they had fill the survey form or not.

♣ MS-EXCEL SPREADSHEET

We have included MS-EXCEL spreadsheet that is showing the response of each and every individual.

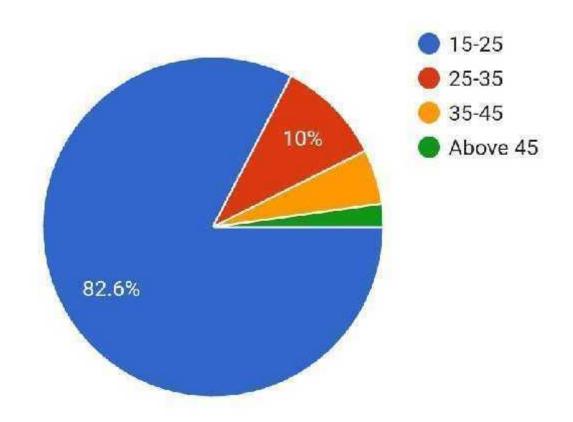
A spreadsheet is a file that exists of cells in rows and columns and help arrange, calculate and sort data.

MS-Excel Spreadsheet is given at the Appendix B.

ANALYSIS OF DATA

1.Age

AGE	15-25	25-35	35-45	45 AND ABOVE
INDIVIDUAL	413	50	26	11
PERCENTAGE	82.6%	10%	5.2%	2.2%

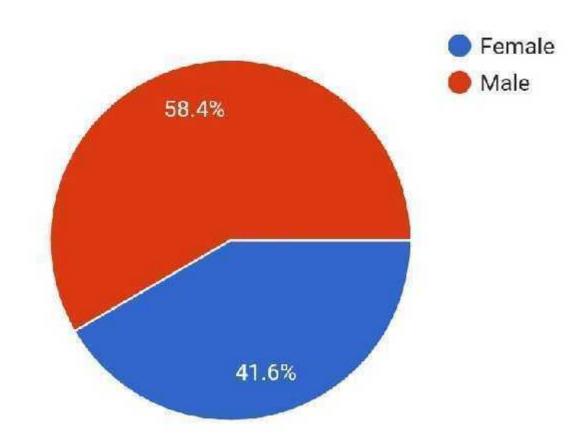


Conclusion:-

We conclude that the average age of respondent is 22.7 years and most of the respondent lies between the age group 15 to 25 years.

2.Gender

MALE	FEMALE
292	208
58.4%	41.6%

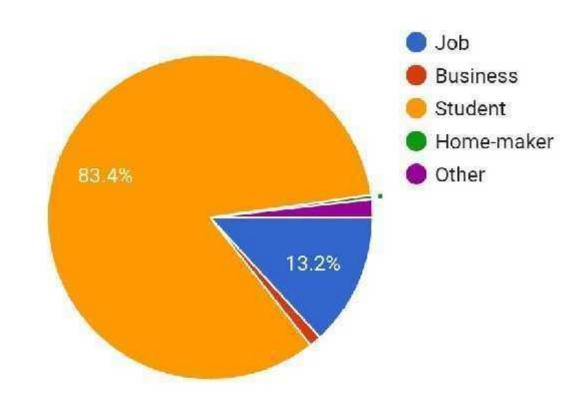


Conclusion:-

It is evident from the above graph that the most of the respondent are male.

3.Occupation

JOB	BUSINESS	HOMEMAK	STUDENT	OTHERS
66	6	0	417	9
13.2%	1.2%	0%	83.4%	1.8%

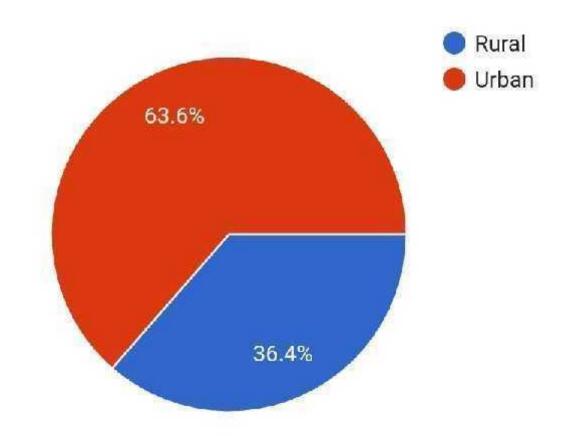


Conclusion:-

Above pie chart clearly indicates that the respondent are distributed among various occupation classes. Job, business, students, home maker and others. however, the students have a larger scale.

4.Residence

URBAN	RURAL
318	182
63.6%	36.4%

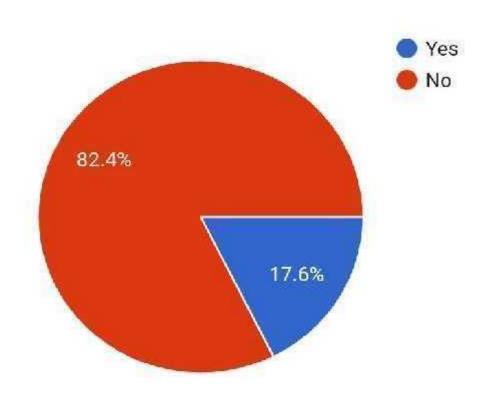


Conclusion:-

It is evident from the above graph that most of the respondent belong to urban areas.

5.Suffered from Covid-19

YES	NO
88	412
17.6%	82.4%

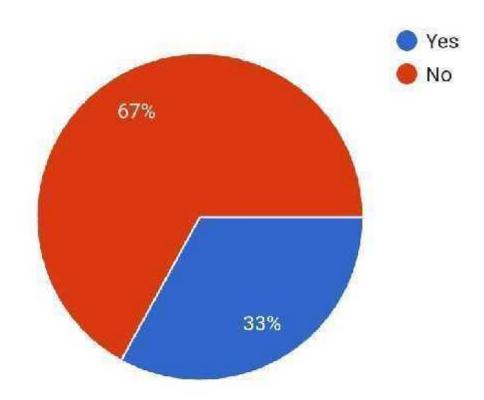


Conclusion:-

We conclude that there is less proportion of respondent who suffered from due to Covid-19.

6.Individual whom immediate family members suffered from Covid-19

YES	NO
165	335
33%	67%

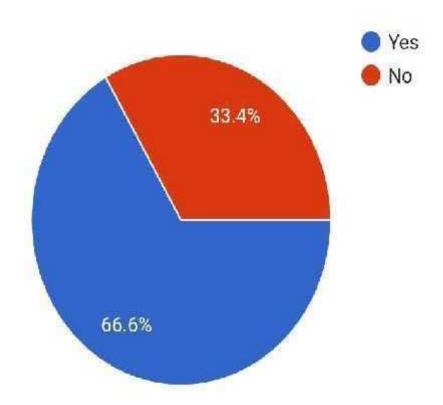


Conclusion:-

Above pie chart clearly indicates that there is approximate one third respondent whose family members suffered from Covid-19.

7. Close friend / relative suffered from Covid-19?

YES	NO
333	167
66.6%	33.4%

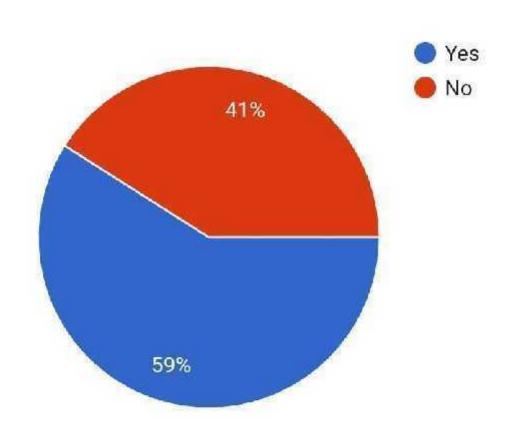


Conclusion:-

We conclude that there is almost two-third respondent whose known or relative suffered from Covid-19.

8. Is there any death in your close social circle?

YES	NO
295	205
59%	41%

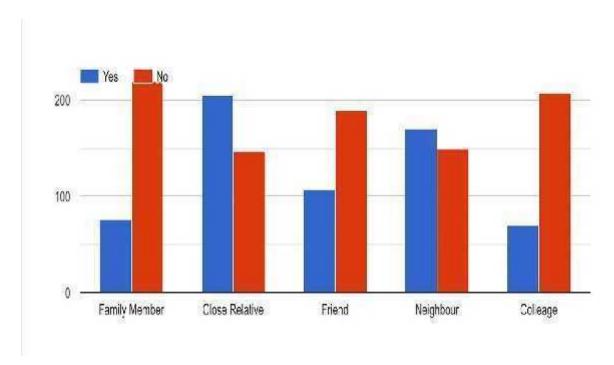


Conclusion:-

Most of the respondent reported that there is death in their close social circle.

8.a).if yes

Family	Close relativ	Friend	Neighbour	Colleague
76	205	107	170	69
15.2%	41%	21.4%	34%	13.8%

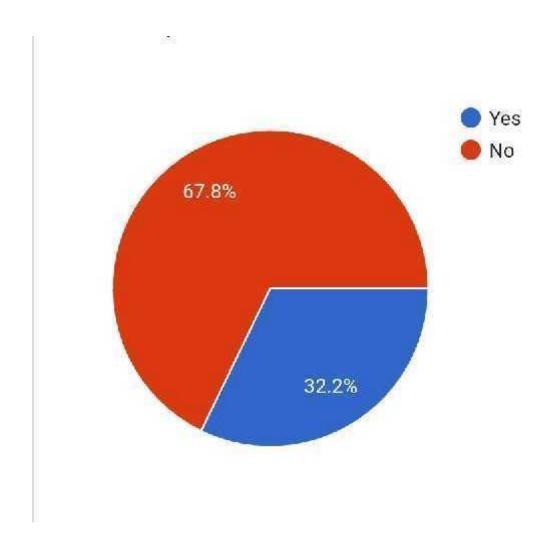


Conclusion:-

There is high fatality among respondents close relative as compared to friends and family members.

9. Are you socially excluded due to COVID-19?

Yes	No
161	339
32.2%	67.8%

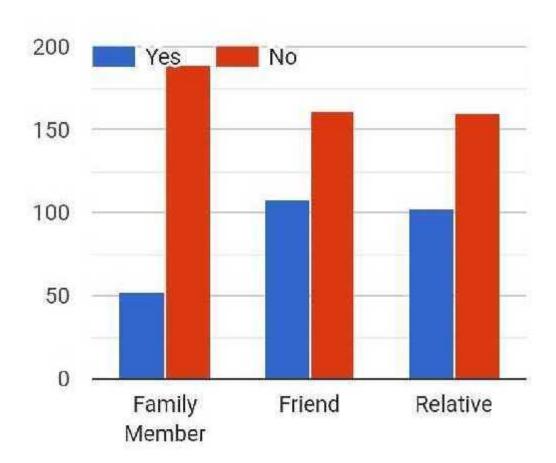


Conclusion:-

Concerning the graph that not more than one-third respondent feel they are socially excluded from Covid-19.

9.a) if yes then whom?

Family member	Friend	Relative
52	108	102

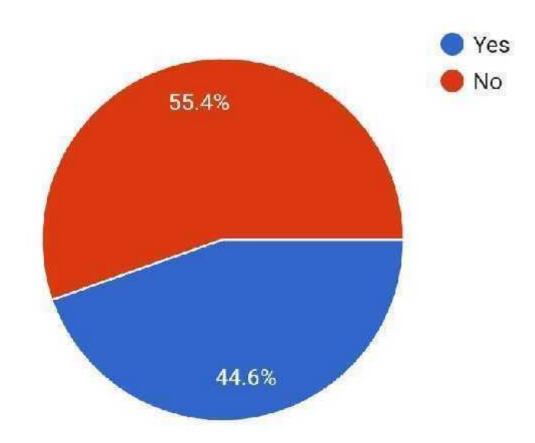


Conclusion:-

There is high proportion of respondent who are feeling that they are socially excluded from their friends and low proportion of respondent who feel that they are not disconnected from their family members.

10. Are you over worked or exhausted due to COVID-19?

Yes	No
223	277
44.6%	55.4%

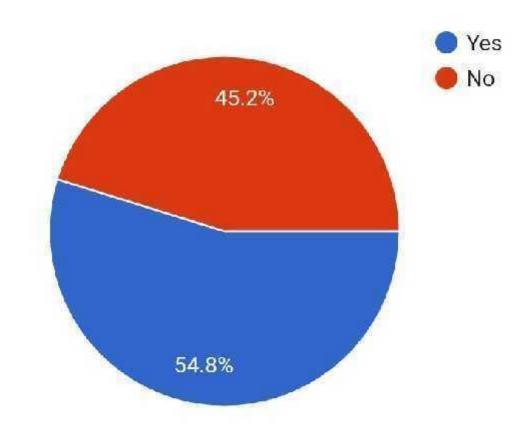


Conclusion:-

We Conclude that more than fifty percent respondent feels that they are not exhausted from Covid-19 pandemic curfew and restriction.

11. Is your sleep routine normal these days?

Yes	No
274	226
54.8%	45.2%

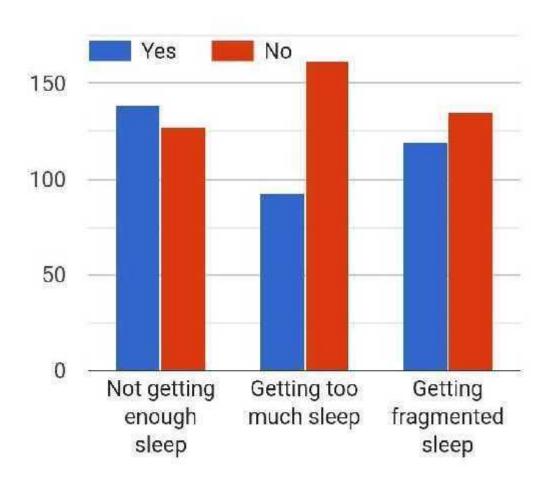


Conclusion:-

Above pie chart clearly indicate that approximately half of the respondent sleep routine are disturbed due to Covid-19 pandemic.

11a. If No, then what changes in your sleep routine are you experiencing?

Not sleep	getting	enough	Getting to much sleep	Getting sleep	fragmented
139			93	120	

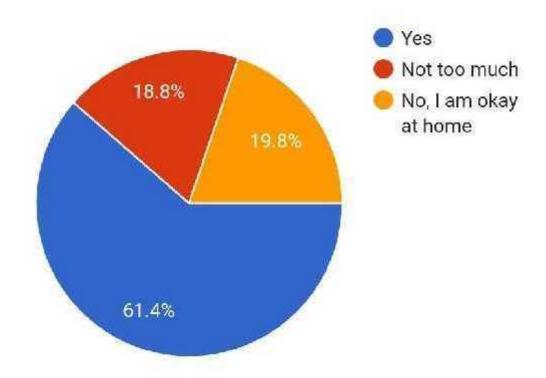


Conclusion:-

Most of the respondent are not getting enough sleep.

12. Are you missing travelling / going out?

Yes	No	Not to much
307	99	94
61.4%	19.8%	18.8%

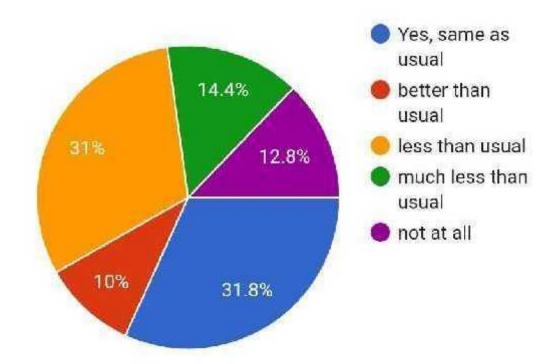


Conclusion:-

Majority of the respondent are missing going out due to Covid-19 curfew.

13. Are you able to concentrate on what you are doing?

Yes	Better than usual	Less than usual	Much less than	No
159	50	155	72	64
31.8%	10%	31%	14.4%	12.8%

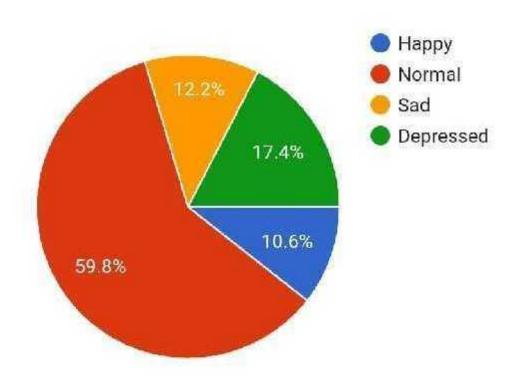


Conclusion:-

There is majority of respondent who feel that they are not able to concentrate properly on their work.

14. How are you feeling these days?

Happy	Normal	sad	Depressed
53	299	61	87
10.6%	59.8%	12.2%	17.4%

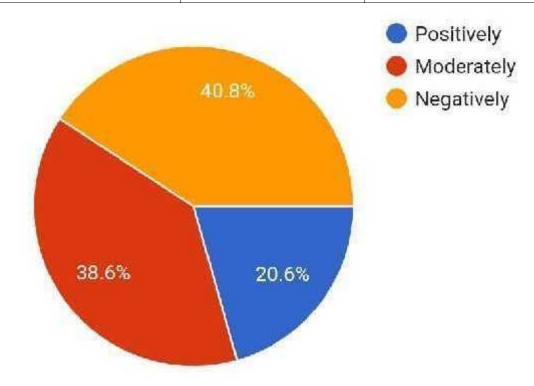


Conclusion:-

It is evident that there is less number of respondent who are feeling happy.

15. How do you think pandemic is affecting your work / study?

Positively	Negatively	Moderately
103	204	193
20.6%	40.8%	38.6%

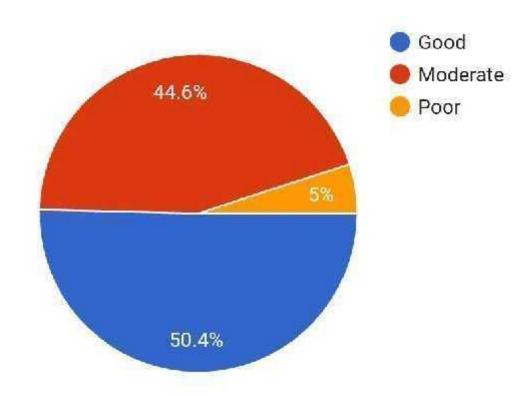


Conclusion:-

Most of the respondent work are negatively affected or moderaterly affected by the Covid-19 pandemic.

16. what is your overall health status?

Good	moderate	Poor
252	223	25
50.4%	44.6%	5%

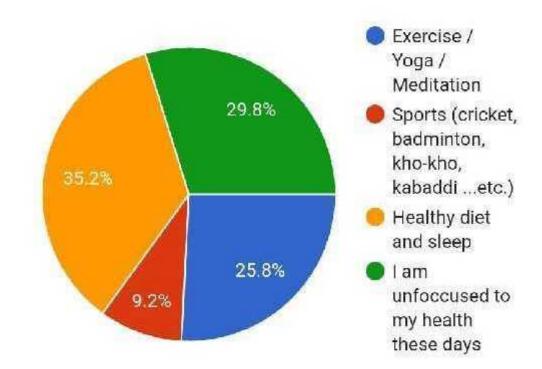


Conclusion:-

Concerning the graph that there is least number of respondent whose health status is poor.

17. What are you preferring to maintain your health?

Exercise /yoga /meditation	Sports	Healthy diet and sleep	I am not focused to my health these
129	46	176	149
25.8%	9.2%	35.2%	29.8%

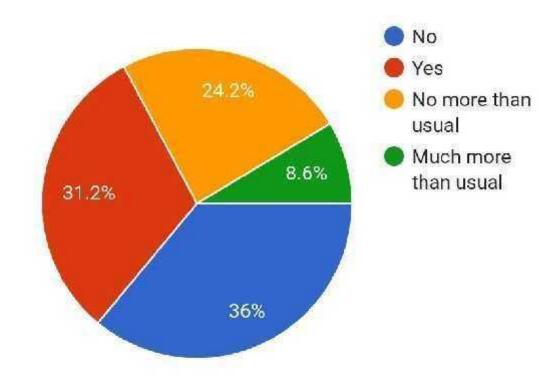


Conclusion:-

Most of the rerspondent are maintaining a healthy diet and sleep.

18. Are you feeling constantly under stress these days?

Yes	No more than usual	Much more than usual	No
156	121	43	180
31.2%	24.2%	8.6%	36%

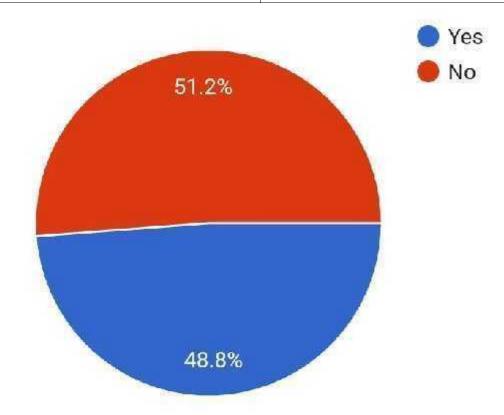


Conclusion:-

It is evident that more than of the respondent are not feeling stressed these days.

19. have you recently felt losing confidence in yourself?

Yes	No
244	256
48.8%	51.2%



Conclusion:-

Above pie chart indicates that there is no significant differences between the respondents who have lost their confidence in themselves who have not.

CHAPTER-4

RESULTS AND CONCLUSION

♣ About the respondents:

Most of the respondents are students of age group 15-25, belong to the urban areas. And most of them are male, although females have also participated in a good amount.

CONCLUDING THE RESPONSES:

- There is very less proportion of respondents who have suffered from Covid-19
- There are approximately one-third of the respondents whose family members suffered from Covid-19.
- There are almost two-third of the respondents whose known or relatives suffered from Covid-19.
- Most of the respondents reported that there is death in their close social circle.
- There is high fatality among the close relatives of the respondents as compared to their friends and family members.
- No more than one-third respondents feel that they are socially excluded due to Covid-19.
- And among those one-third, there is high proportion of respondents who
 are feeling that they are socially excluded from their friends and very
 low proportion of the respondents feel that they are disconnected from
 their family members.

- More than 50% of the respondents feel that they are not exhausted due to Covid-19 pandemic curfew and restrictions.
- Approximately half of the respondents have their sleep routine disturbed due to Covid-19.
- Most of the respondents are not getting enough sleep, and there is low proportion of the respondents who are sleeping more than necessary.
- Majority of the respondents are missing going out due to COVID-19 curfew.
- There is majority of the respondents who feel that they are not able to concentrate on their work properly.
- Most of the respondents are not feeling happy.
- Most of the respondents feel that the pandemic has negatively affected their work/study. Also many respondents feel that the impact of pandemic is moderate to their work/study.
- There is least number of respondents whose health status is poor.
- Most of the respondents are maintaining a healthy diet and sleep.

- Most of the respondents are not stressed.
- There is no significant difference between the respondents whose have lost their confidents in themselves and who have not.

The analysis of the survey reveals that majority respondents are aware to their mental health. Most of the respondents are not de-motivated by the changes in their routine cycle and they are trying their best to adapt in the situation. Although most of them are not able to do their work properly but they have understood the situation and accepted it.

REFERENCES

Books:

- 1. Roger L. Berger, George Casella (2002): Statistical Inference, Cenage Learning
- 2. Hogg and Tanis (2007): Probability and Statistical Inference, Macmillan
- 3. Cochran, W.G.(1997): Sampling Techniques, John Wiley & Sons

Websites:

- 1.<u>https://www.ncbi.nlm.nih.gov</u>
- 2.https://www.en.wikipedia.org
- 3. https://www.mentalhealth.gov.in
- 4.https://www.helpguide.org
- 5.https://www.who.int

Appendix-A

The Questionnaire

To collect opinion of the students, professors and staff members of Integral Univeristy, Lucknow.

on

A study to assess the mental health of the community of Integral University during COVID-19 pandemic

Covid-19 has created a cycle of concern, worry and distress and it is keeping our mind preoccupied with more questions and apprehensions. Therefore this study is to evaluate mental health in times o Covid-19.

Superviser's Name: Dr. Quazzafi Rabbani and Dr. Abdul Quddoos Sir (Department of Mathematics and Statistics, INTEGRAL UNIVERSITY, Lucknow) *Required

1.	Question 1. Age *
	Mark only one oval.
	15-25
	25-35
	35-45
	Above 45
2.	Question 2. Gender *
	Mark only one oval.
	Female
	Male
3.	Question 3.Occupation *
	Mark only one oval.
	Job Business
	Student
	Home-maker
	Other

4.	Question 4.Residence *
	Mark only one oval.
	Rural
	Urban
5.	Question 5.Have you suffered from COVID-19?*
	Mark only one oval.
	Yes
	No
6.	Question 6.Have your immediate family members suffered from COVID-19? *
	Mark only one oval.
	Yes
	No
7.	Question 7. Have your close friend / relative suffered from Covid-19? *
	Mark only one oval.
	Yes
	No
8.	Question 8. Is there any death in your close social circle?*
	Mark only one oval.
	Yes

O No

Close Relative Griend Neighbour Colleage Question 9. Are you socially excluded due to COVID-19	ark only one ova	1 20 21 20 20			
Family Member Close Relative Friend Neighbour Colleage Question 9. Are you socially excluded due to COVID-19 Mark only one oval. Yes		i per row.			
		Yes	No	_	
Friend Ne ighbou r Colleage Question 9. Are you socially excluded due to COVID-19 Mark only one oval. Yes	Fam il ly Membe r			_	
Neighbour Colleage Question 9. Are you socially excluded due to COVID-19 Mark only one oval. Yes	Close Relative			_	
Question 9. Are you socially excluded due to COVID-19 Mark only one oval. Yes	Friend			_	
Question 9. Are you socially excluded due to COVID-19 Mark only one oval. Yes	Ne ighbou r			_	
Mark only one oval. Yes	Colleage			_	
Question 9(a). If yes, then by whom?	NO				
Mark only one oval per row.		If yes, the	n by wh	om?	
-	Question 9(a).		n by wh	om ?	
Yes No	Question 9(a).	al per row.		om ?	
	Question 9(a). Mark only one ov	al per row. Yes		om ? —	
Yes No	Question 9(a). Mark only one over the second of the secon	al per row. Yes		om ? — —	
Yes No	Question 9(a). Tark only one ov	al per row. Yes		om ? —	

13.	Question 11.1s your sleep routine normal these days? *
	Mark only one oval.
	Yes
	No
14.	Question 11(a). If No, then what changes in your sleep routine are you experiencing?
	Mark only one oval per row.
	Yes No
	Not getting enough s leep
	Getting too much sleep
	Getting fragmented sleep
15.	Question 12.Are you missing travelling / going out? *
	Mark only one oval.
	Yes
	Not too much
	No, I am okay at home
16.	Question 13.Are you able to concentrate on what you are doing? *
	M 1 1 1
	Mark only one oval.
	Yes, same as usual
	better than usual
	less than usual
	much less than usual
	not at all

17.	Question 14.How are you feeling these days? *
	Mark only one oval.
	Нарру
	Normal
	Sad
	Depressed
18.	Question 15.How do you think pandemic is affecting your work / study? *
	Mark only one oval.
	Positively
	Moderately
	Negatively
19.	Question 16. What is your overall health status? *
	Mark only one oval.
	Good
	Moderate
	Poor
20.	Question 17. What are you preferring to maintain your health? *
	Mark only one oval.
	Exercise / Yoga / Meditation

Sports (cricket, badminton, kho-kho, kabaddi	etc.)
Healthy diet and sleep	
I am unfoccused to my health these days	

This content is neither created nor endorsed by Google.

Google Forms

APPENDIX-B

MS-EXCEL SPREADSHEET

15-25 Male 15-21 15-25 Male 15-21 15-25 Female 15-22 15-25 Male 15-22 15-25 Male 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Male 15-22 15-25 Male 15-22	15-25 15-25 15-25 15-25	Q. 4 Urban Urban Urban	Q. 5 No No	Yes	Q. 7 Yes	Q. 8 [No	Family M	(Close R	B(a)[Frie) [Neig a) [Coll	Q. 9	[Family M	a) (Fm)	[Rel t	hen b Q 1	0 11	actting of	ting too		Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	0 40
15-25 Male 15-21 15-25 Male 15-21 15-25 Female 15-22 15-25 Male 15-22 15-25 Male 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22	15-25 15-25 15-25	Urban Urban			Yes	NI-										y we il	yating e	g 1001	ig rrag	Q. 12	9. 10			Q. 10	1.2	G . 10	Q. 19
15-25 Male 15-21 15-26 Female 15-21 15-25 Male 15-22 15-25 Male 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Male 15-22 15-25 Male 15-22	15-25 15-25	Urban	No			NO				No	Yes	No	Yes	No	No Yes	No			Yes	Yes	much less than usual	Sad	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25 Female 15-21 15-25 Male 15-21 15-25 Male 15-21 15-25 Female 15-22 15-25 Female 15-22 15-25 Female 15-22 15-25 Male 15-25	15-25			Yes	Yes	Yes	Yes				No				No	No		Yes		Not too much	less than usual	Normal	Moderately	Good	Healthy diet and sleep	Yes	Yes
15-25 Male 15-21 15-25 Male 15-21 15-25 Female 15-22 15-25 Female 15-22 15-25 Male 15-22		I lab as	No	No	No	No					No				No	Yes				Not too much	Yes, same as usual	Нарру	Positively	Good	Healthy diet and sleep	No	No
15-25 Male 15-25 15-25 Female 15-25 15-25 Female 15-25 15-25 Female 15-25 15-25 Male 15-25		Urban	No	No	Yes	Yes	No	Yes	No	Yes No	Yes	No	No	Yes	Yes Yes	Yes				Yes	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No	Yes
15-25 Female 15-25 15-25 Female 15-25 15-25 Female 15-25 15-25 Male 15-25	15-25	Urban	No	No	Yes	No					No				No	Yes				Yes	less than usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No	Yes
15-25 Female 15-29 15-25 Female 15-29 15-25 Male 15-29	15-25	Rural	No	No	Yes	Yes				Yes	No				No	Yes				Not too much	less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	No
15-25 Female 15-25 15-25 Male 15-25	15-25	Rural	No	No	Yes	Yes		Yes		Yes	No				No	No		Yes		Yes	much less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 Male 15-25	15-25	Urban	No	Yes	Yes	Yes	Yes	No	No	Yes No	Yes	Yes	No	Yes	Yes No	Yes	No	No	No	Yes	not at all	Normal	Negatively	Good	I am unfoccused to my health these da	Yes	Yes
	15-25	Urban	No	No	No	No	No	No	No	No No	No	No	No	No	No Yes	Yes	No	No	No	Yes	less than usual	Depressed	Negatively	Good	Healthy diet and sleep	Yes	Yes
	15-25	Urban	No	No	Yes	No					No				No	Yes				Not too much	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	Yes
15-25 Male 15-25	15-25	Urban	Yes	Yes	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No	No	No	Yes	much less than usual	Normal	Moderately	Good	I am unfoccused to my health these da	No	Yes
35-45 Male 35-45	35-45	Rural	No	No	No	Yes	No	No	No	No Yes	No	No	No	No	No Yes	Yes	No	No	No	No, I am okay at home	not at all	Normal	Positively	Good	Healthy diet and sleep	No more than usual	No
15-25 Male 15-25	15-25	Urban	No	No	Yes	No	No	No	No	Yes No	No	No	No	No	No Yes	No		Yes		Yes	not at all	Sad	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka	No	Yes
15-25 Female 15-25	15-25	Urban	No	No	Yes	Yes	No	No	No	Yes No	No				No	Yes				Yes	not at all	Sad	Negatively	Good	Healthy diet and sleep	No	No
15-25 Male 15-25	15-25	Urban	No	No	Yes	Yes		Yes		Yes	Yes		Yes	Yes	Yes Yes	No			Yes	Yes	less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25 Male 15-25	15-25	Urban	No	No	No	Yes	No	No	No	Yes No	No	No	No	No	No Yes	No	Yes	No	Yes	Yes	Yes, same as usual	Sad	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	Much more than usual	No
15-25 Male 15-25	15-25	Rural	No	Yes	Yes	Yes	No	Yes	Yes	Yes Yes	No	No	No	No	No Yes	No	Yes	No	No	No, I am okay at home	much less than usual	Depressed	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25 Male 15-25	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	Yes	No No	No				Yes	No	Yes	No	Yes	Yes	better than usual	Нарру	Positively	Moderate	Exercise / Yoga / Meditation	Much more than usual	No
15-25 Female 15-25	15-25	Urban	No	No	No	No	No	No	No	No No	No	No	No	No	No Yes	No	Yes	No	No	Yes	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
25-35 Male 25-35	25-35	Urban	No	No	No	No					No				No	Yes				Not too much	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25 Male 15-25	15-25	Rural	No	No	No	No	No	No	No	No Yes	No	No	No	No	No No	Yes	Yes	No	No	Yes	much less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No	Yes
15-25 Male 15-25	15-25	Urban	Yes	No	Yes	Yes				Yes	No				No	Yes				Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No	No
25-35 Male 25-35	25-35	Rural	No	No	No	No					No				Yes	Yes				Yes	less than usual	Sad	Moderately	Good	Healthy diet and sleep	Yes	No
15-25 Male 15-25	15-25	Urban	No	No	No	No					No				No	Yes				No, I am okay at home	better than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25 Female 15-25	15-25	Rural	No	No	No	Yes				Yes	Yes		Yes	Yes	No	Yes				Not too much	less than usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No more than usual	No
15-25 Female 15-25	15-25	Urban	Yes	Yes	Yes	No	No	No	No	No No	Yes		Yes	Yes	Yes No	Yes				Not too much	better than usual	Нарру	Positively	Moderate	Exercise / Yoga / Meditation	Yes	No
15-25 Male 15-25	15-25	Rural	No	No	Yes	No	No	No	Yes	No No	Yes	No	Yes	No	No Yes	No	Yes	No	Yes	Not too much	Yes, same as usual	Normal	Moderately	Good	I am unfoccused to my health these da	No more than usual	No
15-25 Male 15-25	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes No	Yes	No		Yes	Yes No	No	Yes			Yes	much less than usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	Much more than usual	Yes
15-25 Female 15-25	15-25	Urban	No	No	Yes	Yes	Yes				No				No	Yes				No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Healthy diet and sleep	No	No
15-25 Male 15-25	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No	No	No	Yes	better than usual	Normal	Negatively	Good	Healthy diet and sleep	No	No
15-25 Male 15-25	15-25	Urban	No	Yes	Yes	Yes	No	No	No	Yes Yes	No				No	No		Yes		Yes	less than usual	Normal	Negatively	Good	Sports (cricket, badminton, kho-kho, ka	Yes	Yes
15-25 Male 15-25	15-25	Urban	No	No	Yes	Yes		Yes			No				No	Yes				No, I am okay at home	Yes, same as usual	Нарру	Negatively	Poor	Sports (cricket, badminton, kho-kho, ka	No	No
15-25 Male 15-25	15-25	Rural	No	Yes	Yes	Yes	No	Yes	No	No No	No	No		No	No No	Yes	No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25 Male 15-25	15-25	Urban	No	Yes	Yes	No	No	Yes	No	Yes No	No	No	No	No	No Yes	No	No	No	No	No, I am okay at home	better than usual	Normal	Positively	Moderate	Sports (cricket, badminton, kho-kho, ka	Much more than usual	Yes
25-35 Male 25-35	25-35	Urban	No	Yes	Yes	Yes	No	Yes	Yes	Yes Yes	Yes	No	Yes	Yes	Yes Yes	No			Yes	Yes	much less than usual	Sad	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 Female 15-25	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	No	No No	No				Yes	No	Yes			Yes	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 Male 15-25	15-25	Rural	No	No	Yes	Yes			Yes		No				Yes	No		Yes		No, I am okay at home	not at all	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No
25-35 Male 25-38	25-35	Rural	No	No	Yes	Yes		Yes			No				Yes	Yes				Yes	less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes
15-25 Male 15-25	15-25	Urban	No	No	Yes	Yes			Yes		No		Yes		Yes	Yes			No	Yes	Yes, same as usual	Нарру	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
Above 45 Male Above	ove 45	Urban	No	No	No	Yes	Yes				Yes	Yes			No	Yes	Yes			Yes	better than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Much more than usual	No
15-25 Male 15-25	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes No	No				Yes	No	Yes	No	No	Yes	much less than usual	Normal	Positively	Good	Healthy diet and sleep	Yes	Yes
15-25 Male 15-25	15-25	Rural	No	No	No	No					No				No	No		Yes		Yes	less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	No	No
15-25 Male 15-25	15-25	Rural	No	No	Yes	Yes			Yes	Yes	No				Yes	No			Yes	Yes	not at all	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 Male 15-25	15-25	Urban	Yes	Yes	Yes	No	Yes		Yes		Yes		Yes	Yes	Yes Yes	No	Yes	Ţ	Yes	Yes	less than usual	Depressed	Moderately	Moderate	I am unfoccused to my health these da	Much more than usual	Yes
15-25 Male 15-25	15-25	Urban	No	No	Yes	No	No	No	No	No No	No	No	No	No	No No	Yes	No	No	No	Yes	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25 Male 15-25	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes Yes	No				Yes	No		Yes		Not too much	less than usual	Depressed	Negatively	Poor	I am unfoccused to my health these da	Much more than usual	Yes
15-25 Male 15-25	15-25	Rural	No	No	No	No	No	No		No No	Yes	No	Yes	No	Yes Yes	Yes	No		No	Yes	Yes, same as usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes

15-25	Male	15-25	Urban	No	No	Yes	Ves	No	Yes	Yes	No 1	No N	lo.	No		No	No N	lo Yes	. N	n Yes	No	Ves	less than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	No more than usual	Ves
15-25	Female	15-25	Urban	No	No	Yes	Yes	110	Yes	100	140 .	Yes	ıs	110	Yes	Yes	Yes N	lo No	,	Yes	_	Not too much	Yes, same as usual	Нарру	Positively		Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No 1	No Ye	ıs	Yes	No	Yes	Yes Y	es No	Ye	s Yes	Yes	Not too much	not at all	Depressed	Moderately	Moderate	Exercise / Yoga / Meditation	Yes	Yes

					T				T			Τ.														T.,		L		Т
35-45	Male	35-45	Rural	No	No	No	Yes	No	No	No	Yes		Yes	No	No	No	Yes	_	Yes	No	Yes	No	No, I am okay at home	not at all	Normal	Negatively	Moderate	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No			No	No	No	No	No		Yes	No	No	No	Yes	Yes, same as usual	Normal	Negatively	Good	I am unfoccused to my health these da	No more than usual	Yes						
15-25	Female	15-25	Urban	No	_	No	No	No	No	No	-	No	No	Yes	No	Not too much	less than usual	Sad	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes							
15-25	Female	15-25	Rural	No	No	Yes	Yes		Yes				No					_	Yes				No, I am okay at home	Yes, same as usual	Depressed	Negatively	Moderate	Healthy diet and sleep	Yes	No
15-25	Female	15-25	Urban	No	No	No	No		-				Yes .		Yes	Yes	Yes		Yes				No, I am okay at home	Yes, same as usual	Normal	Positively	Moderate	Exercise / Yoga / Meditation	No more than usual	No
15-25	Male	15-25	Rural	No	No	Yes	No						No						Yes				Yes	much less than usual	Sad	Positively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Rural	No	No	No	Yes	No	Yes	No	No	_	No	No	No	No	No	-	No		No		Yes	not at all	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	No	Yes	Yes					No						Yes				Yes	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Urban	No	No	Yes	No						No					No	No	Yes	No	No	Yes	less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	No
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes		Yes		Yes		Yes	Yes	Yes	Yes	No	Yes		Yes	Yes	much less than usual	Depressed	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	Yes	Yes
15-25	Male	15-25	Rural	No	No	No	No						No					Yes	No	No			Yes	less than usual	Normal	Negatively	Good	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes					No					No	No	Yes	No	Yes	Yes	less than usual	Normal	Moderately	Moderate	I am unfoccused to my health these da	No	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No '	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	less than usual	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes				No					Yes	No	Yes			Not too much	Yes, same as usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	No
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	Yes	No '	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	Yes	better than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	Yes	not at all	Depressed	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Urban	Yes	Yes	Yes	No						No					No	Yes	No	Yes	No	Not too much	Yes, same as usual	Нарру	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No
																														+
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	Yes, same as usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
25-35	Male	25-35	Urban	Yes	No	No	Yes				Yes		No					No	Yes				Yes	better than usual	Нарру	Moderately	Good	Healthy diet and sleep	No	No
20 00	mac	20 00	Orban	100	110		100				100								.00				100	bata than abad	Парру	moderatory	0000	rically det and stoop	110	140
15-25	Male	15-25	Urban	No	No	Yes	Yes					,	Yes		Yes			No	No	Yes			Yes	better than usual	Normal	Positively	Poor	I am unfoccused to my health these da	No more than usual	Yes
										1																				4
15-25	Male	15-25	Rural	No	No	Yes	No		1				No	No	No	No	No	Yes	Yes			Yes	No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	I am unfoccused to my health these da	No	No
15-25	Male	15-25	Rural	N-	NI-	Yes	V		V		V		Yes		V			NI-	V		V		V	less they would	Managar	Manadoudo	Madage	I am unforced to me books the old	V	V
15-25	мае	15-25	Kurai	No	No	Yes	Yes		Yes		Yes		res		Yes			No	Yes		Yes		Yes	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes

Q. 1	Q. 2	Q. 1	Q. 4	Q. 5											la)[Fna)[Relther			g eting to	ong fra		Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25	Male	15-25	Urban	No	Yes	Yes	No	Yes	No	No	Yes	No	Yes	No	Yes Yes Ye		Yes			Yes	better than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 15-25	Male	15-25 15-25	Rural	No No	No No	No Yes	No Yes	No	No	No	No	No	No Yes	No	No No No	Yes Yes	No Ye		No	Yes Yes	not at all	Depressed	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	Yes
15-25	Female Female	15-25 15-25	Urban	No No	No No	Yes	Yes No		Yes				Yes No		Yes	Yes	Yes Yes		+	Yes	not at all less than usual	Depressed	Moderately	Moderate Good	I am unfoccused to my health these da I am unfoccused to my health these da	No No	Yes
15-25	Male	15-25	Rural	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes Yes Ye		Yes Ye	Yes	Yes		Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No.	Yes
15-25	Male	15-25	Rural	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No No No		Yes	100	100	Not too much	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	Yes
15-25	Female	15-25	Rural	No	Yes	Yes	Yes		Yes				No	No	No No No	No No	Yes No	No	No	Yes	Yes, same as usual	Normal	Negatively	Moderate	Healthy diet and sleep	No	No
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No No No	No	Yes No	No	No	No, I am okay at home	Yes, same as usual	Нарру	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No	No	No No No		No	Yes		Yes	much less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes Yes N		Yes No	Yes	Yes	Yes	not at all	Normal	Positively	Moderate	Healthy diet and sleep	Yes	No
15-25	Male	15-25	Urban	No	Yes	Yes	No				l		No			Yes	Yes		+	Yes	much less than usual	Sad	Moderately	Good	Healthy diet and sleep	No	No
15-25 15-25	Female Male	15-25 15-25	Urban	No No	No No	Yes	Yes No	No No	Yes	No No	No No	No No	No No	No	No No No		No No	Yes		Yes Yes	better than usual not at all	Normal Normal	Negatively	Moderate Moderate	I am unfoccused to my health these da I am unfoccused to my health these da	No more than usual Yes	Yes
15-25	Male	15-25	Urban	No	No	No	Yes	INU	INU	Yes	Yes	INU	No	INU	140 140 141	Yes	No Ye		+	Yes	much less than usual	Depressed	Negatively	Poor	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	100	100		No			No	No.		1	Yes	better than usual	Normal	Positively	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes				No			Yes	No		Yes	Yes	less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				Yes		Ye	Yes	Yes			Yes	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Urban	No	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes No Ye	s No	Yes No	No	No	Yes	Yes, same as usual	Depressed	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No No No		Yes No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No No No		No No	No	No	No, I am okay at home	not at all	Normal	Negatively	Moderate	I am unfoccused to my health these da	No	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	No	No	Yes	No	No	No		N	Yes	Yes			No, I am okay at home	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
15-25 15-25	Male	15-25 15-25	Rural Rural	No No	Yes	Yes	No No	No	No	No	No	No	No No	No	No No No	Yes Yes	No Yes	-	Yes	Yes	better than usual	Normal Sad	Moderately	Good	I am unfoccused to my health these da	No more than usual	Yes
15-25 15-25	Male Male	15-25 15-25	Rural	No No	No No	No Yes	No Yes		Yes	Yes	\vdash		No	No	No No No		Yes Yes	+		Yes Yes	Yes, same as usual better than usual	Sad Normal	Positively	Good Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	No more than usual	No No
15-25	Female	15-25 15-25	Rural	No No	No No	Yes	Yes No		168	162	+		No	140	NO NO N	No Yes	yes No Ye		1	Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual Yes	Yes
15-25	Female	15-25	Rural	No	Yes	No	No						No			Yes	No IO		Yes	Not too much	not at all	Sad	Moderately	Poor	I am unfoccused to my health these da	Yes	No
15-25	Female	15-25	Rural	No	No	Yes	Yes	Yes	Yes	No	No	No	No			No	Yes			Not too much	less than usual	Normal	Positively	Good	Healthy diet and sleep	No	Yes
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No No No	No	Yes No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Female	15-25	Urban	No	No	Yes	No						No			Yes	Yes			Yes	not at all	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	No						Yes		Yes Yes Ye		Yes			Yes	better than usual	Нарру	Positively	Good	Healthy diet and sleep	Much more than usual	I Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No No No		Yes No	No	No	Yes	better than usual	Normal	Positively	Moderate	I am unfoccused to my health these da	No	No
15-25	Male	15-25	Urban	No	No	No	No						No			Yes	No			Yes	Yes, same as usual	Sad	Positively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 15-25	Female Male	15-25 15-25	Urban Urban	No No	No Yes	Yes	Yes	No No	No Yes	No Yes	Yes	No No	No Yes	No No	No No No Yes Yes Ye		No Ye	_	No	Yes Yes	better than usual better than usual	Normal	Moderately Positively	Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da	Yes	Yes Yes
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes No Ye		Yes No		No	No, I am okay at home	Yes, same as usual	Depressed Normal	Negatively	Good	Healthy diet and sleep	Yes No	No
15-25	Male								_								100	110	110	140, 1 dill oldy di llollio	100, Guillo do doddi	140111101	rioguariory	0000	ricatily distrains sloop	140	140
		15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	No	Yes No No	No.	Yes			Yes	much less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25 15-25	Urban Urban	Yes Yes	Yes	Yes	Yes Yes	No	Yes Yes	No	No	Yes	Yes	No	Yes No No	No Yes	Yes No	Yes	Yes	Yes Yes	much less than usual much less than usual	Depressed Depressed	Negatively Negatively	Moderate Moderate	I am unfoccused to my health these da Exercise / Yoga / Meditation	Yes Much more than usual	Yes I Yes
								No	1	No	No Yes	Yes		No	Yes No No				Yes	-							
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	No	1	No		Yes	No	No	Yes No No	Yes	No		Yes	Yes	much less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	Much more than usual	I Yes No
15-25 15-25 15-25 15-25	Female Male	15-25 15-25 15-25 15-25	Urban Rural	Yes No No	Yes No	Yes No	Yes Yes	No Yes	Yes	No		Yes	No No	No	Yes No No	Yes No Yes No	No Ye No Ye Yes		Yes	Yes Not too much Yes Yes	much less than usual better than usual not at all less than usual	Depressed Normal	Negatively Positively	Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da	Much more than usual Yes	No Yes Yes
15-25 15-25 15-25 15-25 15-25	Female Male Female Female Male	15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban	Yes No No No	Yes No Yes Yes Yes	Yes No Yes Yes Yes	Yes Yes Yes Yes No	Yes	Yes Yes		Yes		No No Yes No		Yes	Yes No Yes No No	No Yes No Yes Yes			Yes Not too much Yes Yes Yes Yes	much less than usual better than usual not at all less than usual better than usual	Depressed Normal Normal Normal Normal	Negatively Positively Negatively Negatively Moderately	Moderate Good Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka	Much more than usual Yes Much more than usual No No	No I Yes Yes Yes No
15-25 15-25 15-25 15-25 15-25 15-25	Female Female Female Male Male	15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban	Yes No No No No	Yes No Yes Yes Yes No	Yes No Yes Yes Yes No	Yes Yes Yes Yes No No	Yes	Yes Yes No	No	Yes	No	No No Yes No No	No	Yes No No No	Yes No Yes No No Yes Yes	No Yes No Yes Yes No Yes No Yes	Yes	Yes	Yes Not too much Yes Yes Yes No, I am okay at home	much less than usual better than usual not at all less than usual better than usual not at all	Depressed Normal Normal Normal Normal Depressed	Negatively Positively Negatively Negatively Moderately Negatively	Moderate Good Good Moderate Good Poor	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	Much more than usual Yes Much more than usual No No No Much more than usual	Yes No Yes Yes Yes No Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Female Male Male Female	15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural	Yes No No No No No No No No No	Yes No Yes Yes Yes No No	Yes No Yes Yes Yes No Yes No Yes	Yes Yes Yes Yes No No Yes	Yes No No	Yes Yes No Yes	No Yes	Yes No No	No Yes	No No Yes No No No	No Yes	Yes No No No No No Yes No	Yes No Yes No	No Yes No Yes No Yes No Yes Yes No Yes No Yes	Yes	Yes No	Yes Not too much Yes Yes Yes No, I am okay at home Not too much	much less than usual better than usual not at all less than usual better than usual not at all much less than usual	Depressed Normal Normal Normal Normal Depressed Sad	Negatively Positively Negatively Negatively Moderately Negatively Negatively	Moderate Good Good Moderate Good Poor Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual	No I Yes Yes Yes No I Yes Yes Yes Yes Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Female Male Male Female Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural	Yes No	Yes No Yes Yes Yes No No No	Yes No Yes Yes No Yes No Yes Yes	Yes Yes Yes Yes No No Yes No	Yes	Yes Yes No	No	Yes	No	No No Yes No No No	No Yes No	Yes No	Yes No Yes No	No Yes	Yes Yes No	Yes No Yes	Yes Not too much Yes Yes Yes No, I am okay at home Not too much	much less than usual better than usual not at all less than usual better than usual ond at all much less than usual better than usual	Depressed Normal Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively Moderately	Moderate Good Good Moderate Good Poor Good Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual	I Yes No I Yes Yes No I Yes Yes Yes Yes Yes Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Female Male Male Female	15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural	Yes No No No No No No No No No	Yes No Yes Yes Yes No No	Yes No Yes Yes Yes No Yes No Yes	Yes Yes Yes Yes No No Yes	Yes No No	Yes Yes No Yes	No Yes	Yes No No	No Yes	No No Yes No No No	No Yes	Yes No No No No No Yes No	Yes No Yes No	No Yes No Yes No Yes No Yes Yes No Yes No Yes	Yes Yes No Yes	Yes No Yes	Yes Not too much Yes Yes Yes No, I am okay at home Not too much	much less than usual better than usual nct at all less than usual better than usual nct at all much less than usual nct at all much less than usual nct at all nct at all	Depressed Normal Normal Normal Normal Pepressed Sad Normal Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively	Moderate Good Good Moderate Good Poor Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual	Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Male Female Male Female	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban	Yes No	Yes No Yes Yes Yes No No No No	Yes No Yes Yes Yes No Yes Ves Yes Yes	Yes Yes Yes Yes No No No Yes No No	Yes No No No	Yes Yes No Yes No	No Yes No	Yes No No No	No Yes No	No No Yes No No No No No	No Yes No No	Yes No	Yes No Yes No	No	Yes Yes No Yes	Yes No Yes No No	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Not too much	much less than usual better than usual not at all less than usual better than usual ond at all much less than usual better than usual	Depressed Normal Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively Negatively Negatively Moderately Negatively	Moderate Good Good Moderate Good Poor Good Good Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No more than usual No	I Yes No I Yes Yes No I Yes Yes Yes Yes Yes Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Female Male Female Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban Rural	Yes No	Yes No Yes Yes Yes No No No No	Yes No Yes Yes Yes No Yes Yes No Yes Yes Yes No	Yes Yes Yes Yes No No No Yes No No No No No	Yes No No No	Yes Yes No No No	No Yes No	Yes No No No No No	No Yes No	No No Yes No	No Yes No No	Yes	Yes No Yes No	No	Yes Yes No Yes No No	Yes No Yes No No	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Yes	much less than usual better than usual nct at all less than usual better than usual nct at all much less than usual better than usual contact all yes, same as usual	Depressed Normal Normal Normal Normal Normal Depressed Sad Normal Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively Moderately Negatively Positively	Moderate Good Good Moderate Good Poor Good Good Good Good	Exercis e / Yoga / Meditation I am unfoccused to my health these da Exercis e / Yoga / Meditation Exercis e / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercis e / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No No No	Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Male Female Male Female Male Female Male Female Male Female Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	Yes No	Yes No Yes Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes No No Yes Yes	Yes Yes Yes Yes No No No Yes No No No No Yes No Yes	Yes No No No	Yes Yes No No No	No Yes No	Yes No No No No No	No Yes No	No No Yes No No No No No No Yes No	No Yes No No	Yes	Yes No	No	Yes Yes No Yes No No	Yes No Yes No No	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Yes Yes Yes Yes Yes	much less than usual better than usual nd at all less than usual better than usual better than usual nd at all much less than usual better than usual better than usual less than usual	Depressed Normal Normal Normal Normal Depressed Sad Normal Normal Happy Normal Depressed Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively Moderately Moderately Moderately Negatively Positively Moderately Negatively Moderately Negatively Moderately Negatively	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Spots (cricket, badminton, kho-kho, ka am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation am unfoccused to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No Much more than usual No more than usual No more than usual No No No No No No	Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Female Male Female Male Female Male Female Male Female Male Female Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	Yes No	Yes No Yes Yes Yes No Yes	Yes No Yes Yes No Yes No Yes No Yes Yes Yes Yes No No Yes Yes Yes Yes	Yes Yes Yes No No No Yes No	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes	No Yes No No	No No Yes No No No No No No Yes No	No Yes No No	Yes	Yes No Yes No	No	Yes Yes No Yes No No	Yes No Yes No No No Yes	Yes Not too much Yes Yes Yes Yes An I am okay at home Not too much Not too much Not too much Yes Yes Yes Yes Not too much	much less than usual better than usual not at all less than usual better than usual better than usual not at all much less than usual not at all Yes, same as usual less than usual not at all less than usual yes, same as usual less than usual Yes, same are usual Yes, same are usual	Depressed Normal Normal Normal Depressed Sad Normal Normal Happy Depressed Normal Happy Normal Normal Normal Normal Normal	Negatively Positively Negatively Negatively Moderately Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately	Moderate Good Good Moderate Good Poor Good Good Good Good Good Moderate Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I Healthy diet and sleep Sports (cricke, badminton, kho-kho, ka Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No	Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Female Male Female Male Female Male Female Male Female Male Female Male Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	Yes No	Yes No Yes Yes Yes No	Yes No Yes Yes No Yes No Yes Yes No Yes Yes Yes No No Yes Yes Yes Yes Yes	Yes Yes Yes Yes No No No Yes No No No No Yes No No Yes No Yes No Yes No Yes	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes Yes	No Yes No No	No No Yes No No No No No Yes No	No Yes No No	Yes	Yes No Yes No	No	Yes Yes No Yes No Yes No Yes	Yes No Yes No No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Yes Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual better than usual not at all less than usual better than usual not at all less than usual not at all less than usual better than usual not at all yes, same as usual less than usual less than usual yes, same as usual less shan usual yes, same as usual yes, same as usual	Depressed Normal Normal Normal Normal Depressed Sad Normal Happy Normal Depressed Normal Happy Normal Normal Normal	Negatively Positively Negatively Negatively Moderately Negatively Moderately Negatively Moderately Negatively Moderately	Moderate Good Good Moderate Good Poor Good Good Good Good Good Moderate Moderate Good Good Moderate Good Moderate Good Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No Much more than usual No more than usual No more than usual No	Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Female Male Male Male Male Female Male Female Female Male Female Male Female Male Female Male Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	Yes No	Yes No Yes Yes No	Yes No Yes Yes No Yes No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes No No No Yes No No No Yes No Yes No Yes No Yes Yes	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes	No Yes No No	No N	No Yes No No	Yes	Yes No Yes No	No	Yes Yes No Yes No Yes No Yes	Yes No Yes No No No Yes	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Yes Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Not too much No, I am okay at home Not too much No, I am okay at home Not too much	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual mod at all much less than usual better than usual less than usual less than usual less than usual less than usual Yes, same as usual less than usual Yes, same as usual Yes, same as usual Yes, same as usual	Depressed Normal Normal Normal Normal Depressed Normal Normal Normal Normal Happy Normal Depressed Normal Normal Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately	Moderate Good Moderate Good Poor Good Good Good Good Good Good Moderate Moderate Good Moderate Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da	Much more than usual Yes Much more than usual No No Much more than usual No more than usual No more than usual No Yes No more than usual No more than usual	Yes
15-25 15-25	Female Male Female Male Male Male Female Male Female Male Female Male Female Male Female Female Female Female Male Female Male Male Male Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural	Yes No	Yes No Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes No No No Yes No No No Yes No	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes Yes	No Yes No No	No N	No Yes No No	Yes	Yes No Yes No No No No No Yes Yes No Yes Yes No	No	Yes Yes No Yes No Yes No Yes	Yes No Yes No No No Yes	Yes Not too much Yes Yes Yes Yes An I am okay at home Not too much Yes Yes Yes Yes Not too much Not too much Not too much Yes	much less than usual better than usual not at all less than usual better than usual better than usual better than usual mot at all much less than usual not at all less than usual not at all less than usual less than usual yes, same as usual less than usual Yes, same as usual	Depressed Normal Normal Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Good G	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No more than usual No No No No No No No No No Yes No more than usual No No more than usual No No Yes Yes	Yes
15-25 15-25	Female Male Female Male Male Male Male Male Female Male Female Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Urban Rural Urban Rural Urban	Yes No	Yes No Yes Yes No	Yes No Yes Yes No Yes No Yes Yes Yes Yes No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes No No Yes No No No Yes No	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes Yes Yes	No Yes No No	No N	No Yes No No No	Yes	Yes No Yes No No No No Yes Yes Yes Yes No	No	Yes Yes No Yes No Yes No Yes	Yes No Yes No No Yes Yes	Yes Not too much Yes Yes Yes Not I am okay at home Not too much Not too much Not too much Yes	much less than usual better than usual na at all less than usual better than usual better than usual na at all much less than usual better than usual here than usual less than usual less than usual na at all less than usual Yes, same as usual Yes, same as usual Yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Positively Moderately	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Good G	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	Much more than usual Yes Much more than usual No No Much more than usual No more than usual No Yes No more than usual No	Yes
15-25 15-25	Female Male Female Male Male Male Female Male Female Male Female Male Female Male Female Female Female Female Male Female Male Male Male Male Male	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural	Yes No	Yes No Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes No No No Yes No No No Yes No	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes Yes	No Yes No No	No N	No Yes No No	Yes	Yes No Yes No No No No No Yes Yes No Yes Yes No	No	Yes Yes No Yes No Yes No Yes	Yes No Yes No No No Yes	Yes Not too much Yes Yes Yes Yes An I am okay at home Not too much Yes Yes Yes Yes Not too much Not too much Not too much Yes	much less than usual better than usual not at all less than usual better than usual better than usual better than usual mot at all much less than usual not at all less than usual not at all less than usual less than usual yes, same as usual less than usual Yes, same as usual	Depressed Normal Normal Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Good G	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No more than usual No No No No No No No No No Yes No more than usual No No more than usual No No Yes Yes	Yes No Yes Yes No Yes Yes No Yes Yes Yes No No No No No Yes No No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes
15-25 15-25	Female Male Female Male Female Male Female Male Female Male Female Male Female Female Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Rural Rural Rural Rural	Yes No	Yes No Yes Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes No No Yes Yes No No Yes	Yes Yes Yes Yes No No No Yes No No No No Yes No No No No Yes No No Yes No Yes No Yes No Yes No Yes Yes No No No Yes	Yes No No No No No	Yes No Yes No No No	No Yes No No	Yes No No No No Yes Yes Yes Yes	No Yes No No	No N	No Yes No No No	Yes	Yes No Yes No	No	Yes Yes No No Yes Yes Yes	Yes No Yes No No Yes Yes	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes	much less than usual better than usual nd at all less than usual better than usual less than usual less than usual less than usual less than usual Yes, same as usual Yes, same has usual Hass than usual much less than usual much less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Normal Happy Normal Happy Normal Hopressed Normal	Negatively Positively Negatively Negatively Moderately Negatively Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Negatively Negatively	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Good G	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No Yes No more than usual No	Yes
15-25 15-25	Female Male Female Male Female Male Male Female Male Female Male Female Male Female Male Female Male Female Male Male Male Male Female Male Female Male Female Male Female Male Female Male Female Female	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Rural Urban Rural	Yes No	Yes No Yes No Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes No No Yes Yes No Yes	Yes Yes Yes Yes Yes No No No No No No Yes No No Yes No Yes No Yes No Yes No	Yes No No No No No No No No	Yes Yes No No No No No No No	No Yes No No No	Yes No No No No Yes Yes Yes Yes Yes	No Yes No No No	No	No Yes No No No No	Yes	Yes No Yes No	No	Yes Yes No No Yes Yes Yes Yes Yes	Yes No Yes No No Yes Yes	Yes Not too much Yes Yes Yes Yes Yes An I am okay at home Not too much Not too much Not too much Yes Yes Yes An I am okay at home Not too much Yes Yes Yes Not too much Not I too much Not I too much Not I am okay at home Not too much Yes Yes Not too much Not I am okay at home Not too much Not I so much Not I oo much Yes Yes Not too much	much less than usual better than usual nat at all less than usual less than usual better than usual nat at all much less than usual better than usual better than usual less than usual nat at all Yes, same as usual less than usual yes, same as usual less than usual Yes, same as usual less than usual Yes, same as usual	Depressed Normal Normal Normal Depressed Sad Normal	Negatively Positively Negatively Negatively Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Positively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Hoalthy diet and sleep I work of the the the the the the the diet of the	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No Yes No more than usual No	Yes
15-25 15-25	Female Male Male Male Male Female Male Female Male Female Male Female Male	15-25 15-25	Urban Rural Urban Urban Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Urban Urban Urban Urban Urban Urban Urban	Yes	Yes No Yes No Yes Yes Yes No	Yes No Yes Yes Yes No Yes Yes No Yes Yes No No Yes	Yes Yes Yes Yes Yes No No No No No Yes No No No Yes No No Yes No Yes No No Yes No Yes No No Yes No No Yes	Yes No No No No No No No No	Yes Yes No No No No No No No	No Yes No No No	Yes No No No No Yes Yes Yes Yes Yes	No Yes No No No	No	No Yes No No No No	Yes	Yes No Yes No	No	Yes Yes No No Yes Yes Yes Yes Yes	Yes No Yes No No Yes Yes	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Not too much Yes	much less than usual better than usual na at all less than usual better than usual better than usual better than usual na at all much less than usual better than usual less than usual less than usual less than usual vies, same as usual less than usual vies, same as usual vies, same as usual less than usual vies, same as usual vies, same as usual less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Normal Happy Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Moderately Negatively Positively Negatively Negatively Negatively	Moderate Good Good Moderate Good Poor Good Good Good Good Good Good Good G	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No Yes No more than usual No	Yes No Yes No No Yes No No Yes No Yes Yes Yes Yes Yes Yes Yes No Yes Yes
15-25 15-25	Female Male Female Male Female Male Male Male Male Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Rural Urban	Yes No No No No No No No No No N	Yes No Yes No Yes Yes Yes Yes No	Yes No Yes Yes No Yes Yes No Yes Yes Yes No No Yes	Yes Yes Yes No No No No Yes No No No Yes No No Yes No No Yes No Yes No No Yes No	Yes No No No No No No No No	Yes Yes No Yes No	No Yes No No No	Yes No No No No Yes Yes Yes Yes Yes	No Yes No No No	No	No Yes No No No No	Yes No	Yes No Yes No	No	Yes Yes Yes	Yes No Yes No No No Yes Yes Yes	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Yes Yes Yes And too much Not too much Yes Not too much Yes Not too much Yes	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual nd at all much less than usual better than usual less than usual less than usual less than usual Yes, same as usual less than usual l	Depressed Normal Normal Normal Normal Normal Sad Normal Normal Happy Normal Happy Normal Sad	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No	Yes
15-25 15-25	Female Maie Female Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Rural Urban Rural	Yes No	Yes No Yes No Yes Yes Yes No	Yes No Yes Yes No Yes Yes No No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes Yes Yes No No Yes Yes No No Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes Yes Yes No No No No No Yes No No Yes No Yes No Yes No No Yes No No Yes No No Yes	Yes No	Yes No Yes No No No No No No No Yes No Yes	No Yes No No No No No	Yes No No No No Yes Yes Yes Yes Yes No	No Yes No No No	No	No Yes No No No No No No	Yes No No No No No No No N	Yes	No	Yes Yes	Yes Yes Yes Yes Yes	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Not too much Yes Yes Not too much	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual less than usual better than usual better than usual less than usual less than usual less than usual Yes, same as usual Hess than usual Hess than usual Hess than usual Hess than usual Yes, same as usual Yes, same as usual Yes, same as usual Yes, same as usual Hess than usual Hess than usual Hess than usual Hess than usual Yes, same as usual nd at all nd at all	Depressed Normal Normal Normal Normal Normal Sad Normal Happy Normal Happy Normal Happy Normal Depressed Normal Depressed	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Moderately Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Healthy det and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No Yes No more than usual No No No No No No No No No Yes No No Yes Yes Yes No No No No No No No Yes	Ves
15-25 15-25	Female Male Male Male Male Male Male Female Male Male Female Male	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Urban Urban Urban Urban Rural	Yes No	Yes No Yes No Yes Yes No	Yes No Yes Yes Yes Yes Yes No No Yes	Yes Yes Yes Yes Yes Yes No No No No No No Yes No No Yes No No Yes No	Yes No No No No No No No No No	Yes Yes No Yes No	No Yes No No No No	Yes No No No No Yes Yes Yes Yes Yes	No Yes No No No	No	No Yes No No No No	Yes No	Yes	No	Yes Yes	Yes Yes Yes Yes Yes	Yes Not too much Yes Yes Yes Yes Yes An a mokay at home Not too much Not too much Not too much Yes Yes Yes Yes Yes Not too much Not too much Not too much Yes Yes Not too much Not too much Yes Yes Not too much Yes	much less than usual better than usual na at all less than usual better than usual better than usual hear than usual hear than usual better than usual better than usual less than usual less than usual less than usual less than usual Yes, same as usual Yes, same as usual Yes, same as usual less than usual Yes, same as usual less than usual less than usual Yes, same as usual less than usual less than usual less than usual Yes, same as usual nat at all less than usual	Depressed Normal Normal Normal Normal Normal Depressed Sad Normal Happy Normal Sad Normal Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Positively Moderately Positively Moderately Positively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No	Ves No Ves No Ves No Ves No Ves No No No No No No No N
15-25 15-25	Female Male Male Male Male Male Male Male Female Male Female Male Female Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Rural Ruran Rural Ruran Rural Ruran Ruran Rural Ruran Rural Ruran	Yes No	Yes No Yes No Yes No	Yes No Yes Yes Yes Yes Yes Yes No No Yes	Yes Yes Yes Yes No Yes No No No Yes No No No Yes No	Yes No	Yes Yes No No No No No Yes No No Yes No No No No Yes No No No No No No No No No N	No Yes No No No No No No	Yes No No No No No Yes Yes Yes Yes Yes No No No No No No No No No	No Yes No No No No	No	No Yes No No No No	Yes No No No No No No No N	Yes	No	Yes Yes Yes No	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Yes Yes Yes Not too much Yes Not too much Yes Not too much Yes Not too much Yes Yes Not too much Yes	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual less than usual better than usual better than usual less than usual less than usual less than usual Yes, same as usual less than usual better than usual better than usual better than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Normal Normal Happy Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Noderately Noderately Noderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No Much more than usual No	Ves No
15-25 15-25	Female Maie Female Male Female Male Female Male Female Male Male Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Rural Urban Rural	Yes No	Yes No Yes No Yes No	Yes No Yes No Yes No Yes No Yes Yes No No No No Yes Yes Yes No Yes Yes Yes No Yes No	Yes Yes Yes Yes No No No No No No No No No Yes No No No No Yes No	Yes No	Yes Yes No No No No No No Yes Yes No	No Yes No No No No No No No No No No No No No	Yes No No No No No No Yes Yes Yes Yes Yes No	No Yes No No No No	No	No Yes No No No No No No	Yes No No No No No No No N	Yes	No	Yes Yes Yes Yes No	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Not too much Yes Yes Yes Yes Yes Yes Not too much Not too much Yes Yes Not too much	much less than usual better than usual nd at all less than usual better than usual less than usual less than usual less than usual Yes, same as usual Hess than usual Hess than usual less than usual hes thar usual hes than usual less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Happy Normal Happy Normal Happy Normal Depressed Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Negatively Noderately Moderately	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Healthy det and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No	Ves No Yes No No Yes Yes No No Yes Yes No No Yes Yes
15-25 15-25	Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Urban Urban Urban Urban Urban Rural Urban Rural Urban Rural Rural Urban Rural Rural Rural Rural	Yes No	Yes No Yes No Yes No	Yes No Yes Yes Yes Yes No No Yes	Yes Yes Yes Yes No No No No No No No No Yes No No No Yes No No No Yes No	Yes No	Yes Yes No No No No No No No Yes No No No No No Yes	NO Yes NO NO NO NO NO NO NO NO NO NO NO	Yes No No No No No No Yes Yes Yes Yes No No No No No No No No Yes	No Yes No No No No No	No	No Yes No	Yes No No No No No No No N	Yes	No	Yes Yes Yes Yes	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Not too much Yes Yes Yes Yes Yes Not too much Yes	much less than usual better than usual cless than usual less than usual less than usual better than usual less than usual better than usual less than usual less than usual less than usual less than usual Yes, same as usual less than usual	Depressed Normal Normal Normal Normal Normal Normal Sad Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Positively Moderately Positively Positively Positively Positively Negatively Positively Positively Positively Positively Positively Positively Positively Negatively Positively Positively Negatively Positively Negatively Positively Positively Positively Negatively Positively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep And to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No more than usual No	Ves No Yes No Yes No Yes Yes No No No Yes No No No No No No No N
15-25 15-25	Female Maie Female Male Female Male Female Male Female Male Male Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Rural Urban Rural	Yes No	Yes No Yes No Yes No	Yes No Yes No Yes No Yes No Yes Yes No No No No Yes Yes Yes No Yes Yes Yes No Yes No	Yes Yes Yes Yes No No No No No No No No No Yes No No No No Yes No	Yes No	Yes Yes No No No No No No Yes Yes No	No Yes No No No No No No No No No No No No No	Yes No No No No No No Yes Yes Yes Yes No No No No No No No No Yes	No Yes No No No No	No	No Yes No No No No	Yes No No No No No No No N	Yes	No	Yes Yes Yes No	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Not too much Not too much Not too much Yes Yes Yes Yes Yes Yes Not too much Not too much Yes Yes Not too much	much less than usual better than usual nd at all less than usual better than usual less than usual less than usual less than usual Yes, same as usual Hess than usual Hess than usual less than usual hes thar usual hes than usual less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Happy Normal Happy Normal Happy Normal Depressed Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Negatively Moderately Moderately Negatively Moderately Moderately Negatively Moderately Negatively Negatively Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Healthy det and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No	Ves No Yes No No Yes Yes No No Yes Yes No No Yes Yes
15-25 15-25	Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Rural Rural Urban Rural	Yes No	Yes No Yes No Yes Yes No	Yes No Yes No Yes No Yes No No No Yes Yes Yes Yes Yes Yes No No Yes	Yes Yes Yes Yes No No No No No No No No Yes No	Yes No	Yes Yes No No No No No No No Yes No No No No No Yes	NO Yes NO NO NO NO NO NO NO NO NO NO NO	Yes No No No No No No Yes Yes Yes Yes No No No No No No No No Yes	No Yes No No No No No	No	No Yes No	Yes No No No No No No No N	Yes	No	Yess Yes Yes Yes Yes Yes Yes Yes Yes Yes	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Yes Yes Yes Not too much Yes	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual less than usual better than usual better than usual less than usual less than usual less than usual Yes, same as usual less than usual better than usual less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Normal Happy Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Positively Moderately Positively Positively Positively Positively Negatively Positively Positively Positively Positively Positively Positively Positively Negatively Positively Positively Negatively Positively Negatively Positively Positively Positively Negatively Positively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Jam unfoccused to my health these da Exercise / Yoga / Meditation Jam unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy det and sleep Healthy det and sleep Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No	Ves. Ves. No.
15-25 15-25	Female Maie Female Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Rural Rural Rural	Yes No	Yes No Yes Yes Yes Yes Yes Yes No	Yes No Yes Yes No Yes No Yes No No Yes	Yes Yes Yes Yes Yes No No No No No Yes No No Yes No	Yes No	Yes Yes No Yes No No No No No Yes No Yes No Yes Yes No Yes Yes	No Yes No No No No No No No No No No No No No	Yes No No No No No No Yes Yes Yes Yes No No No No No No No No Yes	No Yes No No No No No Vo Yes No	No	No Yes No	Yes No No No No No No No N	Yes	No	Yes Yes No No No Yes	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Not too much No, I am okay at home Not too much Yes No, I am okay at home Yes No, I am okay at home Yes Yes	much less than usual better than usual not at all less than usual better than usual better than usual better than usual less than usual better than usual less than usual less than usual less than usual Yes, same as usual less than usual Yes, same as usual less than usual Yes, same as usual less than usual yes, same as usual not at all	Depressed Normal Normal Normal Normal Normal Sad Normal Happy Normal Happy Normal Happy Normal Depressed Normal Normal Sad Normal Normal Normal Sad Normal Normal Sad Normal Normal Sad Normal Normal Sad Normal Normal Normal Sad Sad Depressed Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Negatively Negatively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Moderately	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep A sective / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No	Ves No No No No No No No N
15-25 15-25	Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	Yes No	Yes No Yes Yes Yes Yes Yes Yes No	Yes No Yes Yes No Yes No Yes No No No No Yes	Yes Yes Yes Yes Yes Yes No No No No No Yes No No Yes No No No Yes No No No Yes Yes No	Yos No	Yes Ves No No No No No No No Ves Ves Ves Ves Ves Ves No No No Yes Ves No No No Yes No No Yes No No Yes No No Yes No No No Yes	No Yes No No No No No No No No No No No No No	Yes No No No No No Yes Yes Yes Yes Yes Yes Yes Yes	No Yes No No No No No No No	No	No Yes No	Yes No No No No No No No N	Yes	No	Yes Yes No No No Yes	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Not too much No, I am okay at home Not too much Yes Yes Not too much Yes Yes Not too much No, I am okay at home Yes Yes Yes Yes Yes	much less than usual better than usual less than usual less than usual better than usual better than usual less than usual better than usual less than usual less than usual less than usual less than usual Yes, same as usual less than usual Yes, same as usual less than usual Yes, same as usual less than usual nct at all less than usual Yes, same as usual much less than usual	Depressed Normal Normal Normal Normal Normal Depressed Sad Normal Happy Normal Depressed Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Positively Negatively Positively Negatively Positively Negatively Positively Moderately Negatively Positively Negatively Positively Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep And of the service of Yoga / Meditation Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No	Ves No Ves No Ves Ves
15-25 15-25	Female Male Female Male Female Male Female Male Female Male Male Male Male Male Male Male M	15-25 15-25	Urban Rural Urban Urban Urban Urban Rural Rural Urban Rural	Yes No	Yes No Yes No Yes Yes Yes Yes Yes No	Yes No Yes	Yes Yes Yes Yes Yes No	Yes No	Yes Yes No Yes No No No No No Yes No Yes No Yes Yes No Yes Yes	No Yes No No No No No No No No No No No No No	Yes No No No No No No Yes Yes Yes Yes No No No No No No No No Yes	No Yes No No No No No Vo Yes No	No No No No No No No No	No Yes No	Yes No No No No No No No N	Yes	No	Yes	Yes No No No No Yes Yes Yes Yes No	Yes Not too much Yes Yes Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Yes Not too much Yes No	much less than usual better than usual nd at all less than usual better than usual better than usual better than usual less than usual better than usual better than usual less than usual less than usual less than usual Yes, same as usual less than usual yes, same as usual less than usual	Depressed Normal Normal Normal Normal Normal Sad Normal Happy Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Moderately Negatively	Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy det and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy det and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation	Much more than usual Yes Much more than usual No No No Much more than usual No	Ves No No No No No No No N

					,																1				1		
Q. 1	Q. 2	Q. 1	Q. 4	Q. 5														getting eting to			Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25 35-45	Female	15-25 35-45	Urban	No	Yes	Yes	Yes	No No	Yes		Yes Yes	Yes	Yes	Yes	Yes	Yes No	No No	No Yes Yes	No	Yes	much less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
35-45 15-25	Female	35-45 15-25	Urban	Yes	Yes		No No	No	No	No	Yes No	No No				No No	No No		Yes	No, I am okay at home	much less than usual	Depressed	Moderately	Poor	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Male Female	15-25	Rural	No No	No.	_	Yes	No	Yes	No	No No	No	No	No	No	No No	Yes	Yes No No	No	Not too much Yes	less than usual	Sad Depressed	Negatively	Good	I am unfoccused to my health these da Healthy diet and sleep	Yes No more than usual	Yes
15-25	Female	15-25	Urban	No	No		Yes	INO	Yes	INU	INO INO	Yes	INO	_	Yes	Yes	Yes	No No	No	Yes	not at all	Normal	Positively	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Rural	No	No		No	No	No	No	No No	No	No			No Yes	No	Yes	140	Yes	less than usual	Sad	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka	Yes	No
15-25	Male	15-25	Urban	No	Yes	_	Yes	No	Yes	No	No No	No				Yes	No	Yes		No. I am okay at home	much less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Male	15-25	Rural	No	No	No	Yes				Yes	No				No	Yes			No, I am okay at home	Yes, same as usual	Нарру	Positively	Good	Healthy diet and sleep	No	No
25-35	Female	25-35	Urban	No	No	Yes	Yes	No	Yes	No	Yes No	No	No	No	No	No No	Yes			Yes	less than usual	Sad	Moderately	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Rural	Yes	No	No	Yes				Yes	Yes		Yes		No	No	Yes		Not too much	Yes, same as usual	Нарру	Moderately	Moderate	Healthy diet and sleep	No	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes		Yes	No				No	No	Yes		Yes	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	Much more than usual	Yes
25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes		Yes			Yes			Yes	Yes	No	Yes		No, I am okay at home	less than usual	Normal	Positively	Moderate	Healthy diet and sleep	No more than usual	Yes
25-35	Male	25-35	Urban	No	No	_	Yes	No	Yes	Yes	No No	No	No	No	No	No Yes	Yes	No No	No	Yes	Yes, same as usual	Нарру	Positively	Good	Exercise / Yoga / Meditation	No	No
Above 45	Male	Above 45	Urban	No	Yes		Yes	No	Yes	Yes	Yes No	No				No	No	Yes		No, I am okay at home	less than usual	Depressed	Positively	Good	Exercise / Yoga / Meditation	Much more than usual	No
35-45 15-25	Male	35-45	Urban	No	No	Yes	No Yes	No	No	No	No No Yes No	No No	No			No No	No Yes	Yes No		Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No No
15-25	Female	15-25 15-25	Urban	Yes	Yes		Yes	Yes No	No No	No No	No No	Yes	No Yes			Yes Yes	Yes No	No No Yes Yes		Not too much	better than usual	Normal	Positively	Good	Healthy diet and sleep Exercise / Yoga / Meditation	No Yes	Yes
15-25	Female Female	15-25	Urban Urban	Yes No	No		Yes	NO	Yes	NO	NO NO	No	res	res	res	res res No	Yes	res res	res	Yes No. I am okay at home	less than usual Yes, same as usual	Normal Normal	Negatively	Moderate Good	Healthy diet and sleep	No No	No
15-25	Male	15-25	Urban	No	Yes		Yes	Yes	Yes	Yes	Yes No	No	No	No	No	No Yes	No	Yes No	Yes	Yes	much less than usual	Depressed	Negatively	Poor	I am unfoccused to my health these da		Yes
15-25	Female	15-25	Urban	Yes	Yes		Yes	Yes	Yes	Yes	Yes Yes	No	No		_	No No	No	Yes No	Yes	Yes	Yes, same as usual	Normal	Negatively	Moderate	Healthy diet and sleep	No.	Yes
25-35	Female	25-35	Urban	No	No		Yes				Yes	Yes			_	Yes Yes	Yes		1.03	Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Male	15-25	Urban	Yes	Yes	_	No	Yes	Yes	Yes	Yes Yes	No		H		Yes	No	Yes No	Yes	Yes	less than usual	Normal	Positively	Moderate	I am unfoccused to my health these da	Yes	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No No	No	Yes	not at all	Normal	Positively	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No Yes	Yes	Yes	Yes, same as usual	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	Yes
15-25	Male	15-25	Urban	No	No	_	No	No	No	No	Yes No	No				No	Yes			Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	Yes		Yes	Yes	Yes	No	Yes No	No				Yes	No	Yes		Yes	less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	+	No	No	No	No	No No	No	No	No	No	No Yes	No	Yes Yes	Yes	Yes	not at all	Sad	Positively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Urban	No	No	_	Yes			Yes		No				No	No	Yes		Yes	less than usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	No
15-25	Female	15-25	Urban	No	No		Yes		Yes			Yes		Yes	Yes	Yes Yes	Yes			Yes	less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	No
15-25 15-25	Female Male	15-25 15-25	Urban Urban	No No	No Yes		No Yes		Yes			No Yes		Yes	Yes	Yes Yes	Yes No	Yes	Yes	Not too much	Yes, same as usual much less than usual	Normal Depressed	Positively	Good Moderate	Healthy diet and sleep Healthy diet and sleep	No Much more than usual	No Yes
15-25	Male	15-25	Urban	Yes	Yes		Yes		162	Yes	Yes	No		162	162	Yes	No	No No		Yes Not too much	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Urban	No	Yes		Yes	Yes		100	100	No	No	No	No	No Yes	Yes	No No	No	Yes	less than usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No.	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	100	Yes			No	110	140	110	Yes	No	110 110	Yes	Yes	much less than usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	No	Yes	Yes Yes	No		Yes		Yes	Yes	No No	No	Yes	not at all	Normal	Positively	Good	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Rural	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes, same as usual	Happy	Positively	Poor	Exercise / Yoga / Meditation	No more than usual	-
	widio	.0 20	i tui ui	INU	100					103	162	162	100	162		162	162	162		163	res, same as usuai	Парру	1 OSILIVOIY			No more triali usuai	Yes
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No		No	No No	Yes	No No	No	Yes	much less than usual	Normal	Negatively	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes No
15-25 15-25	Male Female	15-25 15-25	Rural Urban	No No	No No	No Yes	No Yes	No	No No	No No	No No Yes No	No No	No No	No No	No	No No No Yes	Yes No		_	Yes Yes	much less than usual less than usual	Normal Depressed	Negatively Negatively	Good Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	No more than usual Yes	No Yes
15-25 15-25 15-25	Male Female Male	15-25 15-25 15-25	Rural Urban Rural	No No Yes	No No No	No Yes Yes	No Yes Yes	No No	No No Yes	No No No	No No Yes No No No	No No Yes	No No Yes	No No Yes	No Yes	No No No Yes Yes No	Yes No Yes	No No Yes No	Yes	Yes Yes Not too much	much less than usual	Normal Depressed Normal	Negatively Negatively Negatively	Good Moderate Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual	No Yes No
15-25 15-25 15-25 15-25	Male Female Male Male	15-25 15-25 15-25 15-25	Rural Urban Rural Rural	No No Yes No	No No No	No Yes Yes No	No Yes Yes No	No No No	No No Yes No	No No No	No No Yes No No No No No	No No Yes No	No No Yes No	No No Yes No	No Yes No	No No No Yes Yes No Yes	Yes No Yes Yes	No No No No No	Yes	Yes Yes Not too much Yes	much less than usual less than usual Yes, same as usual Yes, same as usual	Normal Depressed Normal Sad	Negatively Negatively Negatively Positively	Good Moderate Moderate Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation	No more than usual Yes No more than usual No more than usual	No Yes No Yes
15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male	15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural	No No Yes No No	No No No No	No Yes Yes No No	No Yes Yes No No	No No	No No Yes	No No No	No No Yes No No No	No No Yes No	No No Yes	No No Yes No	No Yes No	No No No No Yes No Yes No	Yes No Yes Yes Yes	No No Yes No	Yes	Yes Yes Not too much Yes No, I am okay at home	much less than usual less than usual Yes, same as usual Yes, same as usual not at all	Normal Depressed Normal Sad Normal	Negatively Negatively Negatively Positively Moderately	Good Moderate Moderate Moderate Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	Yes No more than usual No more than usual No more than usual No more than usual	No Yes No Yes No
15-25 15-25 15-25 15-25 15-25 25-35	Male Female Male Male Male Male	15-25 15-25 15-25 15-25 15-25 25-35	Rural Urban Rural Rural Rural Urban	No No Yes No No	No No No No No	No Yes Yes No No Yes	No Yes Yes No No	No No No	No No Yes No	No No No No No	No No Yes No No No No No	No No Yes No No	No No Yes No No	No No Yes No No	No Yes No No	No No No No Yes Yes No Yes No	Yes No Yes Yes Yes Yes	No No No No No No Yes	Yes	Yes Yes Not too much Yes No, I am okay at home Yes	much less than usual less than usual Yes, same as usual Yes, same as usual not at all Yes, same as usual	Normal Depressed Normal Sad Normal Normal	Negatively Negatively Negatively Positively Moderately Moderately	Good Moderate Moderate Moderate Good Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual	No Yes No Yes No No
15-25 15-25 15-25 15-25 15-25 25-35 15-25	Male Male Male Male Male Male	15-25 15-25 15-25 15-25 15-25 25-35 15-25	Rural Urban Rural Rural Rural Urban Rural	No No Yes No No No Yes Yes	No No No No No No	No Yes Yes No No Yes Yes Yes	No Yes Yes No No No No	No No No No	No No Yes No No	No No No No No	No No No No No No No No No	No No Yes No No No Yes	No No Yes No No	No No Yes No No Yes	No Yes No No	No No No Yes Yes No No Yes No No No No No Yes	Yes No Yes Yes Yes Yes No No	No No Yes No No No No Yes Yes	Yes No No	Yes Yes Not too much Yes No, I am okay at home Yes Not too much	much less than usual less than usual Yes, same as usual Yes, same as usual not at all Yes, same as usual not at all	Normal Depressed Normal Sad Normal Normal Depressed	Negatively Negatively Negatively Positively Moderately Moderately Negatively	Good Moderate Moderate Moderate Good Good	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual	No Yes No Yes No No No No
15-25 15-25 15-25 15-25 15-25 25-35	Male Female Male Male Male Male Male Male Male	15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25	Rural Urban Rural Rural Rural Urban	No No Yes No No	No No No No No No No	No Yes Yes No No Yes Yes No No Yes Yes	No Yes Yes No No No No No	No No No	No No Yes No	No No No No No	No No Yes No No No No No	No No Yes No No No No Yes	No No Yes No No	No No Yes No No Yes No	No Yes No No No	No No No Yes Yes No No Yes No No No Yes No Yes No No	Yes No Yes Yes Yes Yes No Yes No Yes	No No No No No No Yes	Yes	Yes Yes Not too much Yes No, I am okay at home Yes	much less than usual less than usual Yes, same as usual Yes, same as usual not at all Yes, same as usual	Normal Depressed Normal Sad Normal Normal	Negatively Negatively Negatively Positively Moderately Moderately	Good Moderate Moderate Moderate Good Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual	No Yes No Yes No No No No No Yes
15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25	Male Male Male Male Male Male	15-25 15-25 15-25 15-25 15-25 25-35 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban	No No Yes No	No No No No No No	No Yes Yes No No Yes Yes No Yes Yes Yes No Yes	No Yes Yes No No No No	No No No No	No No Yes No No	No No No No No	No No No No No No No No No	No No Yes No No No Yes	No No Yes No No No No	No No Yes No No No Yes No Yes No Yes	No Yes No No No Yes	No No No Yes Yes No No Yes No No No No No Yes	Yes No Yes Yes Yes Yes No Yes No Yes	No No Yes No No No No Yes Yes	Yes No No	Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home	much less than usual less than usual Yes, same as usual Yes, same as usual Yes, same as usual not at all yes, same as usual not at all better than usual	Normal Depressed Normal Sad Normal Normal Depressed Normal	Negatively Negatively Negatively Positively Moderately Moderately Negatively Moderately	Good Moderate Moderate Moderate Good Good Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No	No Yes No Yes No No No No
15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25 25-36	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25 25-35	Rural Urban Rural Rural Rural Urban Rural Urban Urban Urban Urban	No No Yes No	No N	No Yes Yes No No Yes Yes No Yes Yes No Yes Yes	No Yes Yes No	No No No No	No No Yes No No	No No No No No	No No Yes No No No No No No No	No No Yes No No No Yes No Yes	No No Yes No No No No No No No	No No Yes No No No Yes No Yes No Yes	No Yes No No No Yes	No No No Yes Yes No No Yes No No No Yes No No Yes Yes	Yes No Yes Yes Yes Yes No Yes No Yes	No No No No No Yes Yes Yes Yes Yes	Yes No No	Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much	much less than usual less than usual Yes, same as usual Yes, same as usual yes, same as usual not at all Yes, same as usual not at all better than usual Yes, same as usual Yes, same as usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Normal	Negatively Negatively Negatively Positively Moderately Moderately Negatively Moderately Moderately Moderately	Good Moderate Moderate Moderate Good Good Good Good Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual Vo No more than usual	No Yes No Yes No
15-25 15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 25-35 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 25-35 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Urban Urban Urban Urban Urban Rural Urban	No No No Yes No No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes Yes No Yes No Yes Yes No	No Yes Yes No No No No No No Yes Yes Yes Yes	No No No No	No No Yes No No	No No No No No No Yes No Yes	No No Yes No No No No No No No	No No Yes No No No Yes No Yes No No Yes No Yes No Yes No No No No	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No No Yes Yes	No	Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No	No No No No No Yes Yes Yes Yes Yes	Yes No No	Yes Yes Not too much Yes No, I am okay at home Yes No, I am okay at home Yes Not too much No, I am okay at home Yes Not too much Yes Not too much Yes	much less than usual less than usual Yos, same as usual Yos, same as usual nd at all Yos, same as usual nd at all better than usual Yos, same as usual nd at all	Normal Depressed Normal Sad Normal Normal Normal Depressed Normal Normal Depressed Depressed Depressed	Negatively Negatively Negatively Positively Moderately Moderately Negatively Moderately Moderately Negatively Negatively	Good Moderate Moderate Good Good Good Good Good Good Good Moderate Moderate Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual No Yes Yes No more than usual	No Yes No Yes No No No No Yes No Yes Yes Yes Yes
15-25 15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Urban Urban Urban Urban Rural Urban Urban	No No Yes No No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes No Yes	No Yes Yes No No No No No No Yes Yes Yes Yes Yes	No No No No No	No No Yes No No Yes Yes Yes	No No No No No Yes No Yes Yes Yes	No No Yes No No No No No No No Yes No Yes Yes	No No Yes No No No Yes No No Yes No Yes No Yes Yes No No Yes	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes	No	Yes No Yes Yes Yes Yes No Yes No Yes No No No	No No Yes No No No No Yes Yes Yes Yes Yes	Yes No No	Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes Not too much	much less than usual less than usual less than usual Yes, same as usual nct at all Yes, same as usual nct at all better than usual Yes, same as usual nct at all much less than usual much less than usual nct at all much less than usual nct at all nct at	Normal Depressed Normal Sad Normal Normal Depressed Normal Depressed Normal Depressed Depressed Depressed Depressed	Negatively Negatively Negatively Positively Moderately Moderately Negatively Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively	Good Moderate Moderate Moderate Good Good Good Good Good Moderate Moderate Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Hoalthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual No Yes Yes Yes Yes Was Much more than usual	No Yes No Yes No No No Yes No Yes Yes Yes Yes Yes Yes
15-25 15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Urban Rural Urban Rural Urban	No No No Yes No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes No Yes Yes Yes Yes Yes Yes No Yes Yes	No Yes Yes No No No No No Yes Yes Yes No No No No No No Yes Yes Yes No	No No No No	No No No Yes No No No Yes Yes Yes	No No No No No Yes No Yes Yes Yes	No No Yes No No No No No No No	No No Yes No No Yes No Yes No Yes No Yes No Yes No	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes	No No Yes No No No No Yes Yes Yes Yes Yes	Yes No No No Yes	Yes Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes Not too much No, I am okay at home No, I am okay at home	much less than usual less than usual yes, same as usual yes, same as usual not at all yes, same as usual not at all better than usual yes, same as usual mot at all much less than usual much less than usual not at all wes, same as usual hot at all yes, same as usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Depressed Depressed Depressed Depressed Depressed	Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively	Good Moderate Moderate Good Good Good Good Good Good Good Poor Moderate Moderate Moderate Moderate Moderate Moderate Poor Good	Sports (cricket, badminton, kho-kho, ka lam unfoccused to my health these da Health y diet and sleep Exercise / Yoga / Meditation Health y diet and sleep Health y diet and sleep Health y diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Health y diet and sleep and y diet an	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual No Yes Yes No more than usual Yes Much more than usual No more than usual	No Yes No Yes No No No No Yes No Yes Yes No Yes Yes Yes Yes No
15-25 15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Urban Urban Urban Urban Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Ruran Rural Ruran	No No No Yes No No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes	No Yes Yes No No No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes	No No No No No	No No Yes No No Yes Yes Yes	No No No No No Yes No Yes Yes Yes	No	No No Yes No No Yes	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes No Yes	No No Yes No No No No Yes Yes Yes Yes Yes No No No No	Yes No No No	Yes Yes Not too much Yes No, I am okay at home Yes No, I am okay at home Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home	much less than usual less than usual less than usual Yes, same as usual not at all Yes, same as usual not at all better than usual Yes, same as usual mot at all better than usual Yes, same as usual much less than usual much less than usual for at all less than usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Depressed Depressed Depressed Depressed Depressed Depressed Depressed Depressed	Negatively Negatively Negatively Positively Moderately Negatively Negatively Negatively Moderately Negatively Moderately	Good Moderate Moderate Moderate Good Good Good Good Good Poor Moderate Moderate Moderate Moderate Poor Good Good	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No more than usual No Yes Yes No more than usual Yes Much more than usual Much more than usual	No Yes No Yes No No No Yes No Yes No Yes No Yes No Yes Yes Yes Yes Yes No Yes
15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban Urban Urban	No No Yes No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes	No Yes Yes No No No No No No Yes	No No No No No	No No No Yes No No No Yes Yes Yes	No No No No No Yes No Yes Yes Yes	No No Yes No No No No No No No Yes No Yes Yes	No No Yes No No Yes No Yes No Yes No Yes No No No Yes	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No No No No No Yes No	No No Yes No No No No Yes Yes Yes Yes Yes	Yes No No No Yes	Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home Yes No, I am okay at home	much less than usual less than usual viss, same as usual not at all viss, same as usual not at all viss, same as usual not at all better than usual viss, same as usual not at all much less than usual not at all viss, same as usual much less than usual much less than usual much less than usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Normal Depressed Depressed Depressed Depressed Depressed Sad	Negatively Negatively Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately	Good Moderate Moderate Moderate Good Good Good Good Poor Moderate Moderate Moderate Moderate Moderate Moderate Moderate Good Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Yes Was Much more than usual No more than usual No more than usual	No Yes No No No No No Yes No Yes No Yes No Yes Yes Yes Yes No Yes No No
15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Urban Urban Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Rural Rural Rural Rural	No No Yes No No No No Yes No No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes No Yes	No Yes Yes No No No No No No No Yes Yes Yes Yes Yes Yes No Yes Yes No Yes No No	No No No No No No	No No Yes No No No Yes Yes Yes Yes Yes	No No No No No No Yes No Yes No No	No	No No No No No No No No No Yes No Yes No Yes No	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No Yes No Yes No Yes	No No No No No No No Yes Yes Yes Yes Yes No No No No No No	Yes No No No No No No	Yes Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes No, I am okay at home	much less than usual less than usual yes, same as usual yes, same as usual not at all yes, same as usual not at all yes, same as usual not at all yes, same as usual yes, same as usual yes, same as usual much less than usual much less than usual yes, same as usual less than usual word at all yes, same as usual less than usual much less than usual yes, same as usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Normal Depressed Depressed Depressed Depressed Depressed Depressed Normal	Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately	Good Moderate Moderate Good Good Good Good Good Good Good Goo	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da	No more than usual Yes No more than usual Yes No more than usual Yes No more than usual No more than usual No more than usual	No Yes No Yes No No No Yes No Yes No Yes No Yes Yes Yes Yes No Yes No Yes
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban	No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes Yes No Yes Yes No Yes No Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes	No Yes Yes No No No No No No Yes Yes Yes Yes Yes No Yes Yes No Yes Yes	No No No No No	No No No Yes No No No Yes Yes Yes Yes Yes	No No No No No No Yes No Yes No No	No	No No No Yes No No No No No Yes No Yes No	No No Yes No No No No No No No	No No No Yes No No No Yes No Yes Yes No Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No	No	Yes No No No Yes Ves	Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home No, I am okay at home Not too much Yes No, I am okay at home No, I okay at home	much less than usual less than usual viss, same as usual not at all viss, same as usual not at all better than usual viss, same as usual not at all better than usual viss, same as usual not at all much less than usual much less than usual less than usual much less than usual	Normal Depress ad Normal Sad Normal Normal Normal Normal Depress ad Normal Normal Normal Normal	Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively	Good Moderate Moderate Good Good Good Good Good Good Good Goo	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Health y diet and sleep Exercis e / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercis e / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these d	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual Yes Much more than usual	No Yes No Yes No No No Yes No Yes No Yes No Yes Yes Yes Yes No Yes No Yes No Yes No
15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Urban Urban Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Rural Rural Rural Rural	No No Yes No No No No Yes No No No No No Yes No	No N	No Yes Yes No No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes No Yes	No Yes Yes No No No No No No No Yes Yes Yes Yes Yes Yes No Yes Yes No Yes No No	No No No No No No	No No No Yes No No No Yes Yes Yes Yes	No No No No No No Yes No Yes No No	No	No No No No No No No No No Yes No Yes No Yes No	No No Yes No No No No No No No	No No No Yes No No Yes No Yes Yes Yes Yes	No Yes No No No Yes Yes Yes	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No Yes No Yes No Yes	No No No No No No No Yes Yes Yes Yes Yes No No No No No No	Yes No No No No No No	Yes Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes No, I am okay at home	much less than usual less than usual yes, same as usual yes, same as usual not at all yes, same as usual not at all yes, same as usual not at all yes, same as usual yes, same as usual yes, same as usual much less than usual much less than usual yes, same as usual less than usual word at all yes, same as usual less than usual much less than usual yes, same as usual	Normal Depressed Normal Sad Normal Normal Depressed Normal Normal Depressed Depressed Depressed Depressed Depressed Depressed Normal	Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately	Good Moderate Moderate Good Good Good Good Good Good Good Goo	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da	No more than usual Yes No more than usual Yes No more than usual Yes No more than usual No more than usual No more than usual	No Yes No Yes No No No Yes No Yes No Yes No Yes Yes Yes Yes No Yes No Yes
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25 25-35 15-25 15-25 15-25 15-25 15-25 25-35 15-25 15-25 25-35	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban	No No Yes No No No Yes No	No N	No Yes Yes No No Yes Yes	No Yes Yes No No No No No No No Yes Yes Yes Yes No Yes Yes No Yes No Yes No Yes No Yes No	No No No No No No No	No No No Yes No No No Yes Yes Yes Yes Yes	No No No No No No Yes No	No	No No No Yes No No No No No Yes No Yes No	No No Yes No No No No No No No	No No No Yes No No Yes No Yes Yes Yes Yes	No Yes No No No No No Yes Yes Yes	No	Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No Yes No No No Yes No	No No No No No No No Yes Yes Yes Yes Yes No No No No Yes Yes	Yes No No No Yes Ves	Yes Yes Not too much Yes Not I am okay at home Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	much less than usual less than usual viss, same as usual nct at all viss, same as usual nct at all viss, same as usual nct at all better than usual viss, same as usual nct at all much less than usual nct at all viss, same as usual much less than usual usual less than usual much less than usual less than usual less than usual wiss, same as usual viss, same as usual	Normal Depress ad Normal Sad Normal Normal Normal Normal Depress ad Depress ad Depress ad Depress ad Depress ad Depress ad Normal Normal Normal Normal Normal Normal Normal Normal	Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Good Good Good Good Poor Moderate Poor Good Moderate Poor Good Moderate Good Moderate Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Execise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Execise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Execise / Yoga / Meditation	No more than usual Yes No more than usual Yes Yes No more than usual Yes Much more than usual No No No No Much more than usual No	No Yes No Yes No No No No Yes No Yes No Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No Yes
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Rural Urban	No No Yes No No No Yes No	No	No Yes Yes No No Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No Yes	No Yes Yes No No No No No No Yes Yes Yes Yes No Yes No Yes Yes No Yes Yes No Yes	No N	No No No No No No No No No Yes Yes Yes Yes Yes Yes	No N	No	No Yes No No Yes No	No No Yes No No No No No Yes	No N	No Yes No No No No No No Yes Yes Yes No	No	Yes No Yes No Yes Yes Yes No No Yes No Yes No No No Yes No No No Yes No	No	No No No Yes No Yes Yes Yes Yes	Yes Yes Yes Not too much Yes No, I am okay at home Yes Not too much No, I am okay at home Not too much No, I am okay at home Not too much Yes Not too much Yes No, I am okay at home Yes No, I am okay at home	much less than usual less than usual yes shan ea usual Yes, same as usual nd at all yes, same as usual nd at all yes, same as usual nd at all yes, same as usual yes, same as usual much less than usual much less than usual less than usual yes, same as usual less than usual	Normal Depress ad Normal Sad Normal Normal Depress ad Normal Depress ad Depress ad Depress ad Depress ad Depress ad Normal Normal Normal Normal Normal Normal Normal Normal Normal	Negatively Negatively Negatively Positively Positively Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Moderately	Good Moderate Moderate Moderate Good Good Good Good Good Good Good Goo	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes No more than usual Yes Much more than usual No more than usual No more than usual No more than usual No more than usual Much more than usual No No Much more than usual Much more than usual Much more than usual No No Much more than usual	No Yes No No No No No Yes No Yes No Yes Yes Yes Yes No Yes No Yes No No No No No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Urban	No No Yes No	No	No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No	No Yes Yes No No No No No No Yes Yes Yes Yes No Yes Yes No Yes	No N	No No No Yes No No No Yes Yes Yes Yes Yes Yes Yes	No N	No	No	No No Yes No	No N	No N	No	Yes No Yes No Yes Yes Yes No No Yes No Yes No Yes No No Yes No No Yes No No Yes No No No Yes No No No Yes No No No Yes	No	No No No Yes No Yes Yes Yes Yes	Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	much less than usual less than usual viss, same as usual nd at all viss, same as usual nd at all better than usual nd at all better than usual nd at all much less than usual much less than usual viss, same as usual less than usual was than usual was than usual less than usual less than usual less than usual was than usual was than usual less than usual viss, same as usual vis	Normal Depress ad Normal Sad Normal Sad Normal Depress ed Normal Depress ed Normal Depress ed Depress ed Depress ed Depress ed Normal Normal Normal Normal Normal Normal Normal Normal Normal	Negatively Negatively Negatively Positively Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Positively Negatively Negatively Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately	Good Moderate Moderate Moderate Moderate Good Good Good Good Good Good Good Goo	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Health y diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep goots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health th	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes No more than usual Yes Much more than usual No more than usual No more than usual No more than usual No more than usual Much more than usual No No Much more than usual Much more than usual Much more than usual No No Much more than usual	No Yes No Yes No Yes No No Yes Yes Yes Yes Yes No Yes No Yes No Yes No Yes Yes No Yes Ye
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25 15-25 15-25 15-25 25-35 15-25 25-35 25-35 15-25	Rural Urban Rural Rural Rural Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Rural Rural Rural Rural	No N	No	No Yes Yes No No Yes No Yes No Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes No Yes Yes No No No No	No Yes Yes No No No No No No No N	No N	No No Yes No No No No No No Yes Yes Yes Yes Yes Yes No	No N	No	No	No N	No No No No No No No No No Yes No No No Yes Yes No No No No No No No No No	No N	No	Yes No Yes No Yes Yes Yes Yes No Yes No Yes No No No No Yes No No No Yes Yes	No	No No No Yes No	Yes Yes Yes Not too much Yes No, I am okay at home Yes Not too much Yes No, I am okay at home Yes	much less than usual less than usual viss, same as usual not at all better than usual yes, same as usual not at all better than usual not at all much less than usual much less than usual viss, same as usual not at all with the second of the	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Normal Depress ad Normal Normal Normal Normal Depress ad Normal Normal Normal Normal Normal Depress ad	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively Moderately Negatively Moderately Moderately Negatively Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Negatively Moderately Negatively Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Good Good Good Good Good Poor Moderate Poor Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to I	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes No more than usual No No Much more than usual No No Much more than usual Much more than usual No No Much more than usual No No Much more than usual No No Much more than usual No No	No Yes No No No No No No No Yes No Yes Yes Yes No Yes Yes No No Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No Yes Yes Yes No No No No Yes Yes Yes No No No Yes Yes Yes No No No Yes Yes No No Yes Yes No No No Yes Yes No No No Yes Yes No No Yes No No No Yes Yes Yes Yes No No Yes Yes Yes Yes No No Yes Yes
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural	No	No	No Yes Yes No No Yes No Yes No Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes No No Yes No Yes No Yes No Yes No Yes No Yes	No Yes No Yes Yes No Yes Yes Yes No Yes Ye	No N	No No Yes No No No No No Yes	No N	No	No	No N	No No No No Yes No No Yes No Yes No Yes No	No N	No	Yes No Yes No Yes Yes No Yes No Yes No Yes No No No No No No No No Yes No	No	Yes No No No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Not too much Yes Not I am okay at home Yes Not too much Not I am okay at home Yes Not too much Yes Not too much Yes Not too much Yes Not too much Yes Not I am okay at home Yes No, I am okay at home Not I am okay at home Yes No, I am okay at home Yes Yes	much less than usual less than usual vise, same as usual nct at all which less than usual usual less than usual wise, same as usual much less than usual vise, same as usual much less than usual vise, same as usual usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depressed Normal Depressed Depress ad Normal Normal Normal Normal Normal Normal Depress ad	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively Negatively Moderately Negatively Positively	Good Moderate Moderate Moderate Good Good Good Good Poor Moderate Poor Good Moderate Good Moderate Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I exercise / Yoga / Meditation	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No hore than usual Much more than usual No No No Much more than usual No Much more than usual No No No Much more than usual No No No No No No No No No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25	Rural Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Rural Rural Rural	No No No No No No No No	No	No Yes Yes No No Yes	No	No N	No No Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No Yes No No Yes No Yes No Yes No No Yes No No No No No No No N	No N	No	No	No N	No N	No N	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No No No Yes No No No Yes No No Yes	No	No No No Yes No	Yes Yes Yes Not too much Yes Not too much Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes	much less than usual less than usual yes, same as usual nd at all yes, same as usual much less than usual much less than usual much less than usual yes, same as usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Normal Depress ad Depress ad Depress ad Normal	Negatively Negatively Positively Positively Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Moderately	Good Moderate Moderate Moderate Good Good Good Good Good Moderate Poor Moderate Good Moderate Good Good Good Good Moderate Good Good Good Good Good Good Good Goo	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation	No more than usual Yes No more than usual Yes Yes No more than usual No more than usual No more than usual No more than usual Much more than usual Much more than usual Much more than usual No No No Much more than usual No Much more than usual No No No Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	No No No No No No No No	No	No Yes Yes No No Yes	No Yes	No N	No No No No No No No No	No N	No	No	No N	No N	No N	No	Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No	No	Yes No No No Yes No No Yes No	Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual less than usual viss, same as usual not at all better than usual yes, same as usual not at all better than usual not at all much less than usual much less than usual wiss, same as usual not at all wiss, same as usual less than usual viss, same as usual less than usual yes, same as usual less than usual yes, same as usual less than usual yes, same as usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Normal Normal Normal Normal Normal Normal Normal Normal Depress ad	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively Negatively Moderately Negatively Moderately Negatively Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Moderate Good Good Good Good Good Moderate Poor Good Moderate Poor Good Moderate Moderate Good Moderate Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to m	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes No more than usual Yes Much more than usual No No No Much more than usual No No Yes Much more than usual No No No No Much more than usual No No No No Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Rural Rural Rural Rural Rural	No No No No No No No No	No	No Yes Yes No No Yes Yes No Yes Yes Yes Yes No Yes Yes No Yes Yes No Yes No Yes No Yes No	No Yes Yes No No No No No No No N	No N	No No No No No No No No	No N	No	No	No N	No N	No N	No	Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes No No Yes No Yes No No Yes No No No Yes No No No No No Yes	No	No N	Yes Yes Yes Not too much Yes Not too much Yes Not too much Yes Not too much Not I am okay at home Yes Not too much Yes Not too much Yes Not too much Yes Not too much Yes Not I am okay at home	much less than usual less than usual vise, same as usual not at all wise, same as usual not at all much less than usual less than usual less than usual vise, same as usual vise, same as usual vise, same as usual vise, same as usual not at all vise, same as usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depressed Normal Depressed Depress ad Normal Normal Normal Normal Normal Normal Depress ad Depress ad Normal Normal Normal Depress ad Depress ad Depress ad Depress ad Depress ad	Negatively Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively Negatively Negatively Moderately Negatively	Good Moderate Moderate Good Good Moderate Good Good Good Good Good Good Good Goo	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation I my unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation I my unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No more than usual No more than usual No more than usual No more than usual Much more than usual Much more than usual No No No No Much more than usual No Wes Much more than usual No Yes Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural	No No No No No No No No	No	Yes Yes No No Yes	No Yes No No No No No No No Yes No Yes No No No No No No No N	No N	No No No No No No No No	No N	No	No No No No No No No No	No N	No N	No N	No	Yes No Yes Yes Yes Yes Yes Yes Yes No No No No No Yes No No No Yes No No No Yes No No Yes No No No No Yes No No No Yes No No No No No Yes No No No Yes No No No Yes No No No Yes No No Yes	No	Yes No No No Yes No No Yes No	Yes Yes Yes Not too much Yes Not too much Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home Yes No, I am okay at home Not too much Yes No, I am okay at home No, I am okay at home Yes Yes Yes No, I am okay at home	much less than usual less than usual viss, same as usual nd at all viss, same as usual nd at all less than usual much less than usual much less than usual les	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Depress ad Depress ad Normal Depress ad Normal Depress ad Normal Normal Depress ad Normal	Negatively Negatively Positively Negatively Positively Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Good Good Good Good Good Moderate Good Good Good Good Good Good Good Goo	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual Yes Yes No more than usual No more than usual No more than usual No more than usual Much more than usual Much more than usual Much more than usual No No No Much more than usual No No Yes Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	No No No No No No No No	No	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes No Yes Yes Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No Yes No No Yes No No Yes No	No Yes No No No No No No No N	No N	No No No No Yes Yes Yes No No Yes No No Yes Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes Yes	No	No	No	No N	No N	No N	No	Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No No No Yes No No No No Yes No Yes Yes	No	Yes No No No No Yes No No Yes No	Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual less than usual vises, same as usual nd at all vises, same as usual nd at all vises, same as usual nd at all better than usual nd at all much less than usual much less than usual vises, same as usual less than usual better than usual better than usual better than usual	Normal Depressed Normal Sad Normal Sad Normal Depressed Normal Depressed Depressed Depressed Depressed Normal Depressed Normal Depressed Normal	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Moderate Good Good Good Good Good Moderate Poor Good Moderate Poor Good Moderate Good Moderate Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No More than usual No No Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Rural Rural Rural Rural Rural Rural Rural Rural Urban Urban Urban Urban Urban	No No No No No No No No	No	Yes	No Yes No No No No No No No N	No N	No No No No No No No No	No N	No	No	No N	No No No Yes No No Yes No No Yes Yes Yes Yes No	No N	No	Yes No No Yes Yes Yes Yes Yes Yes Yes No No Yes No No No Yes No No No Yes No No No Yes No	No	Yes No No No No Yes No No Yes No	Yes Yes Yes Not too much Yes Not I am okay at home Yes Not too much No, I am okay at home Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No I am okay at home Yes No, I am okay at home Yes Yes No, I am okay at home Not too much Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual less than usual vise, same as usual nct at all vise, same as usual much less than usual less than usual vise, same as usual nct at all vise, same as usual less than usual less than usual less than usual vise, same as usual vise, same	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Normal Depress ad Normal Normal Normal Normal Normal Depress ad Depress ad Normal	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively	Good Moderate Moderate Good Good Good Good Poor Moderate Poor Good Moderate Poor Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual Yes Yes No more than usual No more than usual No more than usual No more than usual Much more than usual Much more than usual Much more than usual No No No Much more than usual No No Yes Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	No No No No No No No No	No	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes No Yes Yes Yes No Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No Yes No No Yes No No Yes No	No Yes No No No No No No No N	No N	No No No No Yes Yes Yes No No Yes No No Yes Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes Yes	No	No	No	No N	No N	No N	No	Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No No No Yes No No No No Yes No Yes Yes	No	No N	Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual less than usual vises, same as usual nd at all vises, same as usual nd at all vises, same as usual nd at all better than usual nd at all much less than usual much less than usual vises, same as usual less than usual better than usual better than usual better than usual	Normal Depressed Normal Sad Normal Sad Normal Depressed Normal Depressed Depressed Depressed Depressed Normal Depressed Normal Depressed Normal	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Moderate Good Good Good Good Good Moderate Poor Good Moderate Poor Good Moderate Good Moderate Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No No No No Much more than usual No No Much more than usual No Yes Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15-25 15-25	Rural Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Urban Urban Rural Urban Rural Rural Rural Rural Rural Urban Urban Urban Urban Urban	No No No No No No No No	No	Yes Yes No No Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes No No No No No No No No Yes No	No Yes No No No No No No No N	No N	No No No No No No No No	No N	No	No	No N	No No No Yes No No Yes No No Yes Yes Yes Yes No	No N	No	Yes No No Yes Yes Yes Yes Yes Yes Yes No No No No Yes No No Yes No No Yes No No Yes No No No Yes No No No No Yes No No No No Yes No	No	No N	Yes Yes Yes Not too much Yes Not too much Yes Not too much No, I am okay at home Not too much Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home No, I am okay at home No, I am okay at home Yes No, I am okay at home	much less than usual less than usual viss, same as usual nd at all viss, same as usual nd at all less than usual much less than usual much less than usual much less than usual less than usual less than usual viss, same as usual less than usual viss, same as usual less than usual less than usual viss, same as usual less than usual less than usual viss, same as usual less than usual viss, same as usual less than usual viss, same as usual less than usual viss, same as usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depress ad Depress ad Depress ad Depress ad Normal Sad Normal	Negatively Negatively Positively Negatively Positively Noderately Noderately Noderately Noderately Noderately Noderately Noderately Nogatively Negatively Negatively Negatively Negatively Noderately Noderately Moderately Negatively Nogatively	Good Moderate Moderate Moderate Good Good Good Good Good Good Good Goo	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No No Yes Yes No more than usual Much more than usual Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban	No No No No No No No No	No No No No No No No No	Yes Yes No No Yes No No Yes Yes Yes Yes Yes Yes No No No No Yes Yes	No Yes	No N	No No No No No No No No	No	No	No	No N	No N	No N	No	Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes No No No Yes Yes No No No Yes Yes No	No	No N	Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Not too much No, I am okay at home Yes Not too much Yes Not too much Yes No, I am okay at home No, I am okay at home No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Not too much Yes	much less than usual less than usual less than usual Yes, same as usual nd at all Yes, same as usual nd at all yes, same as usual nd at all better than usual nd at all much less than usual nd at all wes, same as usual less than usual Yes, same as usual less than usual Yes, same as usual Yes, same as usual less than usual	Normal Depressed Normal Sad Normal Sad Normal Depressed Normal Depressed Depressed Depressed Depressed Normal Depressed Depressed Depressed Normal Depressed Normal	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively Moderately Moderately Moderately Moderately Negatively Moderately Negatively	Good Moderate Moderate Moderate Moderate Moderate Good Good Good Good Moderate Poor Moderate Poor Moderate Moderate Moderate Good Moderate	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No No No Much more than usual No	No
15-25 15-25	Male Female Male Male Male Male Male Male Male M	15:25 15:25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Urban Urban Urban Urban Urban Urban Urban	No No No No No No No No	No No No No No No No No	No Yes Yes	No Yes No Yes Yes No Yes Yes No Yes Yes No Yes Ye	No N	No No No No No No No No	No	No	No	No No No No No No No No	No No No Yes No	No N	No	Yes No No Yes	No	No N	Yes Yes Yes Not too much Yes Not I am okay at home Yes Not too much No, I am okay at home Yes Not too much Yes Not too much Yes Not too much Yes No, I am okay at home No I am okay at home Yes No, I am okay at home Not too much Yes No, I am okay at home Yes Yes No, I am okay at home	much less than usual less than usual less than usual Yes, same as usual nct at all Yes, same as usual when the yes than usual less than usual less than usual Yes, same as usual nct at all Yes, same as usual yes, same as usual nct at all Yes, same as usual nct at all Yes, same as usual nct at all Yes, same as usual less than usual	Normal Depress ad Normal Sad Normal Sad Normal Depressed Normal Depressed Depressed Depressed Depressed Normal Depressed Depressed Normal	Negatively Negatively Negatively Positively Positively Moderately Negatively Moderately Negatively	Good Moderate Moderate Good Good Moderate Good Good Good Good Good Good Good Goo	Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	No more than usual Yes No more than usual No more than usual No more than usual No more than usual No No No more than usual No Yes Yes Yes Much more than usual No More than usual No More than usual No More than usual No	No

	,				1				1												1		1				
Q. 1	Q. 2	Q. 1	Q. 4	Q. 5									[Family N	la)[Fna				getting eting to	ong frag		Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25 15-25	Female	15-25 15-25	Urban	Yes	No No	Yes	No Yes	No No	No No	No No	No No Yes No	Yes			Yes	No Yes	No Yes	Yes Yes		Yes	much less than usual	Normal	Moderately	Moderate	I am unfoccused to my health these da	No more than usual	Yes
15-25	Male Female	15-25	Urban Urban	No No	Yes	Yes	Yes	Yes	Yes	Yes	Yes No	Yes	Yes	Yes	Yes	Yes Yes	Yes No	Yes		No, I am okay at home Yes	less than usual	Normal Normal	Moderately	Moderate Moderate	Healthy diet and sleep Healthy diet and sleep	No Yes	No Yes
25-35	Male	25-35	Urban	No	No	Yes	Yes	No.	Yes	Yes	Yes Yes	No	No.		No	No Yes	No	No.	Yes	Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Rural	No	No	Yes	No	No	Yes	No	No No	No	No		No	No Yes	No	Yes No		No, I am okay at home	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	No				Yes	No		Yes	Not too much	much less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Much more than usual	Yes
25-35	Female	25-35	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes No	No				Yes	No	Yes		Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	Yes
15-25	Male	15-25	Rural	No	Yes	Yes	No	Yes		Yes		No	No	No	No	No Yes	Yes	No No	No	Yes	much less than usual	Sad	Negatively	Poor	Sports (cricket, badminton, kho-kho, ka	Yes	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes		Yes	No				Yes	No	Yes		Yes	less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
25-35	Male	25-35 15-25	Rural	No	No	No	No No		l			No No		No		No Yes	No No			Yes	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	No
15-25 15-25	Male Male	15-25	Urban	No No	No No	No Yes	Yes	No	No Yes	No Yes	No No	No No	No	No	No	No Yes	No No	No Yes	No Yes	Yes Yes	much less than usual Yes, same as usual	Normal	Moderately	Moderate Moderate	Healthy diet and sleep I am unfoccused to my health these da	Yes No more than usual	Yes No
15-25	Male	15-25	Urban	No	No	No	Yes	No	Yes	No	Yes No	Yes	No	Yes	Yes	No Yes	No	No	162	Yes	not at all	Depressed	Negatively	Poor	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Rural	No	No	No	No	No	1	No	No No	No	No		No	No No	Yes	No Yes	No	Not too much	less than usual	Нарру	Negatively	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes				Yes	No	No	No	No	No Yes	No	Yes		Yes	less than usual	Normal	Moderately	Good	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes			Yes			Yes	Yes	Yes	Yes		No, I am okay at home	not at all	Normal	Moderately	Good	Healthy diet and sleep	Yes	No
15-25	Male	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No No	No	No	No	No	Yes	Yes	Yes No	No	Yes	better than usual	Нарру	Negatively	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes		Yes No	No		Yes	Yes	less than usual	Нарру	Negatively	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	Yes No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25 15-25	Female Female	15-25 15-25	Urban	No Yes	No Yes	No Yes	Yes		No		Yes	No Yes				Yes Yes	Yes No	Yes	Yes	Yes Yes	less than usual	Normal Depressed	Negatively	Good Moderate	Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No more than usual Yes	Yes
15-25	Female	15-25	Rural	Yes No	Yes No	Yes	Yes		Yes	\vdash		Yes	Yes	Yes	Yes	Yes Yes	No No	res	Yes	No. I am okav at home	Yes, same as usual	Normal	Moderately	Moderate Moderate	Exercise / Yoga / Meditation Exercise / Yoga / Meditation	Yes No	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes			No	100		.00	Yes	Yes	Yes	.03	Yes	not at all	Depressed	Negatively	Poor	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes			Yes	Yes			Yes	No	Yes		Not too much	Yes, same as usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	No
15-25	Female	15-25	Urban	No	Yes	Yes	No	Yes	Yes	Yes	Yes Yes	No	No	No	No	No No	No	No Yes	Yes	No, I am okay at home	much less than usual	Normal	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes				Yes	Yes		Yes		Yes Yes	No	Yes		Not too much	less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Rural	No	No	No	No					No				Yes	Yes			Yes	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
35-45	Female	35-45	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes Yes	No				No	No		Yes	Yes	Yes, same as usual	Normal	Negatively	Good	I am unfoccused to my health these da	No more than usual	No
15-25 25-35	Female Female	15-25 25-35	Urban Urban	No	No No	Yes	Yes	No No	Yes Yes	No No	No No Yes No	No No	N-	No	No	Yes No Yes	Yes	Yes No	No	Not too much	Yes, same as usual less than usual	Normal	Moderately Moderately	Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da	No Yes	No Yes
15-25	Female	15-25	Urban	No No	No	Yes	Yes	Yes	Yes	INO	Yes No	No	No	NO	NO	Yes	No	Yes No Yes	NO	Yes Yes	less than usual	Depressed Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Rural	Yes	No	Yes	No	No	Yes	No	No No	No	No	No	Yes	No No	Yes	No No	No	No. I am okay at home	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes			Yes				Yes	No	Yes		Not too much	much less than usual	Depressed	Negatively	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes
15-25	Male	15-25	Urban	No	No	Yes	No	No	No	No	Yes No	No	No	No	No	No No	Yes	No No		Yes	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No No	Yes				No	Yes			Yes	much less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Male	15-25	Urban	No	No	Yes	No					No				No	No		Yes	Yes	less than usual	Normal	Moderately	Moderate	I am unfoccused to my health these da	No more than usual	No
15-25	Male	15-25	Rural	No	No	Yes	Yes		Yes		Yes	No	No		No	No Yes	Yes	No No	No	Yes	much less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	Yes
15-25 25-35	Male					Yes	Yes	Yes	Yes	Yes	Yes Yes	Yes	Yes	Yes	Yes	Yes Yes	Yes	Yes Yes	Yes	Yes			Positively	Good	Exercise / Yoga / Meditation	Yes	Yes
		15-25	Rural	Yes	Yes			Mo	_												Yes, same as usual	Happy			Ÿ.		_
	Female	25-35	Rural	No	No	Yes	Yes	No No	No	No	Yes No	No	No	No	No	No Yes	Yes	No No	No	Yes	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No	No
25-35	Female Male	25-35 25-35	Rural Urban	No No	No No	Yes Yes	Yes Yes	No	_			No Yes	No Yes	No		No Yes Yes No	Yes Yes			Yes No, I am okay at home	less than usual better than usual	Normal Happy		Good Good	Healthy diet and sleep Healthy diet and sleep	No No more than usual	No No
	Female	25-35	Rural	No	No	Yes Yes Yes	Yes Yes Yes	_	No	No	Yes No	No	No	No	No	No Yes	Yes Yes Yes	No No		Yes	less than usual	Normal	Negatively Positively	Good	Healthy diet and sleep	No	No
25-35 15-25	Female Male Male	25-35 25-35 15-25	Rural Urban Rural	No No Yes	No No Yes	Yes Yes Yes	Yes Yes Yes	No Yes	No No	No No	Yes No	No Yes Yes	No Yes	No	No	No Yes Yes No Yes	Yes Yes Yes	No No		Yes No, I am okay at home Yes	less than usual better than usual Yes, same as usual	Normal Happy Happy	Negatively Positively Positively	Good Good Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation	No more than usual Yes	No No Yes
25-35 15-25 15-25	Female Male Male Male	25-35 25-35 15-25 15-25	Rural Urban Rural Rural	No No Yes Yes	No No Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes	No Yes	No No	No No	Yes No	No Yes Yes No	No Yes	No	No	No Yes Yes No Yes No	Yes Yes Yes Yes	No No		Yes No, I am okay at home Yes Yes	less than usual better than usual Yes, same as usual less than usual	Normal Happy Happy Normal	Negatively Positively Positively Negatively	Good Good Good Moderate	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes Yes	No No Yes Yes
25-35 15-25 15-25 25-35 15-25 15-25	Female Male Male Male Male Female Female	25-35 25-35 15-25 15-25 25-35 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban	No No Yes Yes No No Yes	No No Yes Yes No No Yes	Yes Yes Yes Yes No No Yes	Yes Yes Yes Yes No No Yes	No Yes No Yes	No No Yes	No No	Yes No Yes No Yes No Yes Yes Yes	No Yes Yes No No No	No Yes Yes	No Yes	No Yes	No Yes Yes No Yes No No No No Yes	Yes Yes Yes Yes Yes Yes No	No No Yes Yes	No	Yes No, I am okay at home Yes Yes Not too much Yes Yes	less than usual better than usual Yes, same as usual less than usual less than usual less than usual less than usual	Normal Happy Happy Normal Normal Normal	Negatively Positively Positively Negatively Negatively Moderately Positively	Good Good Moderate Moderate Good Moderate	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	No more than usual Yes Yes No more than usual No Yes	No No Yes Yes Yes No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25	Female Male Male Male Male Female Female Male	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural	No No Yes Yes No No No Yes No	No No Yes Yes No No No Yes No	Yes Yes Yes Yes No No No Yes No	Yes Yes Yes Yes No No No Yes No	No Yes No Yes No	No No Yes Yes	No No No	Yes No Yes No Yes No Yes No Yes No No No	No Yes Yes No No No No No No	No Yes Yes	No Yes	No Yes	No Yes Yes No Yes No No No Yes No No No	Yes	Yes Yes No Yes		Yes No, I am okay at home Yes Yes Not too much Yes Yes Not too much Yes No, I am okay at home	less than usual better than usual Yes, same as usual less than usual Yes, same as usual	Normal Happy Happy Normal Normal Normal Normal	Negatively Positively Positively Negatively Negatively Moderately Positively Positively	Good Good Good Moderate Moderate Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep	No No more than usual Yes Yes No more than usual No Yes No	No No Yes Yes Yes No Yes No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Female Male Male Male Male Female Female Male Male	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Rural	No No Yes Yes No No No Yes No Yes	No No Yes Yes No No Yes No Yes No Yes No Yes	Yes Yes Yes No No No Yes No Yes	Yes Yes Yes Yes No No No Yes No Yes	No Yes No Yes	No No Yes Yes No Yes	No No No No No Yes	Yes No Yes No Yes No Yes No Yes No Yes Yes No No Yes Yes	No Yes Yes No No No No No Yes	No Yes Yes	No Yes No Yes	No Yes No Yes	No Yes Yes No Yes No No No Yes No No Yes Yes Yes	Yes Yes Yes Yes Yes Yes Yes No Yes No	No No Yes Yes	No Yes	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes	less than usual better than usual Yes, same as usual less than usual much less than usual	Normal Happy Happy Normal Normal Normal Sad Depressed	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Negatively	Good Good Good Moderate Moderate Good Moderate Good Poor	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No more than usual Yes Yes No more than usual No Yes No more than usual No Yes	No No Yes Yes Yes No Yes No Yes No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 35-45	Female Male Male Male Male Female Female Male Male Male	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 35-45	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Urban Rural Urban	No No Yes Yes No No Yes No Yes No No Yes No	No No Yes Yes No No Yes No Yes Yes Yes	Yes Yes Yes Yes No No Yes No Yes Yes	Yes Yes Yes Yes No No Yes No Yes Yes	No Yes No Yes No Yes Yes No Yes	No No Yes Yes No Yes Yes	No No No	Yes No Yes No Yes No Yes No Yes No No No	No Yes Yes No No No No Yes Yes	No Yes Yes	No Yes	No Yes No Yes	No Yes Yes No Yes No No No Yes No No Yes Yes	Yes Yes Yes Yes Yes Yes No Yes No No	Yes Yes No Yes	No Yes Yes	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes	less than usual better than usual Yes, same as usual less than usual less than usual less than usual less than usual much less than usual much less than usual	Normal Happy Happy Normal Normal Normal Normal Depressed Depressed	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Negatively Negatively Negatively Negatively	Good Good Good Moderate Moderate Good Moderate Good Moderate Good Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes Yes No more than usual No Yes No more than usual No Yes No Wes Much more than usual	No No Yes Yes Yes No Yes No Yes No
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Female Male Male Male Male Female Female Male Male	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Rural	No No Yes Yes No No No Yes No Yes	No No Yes Yes No No Yes No Yes No Yes No Yes	Yes Yes Yes No No No Yes No Yes	Yes Yes Yes Yes No No No Yes No Yes	No Yes No Yes No	No No Yes Yes No Yes	No No No No No Yes	Yes No Yes No Yes No Yes No Yes No Yes Yes No No Yes Yes	No Yes Yes No No No No No Yes	No Yes Yes	No Yes No Yes Yes	No Yes No Yes	No Yes Yes No Yes No No No Yes No No Yes Yes Yes	Yes Yes Yes Yes Yes Yes Yes No Yes No	Yes Yes No Yes	No Yes	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes	less than usual better than usual Yes, same as usual less than usual much less than usual	Normal Happy Happy Normal Normal Normal Sad Depressed	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Negatively	Good Good Good Moderate Moderate Good Moderate Good Poor	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Exercis e / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercis e / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercis e / Yoga / Meditation	No more than usual Yes Yes No more than usual No Yes No more than usual No Yes	No No Yes Yes Yes No Yes No Yes No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 35-45 15-25	Female Male Male Male Male Male Female Female Male Male Male Female	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 35-45	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Rural Urban Urban Rural Urban	No No No Yes Yes No No Yes No No Yes No No Yes No No No	No No No Yes Yes No No Yes No Yes Yes No Yes Yes Yes	Yes Yes Yes Yes No No Yes No Yes Yes Yes Yes	Yes Yes Yes Yes No No Yes No Yes Yes Yes Yes	No Yes No Yes No Yes Yes Yes	No No No Yes No Yes Yes Yes Yes	No No No No Yes Yes	Yes No Yes No Yes No Yes No Yes No Yes Yes No No Yes Yes Yes	No Yes Yes No No No No Yes Yes Yes Yes	No Yes Yes	No Yes No Yes Yes	No Yes No Yes Yes	No Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No No No No No N	Yes Yes Yes Yes Yes Yes No Yes No No No	Yes Yes No Yes Yes	Yes Yes	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	iess than usual better than usual yes, same as usual less than usual less than usual less than usual less than usual yes, same as usual much less than usual	Normal Happy Happy Normal Normal Normal Normal Depressed Normal	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Negatively Negatively Negatively Moderately	Good Good Good Moderate Moderate Good Moderate Good Moderate Good Poor Good Moderate	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep	No more than usual Yes Yes No more than usual No Yes No more than usual No Yes No No Yes No Yes Much more than usual	No No Yes Yes Yes No Yes No No No
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 35-45 15-25 15-25	Female Male Male Male Male Male Female Female Male Male Male Female Female Female	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	No No Yes Yes No No Yes No No No Yes No No No No No No No	No No No Yes Yes No No Yes No Yes No Yes No Yes No Yes No	Yes Yes Yes Yes No No Yes No Yes No Yes No Yes Yes No	Yes Yes Yes Yes No No Yes No Yes Yes Yes Yes Yes	No Yes No Yes No Yes No Yes No Yes	No No No Yes Yes Yes Yes Yes Yes Yes	No No No No Yes Yes No	Yes No Yes No Yes No Yes No Yes Yes No No Yes Yes No No No No	No Yes Yes No No No No Yes Yes Yes Yes Yes	No Yes Yes No No	No Yes No Yes Yes No No	No Yes No Yes Yes	No	Yes Yes Yes Yes Yes Yes No Yes No No No Yes	Yes Yes No Yes Yes No Yes No No No	Yes Yes No	Yes No, I am okay at home Yes Yes Not too much Yes Yes And to mach Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes	less than usual beter than usual Yes, same as usual less than usual Yes, same as usual much less than usual much less than usual Yes, same as usual Yes, same as usual Yes, same as usual	Normal Happy Happy Normal Normal Normal Normal Depressed Depressed Normal Normal	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Positively Negatively Negatively Moderately Moderately Moderately	Good Good Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No more than usual Yes Yes No more than usual Yes Yes No more than usual No Yes No Yes No Yes No Yes No Yes Much more than usual Yes No	No No Yes Yes Yes No Yes No No No No
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 35-45 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Female Female Male Male Male Male Male Female Female Female Female Female	25-35 25-35 15-25 15-25 25-36 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Rural Urban Rural Rural Rural Rural Rural	No No Yes Yes No No Yes No No Yes No No Yes No	No No No Yes Yes No No Yes No No Yes No	Yes Yes Yes Yes No No Yes No Yes Yes No Yes No	Yes Yes Yes Yes No No Yes No Yes Yes No Yes Yes Yes Yes Yes No Yes No Yes	No Yes No Yes No Yes No No Yes No No No No	Yes Yes No Yes No Yes No Yes Yes No Yes Yes No No	No No No No No No No No No Yes Yes No No No Yes	Yes No Yes No Yes No Yes Yes No No No No No No No Yes Yes Yes	No Yes Yes No No No No Yes Yes Yes Yes No	No Yes Yes No No No No No No No	No Yes No Yes No No No Yes No No No Yes No	No Yes No Yes Yes No No	No	Yes Yes Yes Yes Yes No Yes No No No Yes Yes Yes Yes	Yes Yes No Yes No Yes No N	Yes Yes No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes No, I am okay at home	less than usual better than usual yes, same as usual less than usual yes, same as usual much less than usual less than usual yes, same as usual much less than usual yes, same as usual yes, same as usual much less than usual yes, same as usual yes, same as usual much less than usual nd at all	Normal Happy Happy Happy Happy Normal Normal Normal Sad Depressed Depressed Normal Normal Normal Normal Normal	Negatively Positively Positively Negatively Negatively Negatively Negatively Positively Positively Positively Negatively Moderately Moderately Moderately Moderately Positively Moderately Positively	Good Good Good Good Moderate Moderate Good	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No Yes No Yes Much more than usual Yes No Yes No	No No Yes Yes No Yes No Yes No Yes No Yes No Yes No No No No No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Male M	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Rural Urban Urban Rural Rural Urban Urban Rural Urban Urban Rural Urban Rural Rural Rural Rural Rural Rural	No No No Yes Yes No No Yes No No Yes No	No No No Yes Yes No No Yes No No Yes No No Yes No No No No No No No	Yes Yes Yes No No Yes No Yes No Yes Yes No No No No No No No No No	Yes Yes Yes Yes No No Yes No Yes Yes Yes Yes No Yes Yes Yes Yes No No Yes No No	No Yes No Yes No Yes No Yes No Yes No Yes No No No No No Yes	No No No Yes Yes No Yes Yes No Yes Yes No No No	No No No No No No No Yes Yes No No No Yes Yes Yes	Yes No Yes No Yes No Yes Yes No No Yes Yes No No No No No No No Yes Yes Yes Yes Yes Yes Yes Yes	No Yes Yes No No No No No Yes Yes Yes Yes Yes No	No Yes Yes No	No Yes No Yes No No No No Yes No Yes No Yes No Yes	No Yes No Yes Yes No No Yes	No	Yes Yes Yes Yes Yes Yes No No No No Yes Yes Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes	No No Yes Yes No Yes No No No No No No No No No No No No Yes	Yes Yes No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual was, same as usual much iess than usual much iess than usual iess than usual yes, same as usual was, same as usual was than usual iess than usual	Normal Happy Happy Normal Normal Normal Normal Sad Depressed Normal Normal Normal Normal Normal Normal Happy	Negatively Positively Positively Negatively Negatively Moderately Positively Positively Positively Negatively Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Moderately Positively Moderately Moderately Moderately	Good Good Good Moderate Moderate Good Moderate Good Poor Good Moderate Good Moderate Good Moderate Good Moderate	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No No Yes Much more than usual Yes No No Yes No No Yes No	No No Yes Yes No Yes No Yes No Yes No Yes No No No No No Yes Yes Yes Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Female Female Male Male Female Male Female Female Male Female Male Female Male Male Male Male Male Male Male	25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Rural Rural Urban Rural Rural Urban Rural	No No No Yes Yes No No Yes No No Yes No	No No No Yes Yes No No Yes No No Yes No No Yes Yes No No No No No No No No Yes	Yes Yes Yes Yes No No Yes No Yes Yes No Yes Yes No No Yes No No Yes	Yes Yes Yes Yes No No Yes No Yes Yes Yes Yes No Yes Yes Yes No Yes No Yes Yes No Yes No Yes	No Yes No Yes No Yes No No Yes No No No No	Yes Yes No Yes No Yes No Yes Yes No No No No	No No No No No No No No No Yes Yes No No No Yes	Yes No Yes No	No Yes Yes No No No No No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes Yes No No No Yes	No Yes Yes No No No No No No No	No Yes No Yes No No No No Yes No Yes No Yes No Yes	No Yes No Yes Yes No No Yes	No	Yes Yes Yes Yes Yes Yes Yes No No No No Yes Yes Yes Yes Yes No	Yes Yes No Yes No Yes No N	Yes Yes No No	Yes No, I am okay at home Yes Yes Not too much Xes Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual wise, same as usual much iess than usual yes, same as usual yes, same as usual yes, same as usual much iess than usual	Normal Happy Happy Normal Normal Normal Sad Depressed Depressed Normal	Negatively Positively Positively Positively Negatively Negatively Moderately Positively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately	Good Good Good Moderate Good Poor Good Poor Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Goo	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No Yes No Yes Much more than usual Yes No No Yes No	No No Yes Yes No Yes No Yes No Yes No Yes No No No No Yes Yes Yes Yes Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 35-45 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Female Male Male Male Male Male Female Female Male Male Male Male Male Male Male M	25-35 25-36 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Rural Urban Rural Urban Rural Urban Rural Rural Urban Rural Urban	No No No Yes Yes No No Yes No No Yes No	No No No Yes Yes No No Yes No No Yes No No Yes Yes No	Yes Yes Yes No No Yes No Yes No Yes	Yes Yes Yes Yes No No Yes No Yes No Yes Yes No Yes No Yes No Yes No No No No No	No Yes No Yes No Yes No Yes No Yes Yes No No No No Yes Yes Yes	Yes Yes No Yes No Yes Yes No Yes Yes No No No No No	No No No No No No No Yes Yes Ves Ves Yes Yes	Yes No Yes No No No Yes Yes No No No No No No No No No Yes Yes Yes Yes Yes Yes Yes	No Yes Yes No No No No No No Yes Yes Yes Yes Yes No	No Yes Yes No Yes No No No No No Yes Yes	No Yes No No Yes No No Yes Yes No No Yes Yes No Yes Yes	No Yes No Yes Yes No No Yes	No	Yes Yes Yes Yes Yes Yes No No No No Yes Yes Yes Yes No No No Yes	No No Yes Yes No Yes No No No No No No No No No No No No Yes	Yes Yes No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes No, I am okay at home	less than usual better than usual better than usual Yes, same as usual less than usual less than usual less than usual less than usual Yes, same as usual much less than usual Wes, same as usual much less than usual Yes, same as usual with the stame usual Yes, same as usual much less than usual Yes, same as usual when usual Yes, same as usual	Normal Happy Happy Normal Normal Normal Sad Depress ad Depress ad Normal	Negatively Positively Positively Positively Negatively Negatively Moderately Positively Negatively Negatively Moderately Negatively Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively	Good Good Good Moderate Moderate Good Moderate	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, khokhq, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual Yes No No Yes No	No No Yes Yes Yes No Yes No Yes No Yes No No No Yes Yes Yes Yes Yes No
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Female Female Male Male Female Male Female Female Male Female Male Female Male Female Male Female Male Female Male Female	25-35 25-36 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	No No No Yes Yes No No Yes No	No No Yes Yes No No Yes No No Yes No Yes No Yes Yes Yes Yes No No No No No No No Yes No Yes No Yes	Yes Yes Yes Yes Yes No No Yes No Yes Yes No No Yes Yes Yes No No Yes Yes No No Yes Yes Yes	Yes Yes Yes Yes No No Yes Yes Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No Yes	No Yes No Yes No Yes No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes	No No No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes No No No Yes	No No No No No Yes Yes Ves No	Yes No Yes No Yes No Yes No Yes Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes No	No	No Yes Yes No	No Yes No No Yes No No Yes Yes No No Yes Yes No Yes Yes	No Yes No Yes Yes No No Yes	No	Yes Yes Yes Yes Yes Yes No Yes No No No Yes	No	Yes Yes Yes No No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual wes, same as usual much iess than usual much iess than usual yes, same as usual wis, same as usual much iess than usual iess than usual iess than usual wish iess than usual wish iess than usual much iess than usual	Normal Happy Happy Normal Normal Normal Sad Depressed Depressed Normal	Negatively Positively Positively Negatively Negatively Negatively Moderately Positively Positively Negatively Moderately	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good Moderate Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No No Yes Much more than usual Yes No No Yes	No No Yes Yes No Yes No Yes No Yes No No No No No Yes Yes Yes Yes Yes Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Male Female Male Male Male Male Female Female Female Male Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25	Rural Urban Rural Rural Rural Urban Urban Urban Urban Rural Urban Urban Rural Urban Rural Rural Urban Rural Rural Rural Rural Urban Rural	No	No	Yes Yes Yes Yes Yes No No Yes No Yes No Yes No Yes	Yes Yes Yes Yes No No Yes Yes Yes Yes No Yes Yes Yes No Yes No Yes No Yes No No Yes No No Yes No No Yes	No Yes No Yes No Yes No Yes No No No No No No No Yes Yes Yes No	No No No Yes Yes No Yes No Yes Yes No	No No No No Yes Yes No	Yes No Yes No Yes No Yes Yes No	No	No Yes Yes No	No Yes No Yes No Yes Yes No No Yes Yes Yes No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes No Yes No No No No Yes	No	Yes Yes Yes No No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home No, I om okay at home	iess than usual better than usual yes, same as usual less than usual wise, same as usual much less than usual yes, same as usual yes, same as usual much less than usual much less than usual much less than usual much less than usual wise, same as usual wise, same as usual wises than usual much less than usual wise, same as usual wises than usual wises same as usual wises, same as usual wises, same as usual	Normal Happy Happy Normal Sad	Negatively Positively Positively Positively Negatively Negatively Moderately Positively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Positively Moderately	Good Good Good Moderate Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No Yes Much more than usual Yes No No No Yes No	No No Yes Yes Yes No Yes No No No No No No No No Yes
25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Female Male Male Male Male Male Male Female Female Male Male Female Male Female Female Male Female Male Female Male Female Male Female Male Female Male Female	25-35 25-36 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	No No No Yes Yes No No Yes No	No No Yes Yes No No Yes No No Yes No Yes No Yes Yes Yes Yes No No No No No No No Yes No Yes No Yes	Yes Yes Yes Yes Yes No No Yes No Yes Yes No No Yes Yes Yes No No Yes Yes No No Yes Yes Yes	Yes Yes Yes Yes No No Yes Yes Yes No Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No Yes	No Yes No Yes No Yes No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes	No No No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes No No No Yes	No No No No No Yes Yes Ves No	Yes No Yes No Yes No Yes No Yes Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes No	No	No Yes Yes No Yes No No No No No Yes Yes	No Yes No No Yes No No Yes Yes No No Yes Yes No Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes No Yes No No No Yes	No	Yes Yes Yes No No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual wes, same as usual much iess than usual much iess than usual yes, same as usual wis, same as usual much iess than usual iess than usual iess than usual wish iess than usual wish iess than usual much iess than usual	Normal Happy Happy Normal Normal Normal Sad Depressed Depressed Normal	Negatively Positively Positively Negatively Negatively Negatively Moderately Positively Positively Negatively Moderately	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good Moderate Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No No Yes Much more than usual Yes No No Yes	No No Yes Yes No Yes No Yes No Yes No No No No No Yes Yes Yes Yes Yes Yes
25-35 15-25 25-35 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Male Male Male Male Male Female Male Female Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25	Rural Urban Rural Rural Rural Urban Urban Urban Urban Urban	No	No No Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes No No No No No No Yes No Yes No Yes No Yes No Yes No No No No No No No N	Yes Yes Yes Yes No No Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes No No Yes No No No Yes No	Yes Yes Yes Yes No No Yes No No Yes	No Yes No Yes No Yes No Yes No No No No No No No Yes Yes Yes No	No No No Yes Yes No Yes No Yes Yes No	No No No No Yes Yes No	Yes No Yes No Yes No Yes Yes No	No Yes Yes No No No No No Yes Yes Yes Yes Yes No No Yes No No Yes No No No Yes No No No No Yes No No No No No No No N	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes Yes No No No No No Yes Yes Yes Yes Yes Yes Yes Yes No	No	Yes Yes Yes No No No	Yes No, I am okay at home Yes Ves Not too much Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes	less than usual better than usual vos, same as usual less than usual vos, same as usual much less than usual vos, same as usual vos	Normal Happy Happy Normal	Negatively Positively Positively Negatively Negatively Negatively Negatively Positively Positively Positively Negatively Negatively Negatively Moderately Moderately Positively Moderately Positively Moderately Positively Moderately Positively Positively Positively	Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No Yes Much more than usual Yes No Yes Much more than usual No Yes No No No No No No	No
25-35 15-25 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Male Male Male Male Female Male Female Male Female Male Male Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25 15-25 25-35 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Urban Urban Rural Rural Urban Rural Rural Urban Rural Rural Urban Rural Rural Rural Urban Rural	No	No	Yes Yes Yes Yes Yes No No Yes Yes No No Yes Yes Yes No No Yes Yes No No No Yes No No No No Yes No No No Yes No No No No Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes No No Yes No Yes No Yes No Yes Yes Yes Yes No No Yes No	No Yes No Yes No Yes No Yes No No No No No No No Yes Yes Yes No	No No No Yes Yes No Yes No Yes Yes No	No N	Yes No Yes No Yes No Yes Yes No	No	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes Yes No No No No Yes Yes Yes Yes Yes Yes No No No No Yes Yes Yes No No No No Yes Yes Yes No No No No Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes	No	Yes Yes Yes No No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual wes, same as usual much less than usual much less than usual yes, same as usual much iess than usual iess than usual yes, same as usual much iess than usual wes, same as usual much iess than usual iess than usual much iess than usual wes, same as usual much less than usual wes, same as usual wes, same as usual yes, same as usual yes, same as usual yes, same as usual	Normal Happy Happy Normal Normal Normal Normal Normal Normal Sad Depressed Depressed Normal Normal Normal Normal Normal Normal Sommal Normal Happy Normal Sad Sad Sad	Negatively Positively Positively Negatively Negatively Negatively Positively Positively Positively Positively Positively Positively Negatively Moderately Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Positively	Good Good Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No No Yes Much more than usual Yes No No Yes No No No No No more than usual No No No No	No
25-35 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25	Rural Urban Rural Rural Rural Urban Urban Urban Rural Urban Urban Urban Urban Rural Urban Urban Rural Rural Urban Rural Rural Urban Rural Urban Urban Rural Urban Rural	No No No No No No No No	No	Yes Yes Yes Yes Yes No No Yes No Yes No Yes Yes No No Yes Yes No No Yes Yes No No Yes	Yes Yes Yes No No Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes No No Yes No No Yes Yes Yes Yes Yes No No Yes	No Yes No Yes No Yes No Yes No	No No Yes Yes No No No No No Yes Yes No No No Yes Ye	No N	Yes No Yes No Yes No Yes Yes No N	No Yes No No No No No No No N	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes No Yes No No No Yes	No	Yes Yes Yes No No No No No	Yes No, I am okay at home Yes Yes Not too much Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes	iess than usual better than usual yes, same as usual iess than usual wise, same as usual much iess than usual yes, same as usual yes, same as usual much iess than usual iess than usual yes, same as usual much iess than usual wises than usual much iess than usual much iess than usual much iess than usual much iess than usual wise, same as usual much iess than usual yes, same as usual beter than usual yes, same as usual yes, same as usual yes, same as usual less than usual iess than usual ie	Normal Happy Happy Normal Normal Normal Normal Normal Sad Depressed Depressed Normal Normal Normal Normal Normal Normal Normal Normal Happy Normal Sad Sad Happy Happy Happy Depressed Depressed Normal	Negatively Positively Positively Negatively Negatively Negatively Positively Positively Positively Positively Positively Positively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Negatively Negatively	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes No No Yes Much more than usual Yes No Yes No No Yes No No Yes No No Yes No	No
25-35 15-25 15-25 25-35 15-25	Female Male Male Male Male Male Female Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	No No No Yes No No No No No No No N	No	Yes Yes Yes Yes Yes Yes No No Yes No No Yes No No Yes No No Yes	Yes Yes Yes Yes No No No Yes Yes No No Yes No No Yes No No Yes No No No Yes No No No Yes	No Yes No Yes No Yes No Yes No	No No No Yes Yes No Yes Yes No	No N	Yes No	No Yes Yes No No No Yes Yes Yes Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No No Yes No No No No No No No N	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes Yes No No No No No No Yes Yes Yes No Yes Yes No	No	Yes Yes Yes No No No No No	Yes No, I am okay at home Yes Not too much Yes Not too much Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes No, I am okay at home	iess than usual better than usual yes, same as usual less than usual yes, same as usual yes, same as usual yes, same as usual yes, same as usual much less than usual much less than usual much less than usual yes, same as usual better than usual less than usual yes, same as usual	Normal Happy Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Positively Positively Negatively Negatively Moderately Positively Nogatively Negatively Negatively Negatively Moderately	Good Good Good Moderate Moderate Good Moderate	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I amunfoccused to my health these da Healthy diet and sleep I amunfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No No more than usual Yes Yes No more than usual No Yes No Yes No Yes No Yes Much more than usual No Yes No No Yes No No Yes No	No
25-35 15-25 15-25 25-35 15-25 15	Female Male Male Male Male Male Male Female Male Male Male Male Male Male Male M	25-36 25-36 15-25	Rural Urban Rural Rural Rural Urban Urban Rural Rural Rural Urban Rural Rural Rural Urban Rural	No No No Yes No No No No No No No N	No No Yes No No No Yes No No Yes No No No No No No No N	Yes Yes Yes Yes Yes Yes No No Yes No No No Yes No No No Yes No No No Yes No No No No Yes No	Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No No Yes No	No	No No Yes Yes No No Yes Yes No No No No Yes Yes No No Yes Yes No No Yes Yes No No Yes	No No No No No No No Yes Ves No No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes	Yes No Yes No Yes No N	No Yes No No No Yes Yes Yes Yes Yes Yes Yes Yes No Yes No Yes No Yes No Yes No Yes No No Yes No No No No No No No N	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes	No	Yes Yes Yes Yes Yes Yes Yes No Yes No No No No Yes Yes No Yes No No No Yes No No Yes No No Yes Yes No Yes Yes No Yes	No	Yes Yes Yes No No No No No	Yes No, I am okay at home Yes Not too much Yes Yes Yes Not, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home No, I am okay at home No, I am okay at home Yes Yes No, I am okay at home No, I am okay at home No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	less than usual better than usual ves, same as usual less than usual wes, same as usual much less than usual wes, same as usual much less than usual ves, same as usual much less than usual ves, same as usual much less than usual wes, same as usual much less than usual ves, same as usual	Normal Happy Happy Normal Happy Normal Depressed Depressed Normal Normal Happy Normal Normal Normal Normal Happy Normal Happy	Negatively Positively Positively Negatively Negatively Negatively Positively Positively Positively Positively Positively Positively Negatively Moderately Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Positively Positively Positively Positively Positively Positively Positively Negatively Negatively Negatively Negatively Moderately Moderately	Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good Good Moderate Moderate Moderate Moderate Good	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual Yes No No more than usual No more than usual No more than usual No more than usual No Yes No	No
25-35 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Female Male Male Male Male Male Male Male M	25-38 25-38 15-25	Rural Urban Rural Rural Rural Rural Urban Urban Rural Urban Urban Urban Rural Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Urban Rural Urban Urban Rural Urban Urban Urban Urban	No No No No No No No No	No	Yes Yes Yes Yes No No No Yes No No Yes No No Yes	Yes Yes Yes Yes Yes No No Yes Yes Yes No No Yes Yes No No Yes Yes Yes No No Yes Yes Yes No No No Yes Yes No	No	No	No No No No No No No No	Yes No Yes No Yes No Yes No N	No	No Yes Yes No	No Yes No Yes No No Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes Yes	No	Yes Yes Yes Yes Yes Yes Yes Yes Yes No No No No Yes	No	Yes Yes Yes Yes No No No No Yes	Yes No, I am okay at home Yes Not too much Yes Not, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home No, I om okay at home Yes Yes No, I om okay at home Yes No, I om okay at home Yes No, I om okay at home	iess than usual better than usual 'yes, same as usual iess than usual much iess than usual yes, same as usual much iess than usual iess than usual iess than usual yes, same as usual much iess than usual much iess than usual iess than usual iess than usual iess than usual much iess than usual much iess than usual wes, same as usual beter than usual iess than usual yes, same as usual iess than usual yes, same as usual iess than usual yes, same as usual	Normal Happy Happy Normal Happy Normal Sad Sad Happy Happy Depress ad Depress ad Normal Happy Happy Depress ad Normal Normal Normal Normal Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Positively Positively Positively Positively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Noderately Positively Noderately Positively Noderately Positively Noderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Moderately Moderately Moderately	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Good Good Good Moderate Good Good Good Good Good Good Good Goo	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual Yes No Yes No Yes No No Yes No Yes No	No No No No No No No No
25-35 15-25 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Male Female Male Male Male Male Male Male Male M	25-36 25-36 15-25	Rural Urban Rural Rural Rural Urban Rural Urban Urban Urban Urban Urban Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Urban Rural	No	No No Yes No No No Yes No No No No No No No N	Yes Yes Yes No No Yes	Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No Yes Yes No No No Yes No No Yes No No Yes No No Yes No No No Yes No No No No Yes No	No	No No Yes Yes No No Yes Yes No No No No Yes Yes No No Yes Yes No No Yes Yes No No Yes	No No No No No No No Yes Ves No No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes	Yes No Yes No Yes No N	No	No Yes Yes No	No Yes No Yes Yes No No Yes Yes Yes Yes	No Yes No Yes Yes No No Yes No Yes Yes	No	Yes Yes Yes Yes Yes Yes Yes Yes No No No No No Yes Yes No No No Yes Yes No No Yes No No No Yes No No No Yes No No No No No No Yes No	No	Yes Yes Yes Yes No No No No Yes	Yes No, I am okay at home Yes Not too much Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home	iess than usual better than usual yes, same as usual less than usual yes, same as usual much less than usual yes, same as usual wes, same as usual much less than usual yes, same as usual wes, same as usual yes, same as usual better than usual less than usual less than usual yes, same as usual	Normal Happy Normal Happy Normal Normal Normal Normal Sad Depressed Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Positively Positively Moderately Positively Moderately Moderately Positively Moderately Moderately Moderately Nogatively Positively Nogatively Negatively Negatively Negatively Moderately	Good Good Good Good Moderate	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Lam unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual Yes No No more than usual No more than usual No more than usual No more than usual No Yes No	No No Yes Yes No No Yes Yes Yes No No Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes Yes No Yes No No Yes No Yes No Yes No No Yes No No No No No No No N
25-35 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Male Female Male Male Male Male Male Male Male M	25-38 25-38 15-25	Rural Urban Rural Rural Rural Rural Urban Urban Rural Urban Urban Urban Rural Urban Urban Rural Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban	No No No No No No No No	No No No No No No No No	Yes Yes Yes Yes No No No Yes No No Yes No No Yes	Yes Yes Yes Yes Yes No No Yes No Yes Yes No No Yes Yes Yes No No Yes Yes No No No No Yes Yes No	No	No	No No No No No No No No	Yes No	No	No Yes Yes No	No Yes No Yes Yes No No Yes No Yes Yes No Yes	No Yes No No No No Yes No No Yes No No Yes	No	Yes Yes Yes Yes Yes Yes Yes Yes No No No No No Yes Yes No Yes Yes Yes Yes Yes No Yes Yes No Yes No Yes No No Yes No	No	Yes Yes Yes Yes No No No No Yes	Yes No, I am okay at home Yes Not too much Yes Not, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home No, I om okay at home Yes Yes No, I om okay at home Yes No, I om okay at home Yes No, I om okay at home	iess than usual better than usual 'yes, same as usual iess than usual much iess than usual yes, same as usual much iess than usual iess than usual iess than usual yes, same as usual much iess than usual much iess than usual iess than usual iess than usual iess than usual much iess than usual much iess than usual wes, same as usual beter than usual iess than usual yes, same as usual iess than usual yes, same as usual iess than usual yes, same as usual	Normal Happy Happy Normal Happy Normal Sad Sad Happy Happy Depress ad Depress ad Normal Happy Happy Depress ad Normal Normal Normal Normal Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Positively Positively Positively Positively Negatively Negatively Negatively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Noderately Positively Noderately Positively Noderately Positively Noderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Moderately Moderately Moderately	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Good Good Good Moderate Good Good Good Good Good Good Good Goo	Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual Yes No Yes No Yes No No Yes No Yes No	No No Yes No Yes Y
25-35 15-25 15-25 25-35 15-26 15-26 15	Female Male Male Male Male Male Male Female Male Male Male Male Male Male Male M	25-35 25-35 15-25	Rural Urban Rural Rural Urban Rural Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban Rural	No No No Yes No No No No No No No N	No No Yes No No No Yes No No No No No No No N	Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes No No	Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No Yes Yes No No No Yes No No Yes No No Yes No No Yes No No No Yes No No No No Yes No	No	No No Yes No No Yes Yes Yes No No Yes Yes Yes Yes No No Yes	No No No No No No No Yes Yes No No No No Yes Yes Yes No	Yes No	No	No Yes Yes No	No Yes No No Yes Yes No No Yes Yes No No Yes No No Yes No No Yes No No Yes Yes No No Yes	No Yes No Yes Yes No No Yes No Yes Yes	No	Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No No Yes Yes No	No	Yes Yes No	Yes No, I am okay at home Yes Not too much Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	iess than usual better than usual vos, same as usual iess than usual vos, same as usual much iess than usual vos, same as usual much iess than usual iess than usual iess than usual much iess than usual vos, same as usual iess than usua	Normal Happy Happy Normal Happy Normal Sad Depressed Depressed Normal Happy Normal	Negatively Positively Positively Negatively Negatively Negatively Positively Positively Positively Positively Positively Positively Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Noderately Positively Positively Positively Positively Positively Nogatively Negatively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Moderately Moderately Moderately Negatively	Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes Much more than usual Yes Much more than usual Yes No Yes Much more than usual No No Yes No	No No Yes Yes No No Yes Yes Yes No No Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes Yes No Yes No No Yes No Yes No Yes No No Yes No No No No No No No N
25-35 15-25 25-35 15-25	Female Male Male Male Male Male Male Male Female Male Male Male Male Male Male Male M	25-38 25-38 25-38 15-25 15-25 25-38 15-25	Rural Urban Rural Rural Rural Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban	No	No	Yes Yes Yes No No Yes	Yes Yes Yes Yes Yes Yes No No No No Yes No No Yes No No Yes No No Yes No No No Yes No No No Yes No	No	No No No Yes Yes Yes Yes No No No No No No No N	No	Yes No Yes No Yes No Yes Yes No	No	No Yes Yes No	No Yes No No Yes Yes No No Yes Yes No No Yes No No Yes No No Yes No No Yes Yes No No Yes	No Yes No No No No No No No No No	No	Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes Yes No No No No Yes Yes No	No	Yes Yes No	Yes No, I am okay at home Yes Not too much Yes Not I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home	iess than usual better than usual 'yes, same as usual iess than usual much iess than usual yes, same as usual much iess than usual iess than usual iess than usual yes, same as usual much iess than usual much iess than usual yes, same as usual much iess than usual iess than usual much iess than usual wes, same as usual yes, same as usual beter than usual yes, same as usual iess than usual yes, same as usual iess than usual	Normal Happy Happy Normal Happy Normal Sad Sad Happy Happy Depress ed Depress ed Normal	Negatively Positively Positively Negatively Negatively Negatively Positively Positively Positively Positively Positively Positively Negatively Moderately Negatively Moderately Positively Moderately Moderately Moderately Moderately Moderately Positively Moderately Positively Moderately Positively Noderately Positively Noderately Positively Positively Positively Positively Noderately Negatively	Good Good Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Good Good Good Good Moderate	Healthy diet and sleep Healthy diet and sleep Lexerise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I an unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation Healthy diet and sleep Healthy diet and sleep Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No No Yes Much more than usual No Yes No No Yes No No Yes No No Yes No	No No No No No No No No
25-35 15-25 15-25 25-35 15-25	Female Male Male Male Male Male Male Female Female Male Male Female Male Male Male Male Male Male Male M	25-36 25-36 15-25	Rural Urban Rural Rural Rural Rural Urban Urban Rural Urban Urban Urban Urban Rural Urban Urban Rural Urban Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban Urban Rural Urban	No	No No No No No No No No	Yes Yes Yes Yes Yes No No No Yes	Yes Yes Yes Yes Yes No No Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes No No Yes No No No Yes No	No	No No Yes	No	Yes No Yes No Yes No Yes Yes No	No	No Yes Yes No	No Yes No No Yes Yes No No Yes No Yes No Yes No No Yes No Yes No No Yes No No Yes	No Yes No	No	Yes Yes Yes Yes Yes Yes Yes Yes No No No No Yes Yes No No Yes Yes No No Yes Yes No No No No Yes No No No No No Yes No No No No No Yes No	No	Yes Yes Yes No No No No No No Yes Yes Yes Yes Yes	Yes No, I am okay at home Yes Not too much Yes Yes Not too much Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home	iess than usual better than usual yes, same as usual iess than usual yes, same as usual much iess than usual yes, same as usual yes, same as usual much iess than usual yes, same as usual iess than usual yes, same as usual iess than usual	Normal Happy Normal	Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively Positively Positively Moderately Negatively Negatively Negatively Moderately Negatively Negatively	Good Good Good Moderate Good Good Moderate Good Good Good Good Good Good Moderate Good Moderate Good Good Moderate Good Good Moderate Good Moderate Good	Healthy diet and sleep Healthy diet and sleep Lexerise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No No more than usual Yes Yes Yes No more than usual No Yes No Yes No Yes Much more than usual No No Yes Much more than usual No	No No No No No No No No

Q. 1	Q. 2	Q. 1	Q. 4	Q. 5				[Family M	Close R	8(a) [Frie)	[Neig a) [Coll	Q. 9	[Family M	la) [Fna)	[Rel t			getting eting to	ong frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25	Male	15-25	Rural	No	No	No	No					Yes				Yes No	Yes			No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No more than usual	No
35-45	Female	35-45	Urban	No	Yes	Yes	Yes	Yes	Yes	No	Yes No	No				Yes	Yes			Yes	less than usual	Sad	Moderately	Good	Exercise / Yoga / Meditation	No	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No No	Yes		Yes	Yes	No	No	Yes No	Yes	Not too much	not at all	Depressed	Negatively	Poor	I am unfoccused to my health these da	Yes	Yes
15-25 15-25	Female Male	15-25 15-25	Urban	No No	No No	No Yes	No Yes	No No	No No	No Yes	No No Yes Yes	No Yes	V	Yes	Yes	Yes Yes Yes	No Yes	Yes No No	Yes	Yes Not too much	much less than usual	Depressed Normal	Positively Moderately	Moderate Good	I am unfoccused to my health these da Exercise / Yoga / Meditation	Yes Much more than usual	Yes
15-25	Male	15-25	Rural	No.	Yes	Yes	Yes	NO	Yes	Yes	Yes Yes	Yes	Yes	Yes		Yes Yes	No	NO NO	Yes	Yes	not at all	Depressed	Negatively	Poor	I am unfoccused to my health these da		Yes
25-35	Female	25-35	Urban	Yes	No	No	Yes		162	162	Yes Yes	No		162	162	Yes	No	No	162	No. I am okav at home	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No No	No
25-35	Female	25-35	Urban	No	No	No	No				100	No				No	Yes	110		Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No No	No
25-35	Male	25-35	Rural	No	No	Yes	No	No	No	No	No No	Yes	No	Yes	Yes	Yes No	No	No No	No	Not too much	better than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	No	Yes
15-25	Female	15-25	Rural	No	Yes	Yes	No	No	No	No	No No	No	No		No	No No	Yes	No No	No	No, I am okay at home	better than usual	Нарру	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Rural	Yes	Yes	Yes	Yes	No	Yes	No	No No	No	No	No	No	No Yes	Yes			Not too much	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	No
25-35	Male	25-35	Urban	Yes	No	Yes	Yes	No	Yes	Yes	No No	No	No	No	No	No Yes	No	Yes No	Yes	Yes	Yes, same as usual	Normal	Positively	Moderate	Healthy diet and sleep	Yes	No
25-35	Female	25-35	Urban	No	No	Yes	Yes	No	Yes	No	Yes No	No	No	No	No	No Yes	Yes	No No	No	Not too much	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	No
15-25	Female	15-25	Rural	No	No	Yes	Yes		Yes			Yes			Yes	No	No		Yes	Yes	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No	Yes
15-25	Female	15-25	Rural	No	No	Yes	Yes	No	Yes	No	No No	No	No		No	No Yes	No	Yes No	No	Yes	much less than usual	Depressed	Negatively	Poor	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No Yes	No	Not too much	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes			No				No	No		Yes	Not too much	not at all	Normal	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes				Yes	Yes		Yes		Yes	No		Yes	Yes	less than usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Male	15-25	Rural	Yes	Yes	Yes	No					No				No	Yes			No, I am okay at home	better than usual	Нарру	Moderately	Good	Healthy diet and sleep	No	No
15-25 15-25	Male Male	15-25 15-25	Rural Urban	Yes No	No Yes	No Yes	No Yes	Yes Yes	No	Yes	No No	Yes				Yes	Yes Yes	No		Yes Yes	less than usual	Sad Normal	Positively Moderately	Good Moderate	Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	No Yes	Yes
15-25	Female	15-25	Rural	No No	Yes No	Yes No	Yes	res		+	Yes	Yes			-	Yes No	Yes	Yes		No. I am okav at home	Yes, same as usual Yes, same as usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	Yes Yes	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes			No				No No	Yes	100		Yes	less than usual	Sad	Negatively	Good	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	No	No No	Yes	No	No	Yes	Yes No	Yes	No No	No	Yes	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	No	Yes Yes	Yes	Yes		No	No No	No	Yes	No	Not too much	less than usual	Depressed	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No
Above 45	Male	Above 45	Rural	No	No	No	Yes				No	No				No	No	Yes	Yes	Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes Yes	Yes	No No	Yes	Yes	less than usual	Нарру	Moderately	Good	Exercise / Yoga / Meditation	No	Yes
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No No	No	No, I am okay at home	Yes, same as usual	Нарру	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Urban	No	No	No	Yes	No	No	Yes	Yes No	No				Yes	No	Yes Yes	Yes	Yes	less than usual	Normal	Negatively	Moderate	I am unfoccused to my health these da	No more than usual	Yes
15-25	Female	15-25	Rural	No	No	Yes	No					No				No	No	Yes		Yes	much less than usual	Normal	Positively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes Yes	Yes	Yes	Yes	Yes	Yes Yes	No	Yes No	Yes	Yes	much less than usual	Sad	Positively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25	Male	15-25	Urban	No	No	No	No	Yes	Yes	Yes		No	Yes			No	Yes	Yes		No, I am okay at home	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No	No
15-25 15-25	Male Male	15-25 15-25	Rural Urban	Yes	Yes	No Yes	No Yes	No	No	No	No No Yes	Yes	No	No	No	No Yes Yes	Yes Yes	No No	No	Yes Yes	better than usual	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka Exercise / Yoga / Meditation	Yes No more than usual	Yes
15-25	Female	15-25	Urban	No Yes	Yes	Yes	Yes	No	Yes	No	Yes No	Yes		Yes	Yes	Yes Yes	Yes			Not too much	Yes, same as usual less than usual	Normal Normal	Moderately	Poor	I am unfoccused to my health these da	No more than usual	No
15-25	Male	15-25	Urban	No.	Yes	Yes	Yes	Yes	163	140	163 140	No	Yes	103	163	No No	Yes		1	No. I am okay at home	better than usual	Normal	Positively	Good	Healthy diet and sleep	No	No
13-23							163	163								140	163										
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes Yes	No				No	No	Yes	Yes	Not too much	better than usual	Normal	Positively	Good	Lam unfoccused to my health these da	·	
15-25 35-45	Female Male	15-25 35-45	Rural Urban	No No	Yes No	Yes Yes	Yes Yes	Yes No	Yes No	Yes No	Yes Yes No No	No No				No No	No Yes	Yes	Yes	Not too much No, I am okay at home	better than usual much less than usual	Normal Depressed	Positively	Good Good	I am unfoccused to my health these da Exercise / Yoga / Meditation	No	No
15-25 35-45 15-25		15-25 35-45 15-25			Yes No Yes	Yes Yes Yes	Yes Yes Yes	Yes No	_		Yes Yes No No Yes					No No	No Yes No	Yes	Yes				-			·	
35-45	Male	35-45	Urban	No	No	Yes	Yes		_		No No	No	No	No	No	No	Yes		Yes	No, I am okay at home	much less than usual	Depressed	Positively	Good	Exercise / Yoga / Meditation	No No more than usual	No No
35-45 15-25	Male Male	35-45 15-25	Urban Urban	No Yes	No Yes	Yes Yes	Yes Yes	No	No	No	No No Yes	No No	No	No	No	No No	Yes No	Yes		No, I am okay at home Yes	much less than usual not at all	Depressed Normal	Positively Positively	Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da	No No more than usual No	No No Yes
35-45 15-25 25-35 25-35 15-25	Male Male Male Female Male	35-45 15-25 25-35 25-35 15-25	Urban Urban Urban Urban Urban	No Yes No Yes No	No Yes No Yes	Yes Yes No Yes Yes	Yes Yes No Yes Yes	No No No	No No Yes Yes	No No Yes	No No Yes No No Yes Yes	No No No No	No	No	No	No No Yes Yes No	Yes No Yes No No	Yes No No Yes Yes	No	No, I am okay at home Yes Yes Yes Yes Yes	much less than usual not at all Yes, same as usual much less than usual less than usual	Depressed Normal Normal	Positively Positively Negatively	Good Moderate Moderate Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka	No more than usual No Yes	No No Yes No No Yes
35-45 15-25 25-35 25-35 15-25 15-25	Male Male Male Female Male Male	35-45 15-25 25-35 25-35 15-25 15-25	Urban Urban Urban Urban Urban Urban Urban	No Yes No Yes No No	No Yes No Yes No No	Yes Yes No Yes Yes No No	Yes Yes No Yes Yes No No	No No No	No No Yes Yes No	No No Yes	No No No Yes Yes No No No No No No	No No No No No Yes				No No Yes Yes No Yes	Yes No Yes No No	Yes No No Yes	No	No, I am okay at home Yes Yes Yes Yes Yes Yes Yes	much less than usual not at all Yes, same as usual much less than usual	Depressed Normal Normal Normal Normal Depressed	Positively Positively Negatively Moderately Moderately Negatively	Good Moderate Moderate Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	No more than usual No Yes Yes No more than usual Yes	No No Yes No No Yes No
35-45 15-25 25-35 25-35 15-25 15-25 25-35	Male Male Male Female Male Male Male	35-45 15-25 25-35 25-35 15-25 15-25 25-35	Urban Urban Urban Urban Urban Urban Urban Urban Urban	No Yes No Yes No No No	No Yes No Yes No No No	Yes Yes No Yes Yes No Yes No Yes	Yes Yes No Yes Yes No Yes No Yes	No No No No	No No Yes Yes No Yes	No No Yes No	No No Yes No No Yes Yes No No Yes No No	No No No No No Yes Yes	Yes	Yes	Yes	No No No Yes No Yes Yes Yes Yes Yes No Yes Yes	Yes No Yes No No No Yes	Yes No No Yes Yes No	No Yes	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home	much less than usual not at all Yes, same as usual much less than usual less than usual less than usual Yes, same as usual	Depressed Normal Normal Normal Normal Depressed Normal	Positively Positively Negatively Moderately Moderately Negatively Moderately	Good Moderate Moderate Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-khq ka I am unfoccused to my health these da I am unfoccused to my health these da	No No more than usual No Yes Yes No more than usual Yes No	No No Yes No No Yes No
35-45 15-25 25-35 25-35 15-25 15-25 25-36 15-25	Male Male Male Female Male Male Male Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25	Urban	No Yes No Yes No No No No No Yes	No Yes No Yes No No No No No Yes	Yes Yes No Yes Yes No Yes Yes No Yes Yes	Yes Yes No Yes Yes No Yes Yes No Yes Yes	No No No No Yes	No No Yes Yes No Yes Yes No Yes	No No Yes No No	No No Yes No No Yes Yes No No No No No No No No	No No No No No Yes Yes	Yes Yes	Yes Yes	Yes No	No No No Yes Yes Yes Yes No No No No No	Yes No Yes No No No Yes Yes Yes	Yes No No Yes Yes No Yes No	No Yes No	No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes	much less than usual not at all Yes, same as usual much less than usual less than usual less than usual Yes, same as usual Yes, same as usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed	Positively Positively Negatively Moderately Moderately Negatively Moderately Moderately	Good Moderate Moderate Moderate Good Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy det and sleep Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da	No more than usual No Yes Yes No more than usual Yes No more than usual Yes No	No No Yes No No Yes No No Yes No Yes
35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25	Male Male Male Female Male Male Male Male Male Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25	Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban	No Yes No Yes No	No Yes No Yes No	Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes	Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes	No No No No	No No Yes Yes No Yes Yes No Yes No	No No Yes No No	No No Yes No No Yes Yes No No No No No No Yes No No No Yes No	No No No No No Yes Yes Yes	Yes	Yes Yes	Yes No	No No No Yes Yes Yes Yes No No Yes No No Yes Yes Yes No No No Yes Yes No No No Yes Yes Yes Yes Yes Yes No No Yes Y	Yes No Yes No No No Yes Yes No No No Yes Yes No	Yes No No Yes Yes No	No Yes No Yes	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes	much less than usual not at all Yes, same as usual much less than usual less than usual less than usual Yes, same as usual less than usual less than usual less than usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal	Positively Positively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Negatively	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy def and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da	No more than usual No Yes Yes Yes No more than usual Yes No more than usual Yes No No	No No Yes No No Yes No Yes No Yes Yes Yes
35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25	Male Male Male Female Male Male Male Male Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Urban	No Yes No Yes No	No Yes No Yes No	Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes	Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes	No No No No Yes	No No Yes Yes No Yes Yes No Yes	No No Yes No No	No No Yes No No No Yes Yes No No No No Yes No Yes No	No No No No No Yes Yes Yes Yes No	Yes Yes	Yes Yes	Yes No	No No No Yes Yes Yes Yes Yes No No Yes No No No Yes Yes Yes Yes Yes Yes No No No Yes Yes	Yes No Yes No No No Yes Yes Yes No No	Yes No No Yes Yes No Yes No	No Yes No	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes	much less than usual not at all Yes, same as usual much less than usual less than usual less than usual Yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Normal	Positively Positively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Negatively Negatively Negatively	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep	No more than usual No Yes Yes No more than usual Yes No	No No Yes No No Yes No No Yes No No No No Yes No No Yes No No Yes
35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Male Male Male Female Male Male Male Male Female Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25	Urban	No Yes No Yes No	No Yes No Yes No No No No No Yes No Yes No Yes No Yes	Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes	No No No No No Yes No	No No Yes Yes No Yes No Yes Yes No Yes	No N	No No Yes No No No Yes Yes	No No No No No Yes Yes Yes Yes No No	Yes Yes	Yes Yes	Yes No	No No No Yes No No No Yes Yes No No No No No No No N	Yes No Yes No No No Yes Yes No Yes Yes No No Yes	Yes No No Yes No Yes No Yes No Yes No Yes No	No Yes No Yes	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes	much less than usual not at all yes, same as usual much less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Normal Normal	Positively Positively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Negatively Negatively Positively	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I munifoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation	No more than usual No Yes Yes No more than usual Yes No more than usual Yes No No No No more than usual	No No Yes No No Yes No No No Yes No No No Yes No No No No No No No
35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25	Male Male Male Female Male Male Male Male Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25	Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Urban	No Yes No Yes No	No Yes No Yes No	Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes	No No No No Yes	No No Yes Yes No Yes Yes No Yes No	No N	No	No No No No No Yes Yes Yes Yes No	Yes Yes	Yes Yes	Yes No	No No No Yes Yes Yes Yes Yes No No Yes No No No Yes Yes Yes Yes Yes Yes No No No Yes Yes	Yes No Yes No No No Yes Yes Yes No No	Yes No No Yes Yes No Yes No	No Yes No Yes	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes	much less than usual not at all Yes, same as usual much less than usual less than usual less than usual Yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Normal	Positively Positively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Negatively Negatively Negatively	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep	No more than usual No Yes Yes No more than usual Yes No	No No Yes No No Yes No No Yes No No Yes Yes No No No No No No
35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25	Male Male Male Female Male Male Male Male Female Female Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25	Urban	No Yes No Yes No	No Yes No Yes No No No No Yes No Yes Yes Yes Yes	Yes Yes No Yes No Yes No Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes	No No No No Yes No Yes	No No Yes Yes No Yes No Yes Yes No Yes No Yes	No No Yes No	No	No No No No No Yes Yes Yes No No No	Yes Yes	Yes Yes No	Yes No No	No	Yes No Yes No No No No No Yes Yes No No No Yes No No Yes No Yes	Yes No No Yes No Yes No Yes No Yes No Yes No	No Yes No Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes	much less than usual nd at all yes, same as usual much less than usual better than usual better than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Normal Normal	Positively Positively Negatively Moderately Moderately Negatively Moderately Moderately Moderately Negatively Negatively Positively Moderately	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate	Exercise / Yoga / Meditation I. am unfoccused to my health these da Healthy det and sleep Spots (cricket, badminton, kho-kho, ka I. am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep	No No more than usual No Yes Yes Yes No more than usual Yes No	No No Yes No No Yes No No No Yes No No No Yes No No No No No No No
35-45 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Male Male Female Male Male Male Female Female Female Female Female Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban	No Yes No Yes No	No Yes No Yes No No No No Yes No No Yes No No No No No No No Yes No No No Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes No	Yes Yes No Yes No Yes No Yes	No No No No No No No Yes No No	No No Yes Yes No Yes No Yes No Yes No Yes No	No No Yes No	No	No No No No No Yes Yes Yes No	Yes Yes No	Yes Yes No	Yes No No	No	Yes No Yes No No No No No Yes Yes No No No Yes No No Yes No Yes	Yes No No Yes Yes No Yes No No No No	No Yes No Yes Yes	No, 1 am okay at home Yes Yes Yes Yes Yes No, 1 am okay at home Yes No, 1 am okay at home Yes Yes Yes Yes Yes Yes No, 1 am okay at home	much less than usual not at all yes, same as usual much less than usual less t	Depressed Normal Normal Normal Pepressed Normal Depressed Normal Normal Normal Normal Normal Normal	Positively Positively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Positively Negatively Negatively	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da	No more than usual No Yes Yes No more than usual Yes No No No Yes No Yes No Yes Yes No No No No No No No No No Yes Yes	No No Yes No No Yes No No No Yes No No Yes Yes No No No No No Yes
35-45 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Male Male Male Female Male Male Male Female Female Female Female Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban	No Yes No Yes No	No Yes No Yes No No No No Yes No	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes No No	Yes Yes No Yes No Yes No Yes	No No No No No No No Yes No No	No No Yes Yes No Yes No Yes No Yes No Yes No	No No Yes No	No	No No No No No Yes Yes Yes No	Yes Yes No	Yes Yes No No	Yes No No	No	Yes No Yes No No No No Yes Yes No No Yes Yes No Yes Yes No Yes Yes	Yes No No Yes No Yes No	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all Yes, same as usual much less than usual	Depressed Normal Normal Normal Pepressed Normal Depressed Normal Normal Normal Normal Normal Normal Normal	Positively Positively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Negatively	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-kho, ka am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep	No more than usual No Yes Yes No more than usual Yes No more than usual Yes No Yos No Yes No Yes No No more than usual No Yes No No more than usual	No No Yes No
35-45 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Male Male Male Male Female Male Male Male Female Female Female Female Female Female Female Female Female	35-45 15-25 25-35 25-35 15-25 15-25 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban	No Yes No Yes No	No Yes No Yes No No No No No Yes No No No No No Yes No No No No No No No	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes No No	No No No No No Yes No	No No Yes Yes No Yes No Yes No Yes No No Yes	No No Yes No	No	No No No No No No Yes Yes Yes No	Yes Yes No	Yes Yes No	Yes No No Yes	No	Yes No Yes No No No Yes No Yes No No Yes No No Yes No Yes No Yes No Yes No Yes No	Yes No No Yes No Yes No	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes No, I okay at home Yes No, I okay at home	much less than usual nat atil yes, same as usual much less than usual nat at all less than usual nat all less than usual nat at all less than usual nat at all less than usual nat all less than usual nat at all less than usual nat at all less than usual nat all less than usual nat at all less than usual nat all less than usu	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Normal Normal Normal Normal Normal Normal Normal	Positively Positively Positively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Positively Negatively Negatively Negatively Negatively Negatively Negatively	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kha, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No No more than usual No Yes Yes Yes No more than usual Yes No No No more than usual No No No more than usual No Yes No No No more than usual No Yes No	No No Yes No
35-45 15-25 25-35 15-25	Male Male Male Male Female Male Male Female Male Female	35-45 15-25 25-35 25-35 15-25	Urban	No Yes No Yes No	No Yes No Yes No No No No No Yes No No No Yes No No Yes No No Yes No	Yes Yes Yes No Yes No Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes No No Yes No Yes Yes No No Yes Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes No Yes	No No No No No Yes No	No No Yes Yes No Yes Yes No Yes No Yes Yes No Yes Yes No No Yes	No No Yes No No No No No No No Yes	No	No No No No No No No No No Yes Yes No	Yes Yes No	Yes Yes No	Yes No No	No	Yes No Yes No No No Yes Yes No No Yes No No Yes No No No No	Yes No No Yes Yes No No No No No No No No No	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual much less than usual not at all less than usual not al	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal Depressed Normal Normal Normal Normal Normal Normal Normal Normal Depressed	Positively Positively Negatively Negatively Moderately Moderately Moderately Moderately Negatively Moderately Moderately Moderately	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kha, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Lam unfoccused to my health these da Lam unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	No No more than usual No Yes Yes Yes No more than usual Yes No No more than usual Yes No No more than usual Yes No Yes No No more than usual Yes Yes No No No more than usual Yes Yes No No more than usual Yes Yes Much more than usual	No
35-45 15-25 25-35 15-25	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 25-35 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25 15-25	Urban Rural Urban Rural Urban Rural Urban Rural	No Yes No Yes No	No Yes No Yes No No No No No Yes Yes No No Yes	Yes Yes No Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No Yes Yes Yes No No Yes Yes Yes No No Yes Yes Yes No Yes Yes	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes No No No Yes No Yes No Yes	No No No No No No No No Yes No No Yes No Yes	No No Yes Yes No Yes Yes No Yes No Yes No Yes Yes No Yes	No No Yes No No No No No No No Yes	No	No	Yes Yes No No Yes	Yes Yes No	Yes No No Yes	No No Yes Yes Yes No Yes Yes No Yes No Yes No Yes No Yes No Yes No Yes Yes	Yes No Yes No No No No No Yes Yes No No Yes Yes No No No No No No	Yes No No Yes No No Yes No No No No No No No No No Yes Yes Yes No No No No No No No Yes Yes Yes No No No No No No Yes Yes	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes	much less than usual not at all yes, same as usual sess than usual less than usual usual less than usual less than usual yes, same as usual less than usual yes, same as usual not at all less than usual yes, same as usual yes, same as usual mot at all much less than usual	Depressed Normal Normal Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Normal Sad Normal Sad Normal Sad Sad Normal Sad Sad Sad Normal Sad	Positively Positively Positively Negatively Moderately Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Negatively	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Spots (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da	No No more than usual No Yes Yes Yes No more than usual Yes No No No No more than usual No Yes No No more than usual No Yes Yes No No more than usual Yes No Mo more than usual Yes No Mo more than usual Yes Yes	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Rural Urban Rural Urban Rural	No Yes No	No Yes No Yes No Yes No No Yes No No Yes No No Yes No No Yes Yes No No Yes Yes No Yes Yes No Yes No Yes Yes	Yes Yes No Yes No Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No Yes	Yes Yes No Yes No Yes	No No No No No No No Yes No	No No Yes Yes No Yes No Yes No Yes No Yes Yes No Yes Yes No No No Yes	No No Yes No	No	No	Yes Yes No No Yes	Yes Yes No	Yes No No Yes	No No No Yes Yes Yes No Yes No Yes Yes No Yes No No Yes No No Yes No Yes No Yes No Yes No No No Yes Ye	Yes No Yes No No No No Yes No No Yes No No Yes No No No Yes No No No Yes No Yes No Yes No Yes No Yes No No Yes No	Yes No No Yes No No Yes No No No No No No No No No Yes Yes Yes No No No No No No No Yes Yes Yes No No No No No No Yes Yes	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all Yes, same as usual much less than usual hot at all less than usual not at all less than usual not at all less than usual Yes, same as usual not at all less than usual Yes, same as usual not at all less than usual Yes, same as usual Note than usual Yes, same as yes yes yes yes yes yes yes yes yes ye	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal	Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Positively Positively Positively Negatively Negatively Negatively Negatively Moderately Positively Positively	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Moderate Moderate Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-kho ka I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da	No No more than usual Yes Yes No more than usual Yes No More than usual Yes No No more than usual No No more than usual Yes Yes Yes Yes Yes No No more than usual Yes Yes No more than usual Yes Yes No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Rural Urban Rural Urban Rural Urban Urban Rural Urban Urban Rural Urban Urban Urban Rural Urban Urban	No Yes No Yes No Yes No No No No No No No N	No Yes No Yes No Yes	Yes Yes No Yes No Yes No Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes No No Yes Yes No No Yes	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes No Yes No Yes No Yes Yes	No No No No No No No No Yes No No Yes No Yes	No No Yes Yes No Yes No Yes No Yes No Yes No Yes No No No No No No	No No Yes No	No	No	Yes Yes No No Yes	Yes Yes No	Yes No No Yes	No	Yes No Yes No No No No No Yes No No No No No No No No No Yes No No Yes No Yes No No Yes No Yes No No Yes No Yes Yes Yes	Yes No No Yes No No Yes No No No No No No No No No Yes Yes Yes No No No No No No No Yes Yes Yes No No No No No No Yes Yes	No Yes No Yes Yes	No. 1 am okay at home Yes Yes Yes Yes Yes No. 1 am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Normal Depressed Normal Normal Normal Normal Normal Sad Normal Sad Normal	Positively Positively Negatively Moderately Mogatively Positively Negatively Negatively Negatively Negatively Negatively Moderately	Geod Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation L am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Sports (cricket, badminton, kho-kho, ka Healthy diet and sleep	No No more than usual No Yes Yes Yes No more than usual Yes No No more than usual No Yes No No No more than usual Yes Yes Yes No Yes Yes Yes No No No more than usual Yes No No more than usual Yes Yos No No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Female Male Male Male Female Female Female Female Female Female Female Female Male Male Male Male Male Male Male M	35-45 15-25 25-35 15-25	Urban Rural Urban Rural Urban	No Yes No Yes No	No Yes No Yes No No No No Yes No No Yes Yes No No Yes Yes No No Yes Yes No Yes Yes No Yes	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No Yes Yes No No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes Yes No No Yes No No Yes Yes	No No No No No No No No Yes No	No No No Yes Yes No Yes No Yes No Yes No Yes No No No No Yes No No Yes	No No Yes No No No No No No Yes Yes Yes Yes	No	No	Yes Yes No No No No No	Yes Yes No No	Yes No No No No Yes	No No Yes Yes Yes Yes No Yes No Yes No No No No No No No N	Yes No Yes No No No No No Yes No No No Yes No No Yes No No Yes No Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No No No No Yes	Yes	No Yes No Yes Yes Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all west than usual less than usual	Depressed Normal Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Normal Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Noderately	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Moderate Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kha ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da	No No more than usual No Yes Yes No more than usual Yes No No more than usual No Yes No No more than usual No Yes Yes No No more than usual Yes No No more than usual Yes No No more than usual Much more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Urban Urban Rural Urban Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban	No	No Yes No Yes No Yes No Yes No No Yes No No Yes No No Yes Yes No Yes No Yes No Yes No No No No No No No N	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No Yes Yes No No Yes No No Yes No No Yes No No No Yes No	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes No No Yes No No Yes No Yes No Yes No Yes Yes No Yes Yes Yes	No No No No No No Yes No No No No No Yes No No No Yes	No	No No Yes No No No No No No No Yes Yes Yes Yes	No	No	Yes Yes No	Yes Yes No No No No	Yes No No No Yes No	No No No Yes Yes Yes Yes No Yes Yes No No Yes No Yes No Yes No Yes No Yes No No No Yes No No No Yes No No No No No No No N	Yes No Yes No No No No Yes No No Yes No No No Yes No No Yes Yes No No Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No No No No No No No No Yes Yes Yes Yes Yes	Yes	No Yes No Yes Yes No No	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all Yes, same as usual less than usual not at all less than usual not at all less than usual yes, same as usual not at all yes, same as usual less than usual yes, same as usual yes, same as usual less than usual yes, same as usual yes, yes, yes, yes, yes, yes, yes, yes,	Depressed Normal Normal Normal Normal Depressed Normal Normal Depressed Normal Normal Normal Normal Normal Normal Sad Normal Normal Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Positively Positively Positively Negatively Negatively Moderately Positively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately	Good Moderate Moderate Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-kho & I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Healthy det and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka	No No more than usual No Yes Yes Yes No more than usual Yes No No more than usual No No more than usual No Yes No No more than usual Yes No more than usual Yes No more than usual Yes No more than usual No more than usual	No
35-45 15-25 25-35 15-25	Male Male Male Male Male Female Male Female Male Female Female Female Female Female Male Female Male Male Male Male Male Male Male M	35-45 15-25 25-35 15-25	Urban Rural Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Rural Rural	No	No Yes No No No No Yes No No No No No No No N	Yes Yes No Yes No Yes	Yes Yes No Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes No No No Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No No Yes No	No No No No No No No No No Yes No	No	No No Yes No	No	No	Yes Yes No	Yes Yes No No No No No No No No	Yes No	No No No No No Yes	Yes No Yes No No No No No Yes No No Yes No No Yes No Yes No Yes No Yes	Yes	No Yes No Yes Yes	No. 1 am okay at home Yes Yes Yes Yes Yes No. 1 am okay at home Yes Yes No. 1 am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual not at all less than usual less are as usual less are as usual less man as usual less man as usual less man as usual less man usual less man as usual less	Depressed Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Normal Normal Normal Normal Sad Normal Normal Sad Normal	Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Moderately	Good Moderate Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Sports (cricket, badminton, kho-kho, ka Healthy diet and sleep Exercise / Yoga / Meditation Exercise / Yoga / Meditation Exercise / Yoga / Meditation	No No more than usual Yes No more than usual Yes No more than usual Yes No No more than usual Yes No No more than usual Yes Yes Yes No No Yes Yes No No No more than usual Yes Yes No No more than usual Yes No No more than usual Yes No more than usual No more than usual No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Urban Urban Rural Urban Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban	No	No Yes No Yes No Yes No Yes No No Yes No No Yes No No Yes Yes No Yes No Yes No Yes No No No No No No No N	Yes Yes No Yes No Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No No Yes Yes No No Yes No No Yes No No Yes No No No Yes No	Yes Yes No Yes No Yes Yes No Yes Yes Yes Yes Yes No No Yes No No Yes No Yes No Yes No Yes Yes No Yes Yes Yes	No No No No No No Yes No No No No No Yes No No No Yes	No	No No Yes No	No	No	Yes Yes No	Yes Yes No No No No	Yes No	No No No No No Yes	Yes No Yes No No No No Yes No No Yes No No No Yes No No Yes Yes No No Yes Yes Yes No Yes No Yes No Yes No Yes No No Yes No No Yes No No No No No No No No Yes Yes Yes Yes Yes	Yes	No Yes No Yes Yes No No	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all Yes, same as usual less than usual not at all less than usual not at all less than usual yes, same as usual not at all yes, same as usual less than usual yes, same as usual yes, same as usual less than usual yes, same as usual yes, yes, yes, yes, yes, yes, yes, yes,	Depressed Normal Normal Normal Normal Depressed Normal Normal Depressed Normal Normal Normal Normal Normal Normal Sad Normal Normal Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Negatively Negatively Negatively Moderately Moderately Moderately Moderately Moderately Moderately Positively Positively Positively Negatively Negatively Moderately Positively Negatively Negatively Negatively Negatively Moderately Negatively Moderately Moderately Moderately	Good Moderate Moderate Moderate Good Moderate Good Moderate Good	Exercise / Yoga / Meditation I am unfoccused to my health these da an unfoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-kho, ka an unfoccused to my health these da I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Healthy det and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka	No No more than usual No Yes Yes Yes No more than usual Yes No No more than usual No No more than usual No Yes No No more than usual Yes No more than usual Yes No more than usual Yes No more than usual No more than usual	No
35-45 15-25 25-35 25-35 15-25 25-35 15-25 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 25-35 15-25	Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Rural Urban Rural Rural Rural Urban Rural	No	No Yes No No No Yes No No No No No No No N	Yes Yes No Yes No Yes	Yes Yes No No Yes No Yes	No No No No No No No No No Yes No	No	No No Yes No No No No No No No Yes Yes Yes Yes No	No	No	Yes Yes No	Yes Yes No No No No Yes	Yes No	No No No Yes	Yes No Yes No No No No No Yes Yes No No No Yes No No Yes Yes No Yes Yes No	Yes	No Yes No Yes Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual yes, same as usual with the state of the same as usual yes, same as usual less than usual yes, same as usual less than usual yes, same as usual not at all yes, same	Depressed Normal Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Normal Normal Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Noderately Noderately Moderately	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Good Moderate Good Moderate Moderate Good Moderate Moderate Good Moderate Moderat	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da I	No No more than usual No Yes Yes No more than usual Yes No No No more than usual No Yes Yes No No No more than usual No No No more than usual Yes Yes No No more than usual Yes Yes No No more than usual Yes No more than usual No No No	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Urban Urban Rural Urban Urban Urban Urban Urban Rural Urban	No	No Yes No No No Yes No No Yes No No Yes No Yes No Yes No Yes No No No No No No No N	Yes Yes No Yes No Yes No Yes No Yes Yes No Yes Yes Yes No No Yes Yes Yes No No Yes Yes No No No Yes Yes No No Yes No No Yes No	Yes Yes No Yes No Yes No Yes	No No No No No No No No No Yes No	No	No No Yes No No No No No No No Yes Yes Yes Yes No	No	No	Yes Yes No	Yes Yes No	Yes No	No	Yes No Yes No No No No No Yes Yes No No No Yes Yes No Yes Yes No Yes Yes No Yes Yes No No No No No No No No No Yes Yes No Yes	Yes	No Yes No Yes No Yes No No Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No, I am okay at home Yes Not too much Yes Yes Not too much	much less than usual not at all yes, same as usual less than usual yes, same as usual not at all less than usual yes, same as usual usual	Depressed Normal Normal Normal Normal Depressed Normal	Positively Positively Nogatively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Negatively Negatively Negatively Negatively Moderately Moderately Moderately Positively Moderately Positively Degatively Moderately	Good Moderate Moderate Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy det and sleep Sports (cricket, badminton, kho-khq ka I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-khq ka Healthy det and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-khq ka Healthy det and sleep Healthy det and sleep Healthy det and sleep	No No more than usual Yes Yes No more than usual Yes No No more than usual No No more than usual No No more than usual Yes No more than usual Yes No more than usual No	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-36 15-25	Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural	No	No Yes No No No Yes No No Yes Yes No No Yes Yes No Yes No No No No No No No N	Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes No No Yes No No Yes No	Yes Yes Yes No No Yes	No	No	No No Yes No No No No No No No Yes Yes Yes Yes No	No	No	Yes Yes No	Yes Yes No	Yes No	No No Yes	Yes No Yes No No No No No No No Yes No No Yes No Yes No Yes No Yes No No Yes No No Yes No No Yes No No No Yes No	Yes	No Yes No No No Yes	No. 1 am okay at home Yes Yes Yes Yes Yes No. 1 am okay at home Yes No. 1 am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual yes, same as usual not at all less than usual less ame as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Positively Positively Moderately	Good Moderate Moderate Good Good Moderate Good Good Moderate Good Good Moderate Good Moderate Good Moderate Moderate Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep	No No more than usual Yes No more than usual Yes No more than usual Yes No No more than usual Yes No No more than usual Yes Yes No No more than usual Yes No No more than usual Yes Much more than usual Yes Much more than usual No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Female Male Male Female Male Female Female Female Female Female Female Male Female Male Female Female Female Female Female Female Female Female Female Male Male Male Male Male Male Male M	35-45 15-25 25-35 15-25 25-35 15-25	Urban Urban Urban Urban Urban Urban Urban Rural Urban Urban Urban Urban Urban Urban Urban Urban Urban Rural Urban Rural	No	No Yes No No No Yes No No Yes No No No Yes No No Yes No No No No No No No N	Yes Yes No Yes No Yes No Yes No Yes Yes Yes Yes No No No Yes Yes No No Yes No	Yes Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No Yes No No Yes No Yes No Yes No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes No Yes	No	No	No No Yes No No No No No No No Yes Yes Yes Yes No	No	No	Yes Yes No	Yes Yes No No No No Yes No No No No No No No No No Yes	Yes No	No No Yes No Yes Yes Yes No Yes No Yes No Yes Yes No No Yes No No No No No No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes No No Yes Yes No No No Yes Yes No No No No No No No N	Yes No	Yes	No Yes No No No Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual yes, same as usual less than usual yes, same as usual	Depressed Normal Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Normal Normal Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately	Good Moderate Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Good Moderate Moderate Good Good Moderate Good Good Moderate Good Good Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-khq ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da I a	No No more than usual Yes Yos No more than usual Yes No No more than usual No Yes No No more than usual No Yes No No more than usual Yes No more than usual No No No more than usual	No
35-45 15-25 25-35 25-35 15-25 25-35 15-25 25-35 15-25 15	Male Male Male Male Male Male Female Male Male Female Male Female Female Female Female Female Female Male Female Male Male Male Male Male Male Male M	35-45 15-25 25-35 15-25	Urban Rural Urban Urban Urban Rural Urban Rural Urban Rural Urban Rural Urban Rural Urban	No Yes No No Yes No No No No No No No N	No	Yes Yes No No Yes	Yes Yes No Yes	No	No	No No Yes No	No	No	Yes Yes No	Yes Yes No No No No Yes No No No No No No No No No Yes	Yes No	No No Yes Yes No Yes Yes Yes No Yes Yes No Yes Yes No No Yes	Yes No	Yes	No Yes No No No Yes	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual yes, same as usual mot at all less than usual yes, same as usual yes, same as usual less than usual	Depressed Normal Normal Normal Normal Normal Depressed Normal Normal Normal Normal Normal Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Normal Sad Normal Sad Normal Sad Normal Sad Normal Sad Normal Depressed Sad Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately	Good Moderate Moderate Good Good Moderate Good Moderate Good Moderate Good Moderate Good Moderate Moderate Good Moderate Moderate Good Moderate Good Moderate Foor	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-khq ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da	No No more than usual Yes No more than usual Yes No No more than usual Yes No No more than usual No No more than usual Yes No more than usual No No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Rural Urban Rural Urban Rural	No	No	Yes Yes Yes No Yes	Yes Yes Yes No Yes	No	No	No No No Yes No	No	No	Yes Yes Yes No	Yes Yes No No No No No No Yes No No Yes Yes	Yes No	No No Yes Yes Yes No Yes Yes No No Yes No No Yes Yes No No No No No No No Yes Yes Yes Yes Yes Yes Yes No No No No No No No Yes No No No No No No No Yes No No No No No No No N	Yes No	Yes	No Yes No Yes No No No No No No No No No	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No I too much Yes Yes Yes No I too much No, I am okay at home Yes No, I am okay at home	much less than usual not at all yes, same as usual less than usual yes, same as usual not at all less than usual less than usual yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal	Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Negatively Negatively Negatively Negatively Moderately Negatively	Geod Moderate Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Healthy diet and sleep Leccise / Yoga / Meditation I am unfoccused to my health these da	No No more than usual Yes Yes No more than usual Yes No No more than usual No No more than usual No No more than usual Yes No more than usual Yes No more than usual No more than usual No more than usual Much more than usual No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25 25-35 15-25	Urban Rural Rural Urban Rural	No Yes No Yes No Yes No No Yes No No No No No No No N	No Yes No No No No No No No N	Yes Yes No No Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes No No Yes No Yes Yes No No Yes Yes No No No No Yes Yes No No Yes Yes Yes No No Yes	Yes Yes Yes Yes No Yes Yes Yes Yes Yes No No No Yes No No No No No Yes No	No	No	No No No Yes No	No	No	Yes Yes Yes No	Yes Yes No No No No Yes No	Yes No	No No Yes No Yes Yes Yes No Yes Yes No Yes No Yes Yes No No Yes	Yes No No No No No No No No No Yes Yes No No Yes No Yes No Yes No Yes No No Yes	Yes	No Yes No Yes No No No No No No No No No	No. 1 am okay at home Yes Yes Yes Yes Yes No. 1 am okay at home Yes No. 1 am okay at home Yes Yes Yes Yes Yes Yes Yes Yes Yes Ye	much less than usual not at all yes, same as usual less than usual yes, same as usual less than usual less than usual yes, same as usual yes, same as usual yes, same as usual yes, same as usual less than usual yes, same as usual less than usual less than usual yes, same as usual less than usual yes, same as usual	Depressed Normal Normal Normal Normal Depressed Normal	Positively Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Moderately Negatively Negatively Negatively	Good Moderate Moderate Good Good Moderate Good Good Moderate Good Moderate Good Moderate Good Moderate Good Good Good Good Good Good Good Foor Moderate Moderate Moderate Good Good Good Good Good Foor Moderate Moderate Moderate Moderate Moderate Good Good Good Good Good Good Foor Moderate Moderate Moderate Moderate Moderate	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep I am unfoccused to my health these da Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep Exercise / Yoga / Meditation Healthy det and sleep	No No more than usual Yes No more than usual Yes No more than usual Yes No No more than usual Yes No No No more than usual Yes Yes No No No more than usual Yes Yes Much more than usual Yes Much more than usual No more than usual	No
35-45 15-25 25-35 25-35 15-25 15	Male Male Male Male Male Male Male Male	35-45 15-25 25-35 15-25	Urban Rural Urban Rural Urban Rural Urban Rural	No	No	Yes Yes Yes No Yes	Yes Yes Yes No Yes	No	No	No No No Yes No	No	No	Yes Yes Yes No	Yes Yes No No No No No No Yes No No Yes Yes	Yes No	No No Yes Yes Yes No Yes Yes No No Yes No No Yes Yes No No No No No No No Yes Yes Yes Yes Yes Yes Yes No No No No No No No Yes No No No No No No No Yes No No No No No No No N	Yes No Yes No	Yes	No Yes No Yes No No No No No No No No No	No, I am okay at home Yes Yes Yes Yes Yes No, I am okay at home Yes Yes No, I am okay at home Yes Yes Yes Yes Yes Yes Yes Yes No, I am okay at home Yes No, I am okay at home Yes No I too much Yes Yes Yes No I too much No, I am okay at home Yes No, I am okay at home	much less than usual not at all yes, same as usual less than usual yes, same as usual not at all less than usual less than usual yes, same as usual less than usual	Depressed Normal Normal Normal Normal Depressed Normal Depressed Normal	Positively Positively Positively Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Moderately Negatively Positively Moderately Negatively Negatively Negatively Negatively Negatively Moderately Negatively	Geod Moderate Moderate Good Good Good Good Good Good Good Goo	Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Sports (cricket, badminton, kho-kho, ka I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Healthy diet and sleep I am unfoccused to my health these da Exercise / Yoga / Meditation I am unfoccused to my health these da Healthy diet and sleep Exercise / Yoga / Meditation Sports (cricket, badminton, kho-kho, ka Healthy diet and sleep Leccise / Yoga / Meditation I am unfoccused to my health these da	No No more than usual Yes Yes No more than usual Yes No No more than usual No No more than usual No No more than usual Yes No more than usual Yes No more than usual No more than usual No more than usual Much more than usual No more than usual	No

Part																													
Section Sect	Q. 1	Q. 2	Q. 1	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	[Family M	[Close R	(a) [Frie)	[Neig a) [Coll	Q. 9	[Family M	la)[Fna	Rel	then b Q. 10	Q. 11	getting eting	g toong	frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
Sect Conference Conferenc																							,				*		
1.														Yes		Yes						,,	,						-
1.50							+											_							,		,		_
Secondary Seco									res	res		res res			Yes					NO 1	res				,		,		
Mart											163				163														
Prof. Prof					_		_	_	No	No	No	No No	-	No	No	No				No N	No						,		_
Sect	25-35	Female	25-35	Urban	No	Yes	Yes	Yes		Yes			No				No	No		Y	Yes	Yes	Yes, same as usual	Sad	Moderately	Good	Healthy diet and sleep	No more than usual	No
Section Sect		Female		Rural	No	No	Yes		No	Yes	Yes	No No					Yes Yes					Not too much	Yes, same as usual	Нарру	Positively	Moderate	Healthy diet and sleep	No more than usual	Yes
Section Sect						+	_			Yes		Yes							Yes						,		,		
						_	+								l										,				_
									No		No	No No	-	No	No								,				,		
							_			162	Yes				Yes	165					INO				,		,		
Fig. 1.5						_	+		No	No		Yes Yes		No		No					Yes		,						_
Sect Color Color		Female	15-25	Urban	No	No	_	Yes		Yes			Yes				No	No	_							Moderate		No more than usual	_
Section Personal Process Section Secti	15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	Yes	No N	No	Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
		Male		Rural	No	_	-	_		No	No		-	No						-	No	No, I am okay at home	better than usual	Нарру	Positively	Good	Healthy diet and sleep	No more than usual	No
1.52		Female		Urban	No	_	+	_			No		_		_								less than usual		Moderately	Moderate	I am unfoccused to my health these da	No	
Fig. 66 Fig. 62 Month					_	_							-	No	No	No			No	No Y	Yes .		,		,		,		_
							_			_				No	No	Nc	_			No	_		,	-117			,		_
Section Sect						_					_										No		,						_
						+			.40	.40	100					.00				1							,		
Mart						_	_										_		Yes	No Y	Yes .		,				, , , , , , , , , , , , , , , , , , , ,		_
Secondary Seco	15-25	Male	15-25	Rural	No	No	No	No	Yes	Yes	Yes			Yes	No			Yes			Yes	No, I am okay at home	Yes, same as usual	Normal	Positively	Moderate	Exercise / Yoga / Meditation	Yes	
	15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No No	No	No	No		No No	No	No I	No N	No	Yes	Yes, same as usual	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-55 Femmer 15-5							_																				,		_
						_			No	No	Yes	Yes Yes							No I		_						,		_
									NI-	No.	NI-	V N-							No.										
										_	_										_								
Section Sect									140	140	140	163 140		140	140	140			163	140	INO								
Second Marke Second Se														Yes					Yes				,				,		
	15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes	Yes	Yes	Yes No	No	١	Yes Y	Yes	Yes	much less than usual	Sad	Negatively	Moderate	I am unfoccused to my health these da	Much more than usual	Yes
15-25 Mag 5-25 Chara No No No No No No No N	35-45	Male	35-45	Urban	No		Yes						No						1	No		Yes	less than usual		Moderately	Good	I am unfoccused to my health these da	Yes	_
25-50 Made 25-50 Deban Ves Ves					_					_															-		*		
15-25 Made 15-25 Dubba Ves Ves					_				No	_	No			No					Yes		_				-			·	
15-25 Male 15-26 Male No No No No No No No N										Yes		Yes Yes			Yes	Yes				Y	Yes				,				
Fig. Section Fig.					_				Voc	No	No	No No																	_
5-5-6 Male 15-52 Usban No No No No No No No N					_				163	_	140	140							Yes						-		*		_
Section Sect									No		No	No No																	
Above 45	35-45	Male	35-45	Urban	No	No				Yes			No				No	No	Yes			Yes	less than usual	Normal	Moderately	Moderate		Yes	
25-55 Male	15-25	Female	15-25	Rural	No	Yes	Yes	No	No	No	No	No No	No	No	No	No	No No	Yes	No I	No N	No	No, I am okay at home	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
Section Sect						+	_										_					Not too much	less than usual				, , , , , , , , , , , , , , , , , , , ,		_
25-55									No	Yes	No	No No							Yes	No N	No						,		
September Sept										Ve-	Voc	Voo		No	Yes	Yes				Von	\dashv								
15-25													-		+	\rightarrow	_		- '	res	_			-	,		,		
15-25							_		No					No	No	No	_		No	No N	No		,						
15-25						_	_	_									_	_									, and the same of		
Above 45 Female Above 45 Urban No Yes Yes Yes Yes Yes Yes Yes Yes No No No No No No No N	15-25	Female		Rural	No			No					No				No					Not too much	less than usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
15-25									No	No	No	Yes Yes			$oxed{oxed}$]													
15-25					_	_	_	_		ļ							_								-		,		
15-25 Female 15-25 Urban No Yes Yes No No No No No No No N						_	_		No	No	No								No	No N	No		,				., ,		
15-25						_	-		No	No	No									_	\dashv		,						
15-25														140	140	INO			No.	Yes N	No								
35-45 Male 35-45 Urban No No No No No No No N					_				.40	100		.50 140			\vdash		_			1				-			,		
Above 45 Female Above 45 Urban Yes No No No Yes Yes No No No Yes Yes No No Yes Yes No No Yes Yes No No No Yes Yes No No No Yes No Yes No No Yes No No No No No No No Yes No No No Yes No No No No No No No N						_	_		No	Yes		Yes Yes		No	Yes	Yes	_				T								
15-25	Above 45	Female	Above 45	Urban	Yes	Yes	Yes		Yes								No	Yes				Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	
15-25 Female 15-25 Urban Vis No No No No No No No N							_				_				Ш						No	Not too much			Moderately	Good		No more than usual	
15-25 Female 15-25 Urban No Yes No No No No No No No N						_			No	No	No	Yes No		No	Yes	No					_								
15-25 Female 15-25 Urban No No No No No No No N					_					V						_			Yes	Y	Yes						,		
25-35 Female 25-35 Urban No No Ves Ves No No No No No No No N										Yes	-				1				Voc		+								
15-25									No	No					\vdash				162	+	-						,		
15-25 Female 15-25 Urban Yes No Yes Yes No Yes Yes											No	Yes No		No	No	No			No Y	Yes N	No						*		
15-25 Male 15-25 Rural No No No No Yes No No No Yes No No No Yes No No No Yes No					_																			-					
25-35 Male 25-35 Urban No No Yes Yes Yes No No No No No No No N	15-25	Male	15-25	Rural	No				No												No	No, I am okay at home	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	
	25-35	Male	25-35	Urban	No	No	Yes	Yes		Yes	ı		No	No	No	No	No Yes	No		Y	Yes	Not too much	less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	Much more than usual	No

1.5				,	ı	T			,														1					1	
The column Column	Q. 1	Q. 2	Q. 1	Q. 4	Q. 5																	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16		Q. 18	
Section Control Cont																							,		,		,		
Second S						+																	,						
Column C						_																							
1.55					_	_													-				,						
1.55 1.56					_	_				_									-	-		., ,	,	-117			,		_
		Male		Rural	No	No		_	No	No											No	Not too much	Yes same as usual		,	Moderate	,		
Column C																													
1.55 1.56		Female		Urban	No	No			No	Yes	Yes '	Yes Yes	Yes	No			Yes Yes	No	Yes	No	No	Yes		Normal	Moderately	Good			
	Above 45	Male	Above 45	Urban	No	Yes	Yes	Yes	No	Yes	No	No No	No				No	Yes				Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	No
	25-35	Female	25-35	Rural	Yes	No	Yes	No					No				Yes	No			Yes	No, I am okay at home	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
															_				No		_	Not too much	,	Normal	,				
	_				_				No	No	No	No No		No	No	No				Yes	Yes							·	
1-15						_		_					_									No, I am okay at home					,		_
Sect Part															_							Yes			,				
Secondary Seco	_								Yes	Yes	Yes	Yes Yes		Yes	Yes	Yes			Yes	Yes	Yes								
									Voc	No	No	No No		No	No	No			No	No	No						,		_
						+															_	., ,							+
15.5 15.6 15.5 15.5	_								140												-				,				
1.52 Mar.	_									_																	· ·		_
	15-25	Male	15-25	Urban	No	No	No	No					No				Yes				Yes	Yes	not at all	Normal	Negatively	Good		No	
15-50 March Marc	15-25	Male	15-25	Urban	No	No	Yes						Yes		Yes					Yes		Yes	much less than usual	Normal	Positively	Good	I am unfoccused to my health these da	No more than usual	No
															L I										,				
15-25 Made 15-26 Cuture 15-26																													
15-56 March 15-56 State No. No	_								No	_	No	No No		No	No	No			No	Yes	No						,		
																							100, 100,100				,		_
									No					No															
									No						res	res			NO	NO	NO								
									140	163											Yes								
	15-25	Female	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No No	No	No	No	No	No No		No	No	No	No, I am okay at home		Нарру		Good	Healthy diet and sleep	No	_
25-25 Made 25-25 Start Vot Vot	25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes	Yes	Yes			Yes		Yes	Yes	Yes Yes				Yes	Yes	less than usual		Negatively	Poor	Exercise / Yoga / Meditation	Yes	
15-52 Female 15-52 Suban No Ne Ne Ne No No No No	15-25	Female	15-25	Urban	No	No	No	Yes	No	No	No	No No	No	No	No	No	No No	Yes	Yes	No	No	Yes	not at all	Sad	Positively	Moderate	I am unfoccused to my health these da	Yes	No
Fig. 2 Final Fin	25-35	Male	25-35	Rural	Yes	No	Yes	Yes	Yes				Yes	Yes			No		No			Yes	not at all	Depressed	Positively	Good	Healthy diet and sleep	No more than usual	Yes
15-25 Francis 15-25 Ubean No No No No No No No N																									.,		,		
15-25									No		No	No No		No	No	No			-	-	_				,				
15-25										Yes					l				No	Yes	Yes								
						_				Voo	-	Yes		No	No					Von			,						
									No	_		Vae No		No	No							,	100, 100,100 00 00 00						
15-25					_															140							· ·		
15-25									No										No	No	No					Good			
15-25				Rural															Yes			Yes	Yes, same as usual	Нарру			Sports (cricket, badminton, kho-kho, ka	No	
15-25	15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes	Yes	Yes	No	No	No	No	No Yes	No	Yes	No	Yes	Yes	not at all	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Yes	Yes
15-25 Female 15-25 U-ban No Visa Visa No No No No No No No N	15-25	Male	15-25	Urban	Yes	Yes	Yes	No	Yes	Yes	Yes '	Yes No	No				No	Yes				Yes	less than usual	Нарру	Negatively	Good	Healthy diet and sleep	No more than usual	Yes
25-35 Female 25-35 Utban No Ves Ves Ves Ves Ves Ves Ves No No No No No No No N						_					\vdash												,						
15-25								_											l l		-								
15-25 Female 15-2								_		_									No	No	No				,		*		
15-25 Female 15-25 Female 15-25 Female 15-25 Female 15-25 Female 15-25 Uthan No																			Ves	No	Yes								
15-25	_															.00													
15-25	_					_				_										No		., ,			,		,		
15-25						_								Yes	No												,		
15-25 Female 15-25 Urban No No No No No No No N	15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No No	No	No	No	No	No No	Yes	No	No	No	No, I am okay at home	Yes, same as usual		Negatively	Moderate	Exercise / Yoga / Meditation	No	
15-25	25-35	Male		Urban	No	No			Yes	Yes	Yes			Yes	Yes				Yes			Yes	Yes, same as usual	Нарру	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	
15-25 Female 15-25 Urban No Yes Ye					No	_			No	No	No	No				No					Yes	Yes	much less than usual	Depressed	Negatively		I am unfoccused to my health these da	Much more than usual	
Above 45 Male Above 45 Urban Ves										<u> </u>													100, 100,100						
15-25										_										No	Yes						*		
15-25 Female 15-25 Urban No Yes Yes Yes Yes Yes Yes Yes Yes Yes No No No No No No No N									Yes	Yes				No	No	No			Yes	V							,		
15-25	_					_				Von		res			1				Voc	res							,		
15-25 Female 15-25 Urban No Ves No Ves No No No No No No No N									No		No	No No		No	No	No				No	No								
15-25 Female 15-25 Urban No No No No No No No N																													
15-25 Female 15-25 Urban No No Yes No Yes No Yes No No Yes No No No Yes No No No No Yes No						+																	,		,				
	15-25	Female	15-25	Urban	No	No				Yes							No					Yes	less than usual	Normal		Good	Healthy diet and sleep	No	
15-25 Female 15-25 Rural No No Yes Yes No No No No Yes Yes No	25-35	Female	25-35	Urban	No	No	Yes	Yes		Yes			No		$oxed{\Box}$		No	No			Yes	Yes	Yes, same as usual	Normal	Moderately	Moderate	I am unfoccused to my health these da	No more than usual	Yes
	15-25	Female	15-25	Rural	No	No	Yes	Yes				Yes	No	No	No	No	Yes	Yes	No	No	No	Not too much	much less than usual	Depressed	Negatively	Moderate	I am unfoccused to my health these da	Much more than usual	Yes