Impact of COVID-19 on the Well-Being of young people: What should be our focus?

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School Closures, Digital Divide, Learning Gaps: The crisis

• These two years have dramatically impacted the childhood experience that these young people will remember for the rest of their lives.
• It has the potential of having a huge negative impact on students’ social and emotional skills for the rest of their lives too.
• Pandemic also brought a complex array of challenges which had mental health repercussions: Grief, fear, uncertainty, social isolation, anxiety etc negatively affected the mental health of children.
School closures have a very real impact on all students, but especially on the most vulnerable ones who are more likely to face additional barriers.

- Children and youth from low-income and single-parent families; immigrant, refugee
- Ethnic minority and children from Indigenous backgrounds
- Children with special education needs
- Children deprived of physical learning opportunities, social and emotional support and extra services such as school meals.

COVID-19's Devastating Impact on Children from disadvantaged backgrounds
How serious is the “Wellbeing gap”?

State level Well-being Status indicates majority of adolescents are at Low or Emerging Status.
What Education’s Unequal, K-Shaped Recovery Really tell us?

• Disconnect between the role of education and how it shapes our society.

• The crisis brings new urgency to the challenges of learner resilience.

• A holistic approach to education – that addresses students’ learning, social and emotional needs – is crucial, especially in times of crisis

• Can we ensure equity and inclusion in education during covid 19 recovery?
What do we need to do?

- Leap-frogging strategies and not incremental change (‘Why wait a hundred years?’ – Brookings Institution)
- Learning focused on the whole child with tenets of love, belonging, wellbeing and care
- Fundamental shift in the purpose of education – Why, What, How, For Whom and towards what end
- Redefining and expanding the idea of success in a world of linear, exclusionary, narrow pathways to success
- Global awareness and competency with localized wisdom and context
How can we Reimagine the Role of Education

Focus on Learning for the whole being, Thriving and Living for Universal Well-being

Support young people to be better prepared for a VUCA world by developing their Agency

Make young people co-owners of Learning

Broader Measure of Success in life - Not just placement packages or marks

Weave and engage new Learning Ecosystems working with multiple actors - learners, parents, teachers, leaders, media, influencers, and civic leaders.

Strengthening the connection between a student's family and their teacher, fostering a more enriching educational environment at home

Highly personalized, facilitator driven learning environments curating multiple learning experiences

Working collaboratively in a Learning Eco-system and moving beyond siloed existence
Happiness curriculum

• The curriculum will be taught to around eight lakh students from nursery up to Class 8 across 1030 government schools in Delhi since 2018.

• The curriculum involves a “happiness period” of 45 minutes and five minutes of meditation before each class.

• As part of the program, students spend one period each day engaged in a variety of games, reflective conversations, storytelling, guided practice for mindfulness, role-playing, and presentations.
Happiness Curriculum: Objectives

Develop self-awareness and mindfulness
Inculcate skills of critical thinking and inquiry
Communicate effectively and express themselves freely and creatively

Develop empathy, build healthy relationships
Apply life skills to deal with stressful and conflicting situations around them
Develop social awareness and values
Creating Equity, Excellence, and Well-Being in Education

Make Well-Being Not Just a Priority, But a Prerequisite

Create or Clarify a Vision of Excellence: Redefining success as thriving

Cultivating Well-Being for All
Thank YOU!