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**A REVIEW OF SPIRITUAL WELL-BEING DURING PANDEMICS****Dr. Liji Santosh***S. M. Shetty College, Mumbai***Abstract**

An important aspect of everyday life is to develop positive relationships and genuine connection to nourish our spiritual and emotional health. Pandemic has taught us how we need to be mentally balanced to face the ongoing challenges. When Governments across the globe declared lockdown, and we were forced to sit inside our homes, the better way was knowing ourselves. Spirituality is not about religious sentiments. It is about making ourselves better by knowing oneself.

This paper intent to bring in light the way people utilised the opportunity of their lockdown period by enrolling and reading more on literatures related to spiritual wellbeing. How Universities and spiritual centres across the world has opened up free classes for mental health.

Spiritually inclined generation has enrolled themselves and motivated their inner self.

Keywords: *Spirituality, Mental wellbeing, Lockdown, Pandemic*

Introduction

Spirituality is a process of changing mindsets- mind management. Amongst many established values of spirituality is that it helps people to deal with life stressors. This has become more important as the globe has to dealt with challenges brought by the pandemic. During this time of extraordinary disruption and anxiety, Spiritual Life will be encouraging for all of us to use the coming days as an opportunity to deepen our spiritual and intellectual practices.

In the suddenly altered pace of our lives, the so called new normal, we might discover the stillness we all crave for, the stillness from which all true wisdom and justice issue. What we love rather than what we fear may come into sharper focus and just in time. That is the power of spirituality.

Review of literature

The summation of readings is categorised into three major areas of views which has formed the research gap of need of review amongst the concepts.

Novelty in approaches and administration of the COVID-19 pandemic: - Collaboration among health practitioners, religious organizations and the public is critical to the timely and effective management of the COVID-19 pandemic. There seems to be an urgent need to develop and implement programs that cater to physical, mental, and spiritual well-being. Research reveals that spirituality provides crucial support for positive mental health during worrying situations. (Neal K, 2020)

Experiences and challenges brought by the COVID-19 pandemic: - The Covid-19 pandemic significantly distorted the normal way of life and brought huge challenges to life and livelihood. However, spirituality is seen as a resource for people to deal with stress. (del Castillo,2020)

Spiritual care during the COVID-19: - Spiritual care is needed by persons struggling with the impact of the COVID-