

The Second Wave

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Year, 2021 commenced with a happy note as Covid 19 was known to be less dangerous in terms of loss of life and the whole nation was able to cope up successfully with this global health crisis, compared to the global figure. But at the same time, we are witnessing the entry of the second wave. As a result, Country faced second lock down in the month of February 2021 only; the spread of Pandemic is on the rise and turning out to be fatal day by day.

Although generation of awareness programmes and experiences of previous year were very helpful but considering spread and number of deaths lot of service demands are imposed on state, professionals' administrators and frontline Corona warriors.

Apart from support of pharmacotherapy, there is a massive demand of Oxygen and ventilators. On another front there is a marked increase this time in demand of psychological first aid, creation of help lines, online life skills training, Tele - Assessment, Diagnosis, Therapy & Rehabilitation. Psychologists Globally as well as in India are compelled to redefine their day-to-day clinical practice, service delivery strategies, & Procedures (Lata et.al, 2021).

Detection of infection is noted to be extremely stressful resulting in hospitalization, quarantine, isolation, in majority of cases under the care of medical team without a family member as care giver (Jiloha & Kishore, 2021). As a result, victim as well as family members are facing very difficult situation in coping. In case of death, situation was more pathetic. State is taking care of mortal remains and cremation to prevent further infection.

Nationwide lockdown, overcrowded hospitals, burning pyres and rising figures of death tremendously influenced the psyche of people. Ultimately the call of few sectors is consistently noted to curb this scenario by approaching the media to focus on recovery and success stories. Notable work of front-line workers named as corona warriors is well appreciated, both by the public & state. Post-traumatic stress still prevails.

With anxiety, depression, sleepless nights (Kochhar, 2020) now distinctly noted problems are, difficulty in interpersonal social interaction including domestic violence, alcohol & drug abuse, internet addiction and economic offenses (Jiloha & Kishore, 2021).

Overall, the second wave of Pandemic is proving vulnerable, disastrous & Fatal day by day.

IACP's commitments emerged as more serious and significant and the association is continuing support to victims and caregivers through PARAMARSH helpline; throughout the nation in 9 local languages from 9.00 A.M. to 9.00 P.M.

IACP is also very actively involved in providing manpower support in running KIRAN helpline a service provision made by National Institute of Mental Health Rehabilitation under the aegis of Ministry of Social Justice & Empowerment: Government of India

NIMHANS has continuously been providing the support of the institute in running these services as an authorized nodal agency of Ministry of Health & Family Welfare: Government of India.

Both the Behavioural techniques, Relaxation borrowed from 'Yoga' & 'Implosive Therapy' borrowed from 'Tantra' reached to western world from Indian subcontinent. With this background an article on 'Meditative therapies in Clinical Psychology', makes reading of this invited article interesting. Psychotherapeutic Components of faith healing from Kerala adds observations of a qualitative analysis in this issue.

Neuropsychological profile of persons with Alcohol use disorder has been explored thoroughly, study published in this issue is a new addition with fresh observations based on a clinic-based population of Delhi NCR. Further look for an answer with author; why cited research metrics of Clinical Psychology is less as compared to reads.

Editor is hopeful that other research papers on different topics published in this issue are likely to be informative and useful for you.

BE CORONA COMPLIANT & STAY SAFE

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- Lata S., Verma S. & Shobana Joshi (Eds. 2021). COVID-19 in India; Problems, Challenges and Strategies. New Delhi, Global Vision Publishing House