

Depression among Youth during COVID Pandemic- An Indian Perspective

Kannamma Ramanujam

MSSW, Indiaf

Short Communication

Abstract

Depression is the most common mood disorder, characterized by a persistent low mood, sadness, and loss of interest. It is distinct from the normal mood swings that people experience as a result of everyday events in their lives. Major life events such as bereavement, divorce, and job loss can all lead to depression. It is a persistent issue, not just a passing one. It usually consists of episodes of low mood that last for more than two weeks and can sometime last for months or years at a time. Feeling anxious and sad in the face of a global pandemic, such as COVID, is unavoidable. This is especially true for adolescents and young adults. Let us examine how it affects young people, with a special focus on India.

Biography

Kannamma Ramanujam is qualified with MA, MPhil., Phd (psychology). Developed a cognitive retraining module in the regional language for elders with cognitive decline and presented it as my Phd thesis.

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