



**CONTEMPORARY FAMILY CHALLENGES:
PSYCHO SOCIAL PERSPECTIVES
IN ROMANIA AND INDIA**

**Editors:
Alina Costin
Poonam Khurana**

Presa Universitară Clujeană

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ALINA COSTIN || POONAM KHURANA
(EDITORS)

**CONTEMPORARY
FAMILY CHALLENGES:
PSYCHO SOCIAL PERSPECTIVE**

Referenți științifici:

Prof. univ. dr. Gabriela Kelemen

Conf. univ. dr. Alina Pădurean

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Tehnoredactare computerizată: Alexandru Cobzaș

Universitatea Babeș-Bolyai
Presa Universitară Clujeană

Director: Codruța Săcelean

Str. Hasdeu nr. 51

400371 Cluj-Napoca, România

Tel./fax: (+40)-264-597.401

E-mail: editura@ubbcluj.ro

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Post-Pandemic Psycho-Social Wellbeing in India: Challenges and the Way Ahead

Manpreet Arora, Roshan Lal Sharma

Introduction

The COVID-19 has affected physical and psychological well-being adversely. Besides causing large-scale damage to peoples' livelihoods, the pandemic has caused grievous injury to people's psyche as well as psychosocial well-being. Sheer magnitude and intensity of devastation caused by the pandemic forces us to reflect seriously on how crucial psychosocial well-being from the viewpoint of coming to terms with the havoc caused by COVID-19. This chapter proposes to unravel varied facets of psychosocial well-being by first developing a conceptual understanding of it, and then analyze issues and challenges that people have been facing in India and elsewhere in the world during post-pandemic times. In common parlance, psychosocial well-being implies a blend of mental and social health. Whereas the former signifies psychological wellness, the latter points toward how well and meaningfully we can relate to people in the society at large. If we share a good rapport with them, we feel happy, nice and cared for; in case we cannot get along well with people in our community or society, we may remain peeved, anxious and irritated. Psychosocial wellness therefore depends on diverse range of real-life experiences, interpersonal behavior, happiness and satisfaction. COVID-19 pandemic has caused so much damage that it has caused deep harm to our physical, emotional, social, spiritual and psychological health. Being conceptual in nature, this chapter employs qualitative method of research by analyzing data from secondary sources such as websites, reports, and other sources to build our perspective. The insights arrived at conceptually shall be discussed in the last part of the chapter where we have suggested a way ahead via suggesting strategies that may have meaningful implications if visualized, planned and executed properly.