



E LEARNING DURING COVID TIMES: BENEFITS AND CHALLENGES!!

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With advances in technologies and social media, distance learning is a new and rapidly growing approach for undergraduate, postgraduate, and health care providers. It may represent an optimal solution to maintain learning processes in exceptional and emergency situations such as COVID-19 pandemic. Technical and infrastructural resources reported as a major challenge for implementing distance learning, so understanding technological, financial, institutional, educators, and student barriers are essential for the successful implementation of distance learning in medical education.

Most health sciences students were satisfied with the exclusive e-learning, as well as their personal and institutional adjustment to it. Students' feedback can help institutions to improve the exclusive e-learning experience for students in the time of the pandemic. Synchronized online classes were well-accepted by the medical students. This represents significant and promising potential for the future of medical education. The principles of the online learning model and learning outcomes should be rigorously and regularly evaluated to monitor its effectiveness.

With the online classes we also had access to new tools of learning like videos, PDFs, presentations available on our devices all

the time for future references. we could refer to them whenever and wherever necessary.

As the classes were online, it gave us the freedom to attend the classes from any location of our choice. with that freedom came the responsibility to not get distracted as it becomes very difficult to focus on the screen for long periods of time. To sit through a complete day of online class requires self discipline. we don't have a teacher to tell us when an assignment is due, no friend to make sure that we are attentive during the classes. being lazy will cause us to quickly fall behind. Even a small zone out session of ours can cost us so much.

It made attending classes as easy as opening up my computer or phone. No rain soaked journeys, no cold rides in winters. I was able to learn from the comfort of my own home.

Along with all this the access ability to our teachers improved. The submissions of The assignments became easier. it gave us more time to focus on ourselves which opened paths for self improvement.

As long as online classes are a temporary means of education we don't have to worry, but making this a permanent affair can cause a lot of trouble regarding network issues, continuous straining of eyes in front of computers screens, missing out lectures during to laziness. But I think we



should take this in a positive way and take this opportunity to understand what works best for us. All of this tells us that online experience overall has made us self analyse ,know our strengths and weaknesses and helped us improve.

Even though for online classes we don't have to get up early ,get ready ,if we're late you don't have to rush to reach the college on time. I hope this new normal changes soon and we can all go back to our normal lives where we can attend the college,meet our friends. Where teachers can scold us for not keeping pindrop silence in the class. Maybe online classes are far more comfortable than regular offline classes but I feel for learning that regular classroom environment is very helpful. it helps us to keep our focus and less distracted and Keep us more attentive in the class.

Online teaching has enabled the continuation of medical education during these unprecedented times. Moving forward from this pandemic, in order to maximise the benefits of both face-to-face and online teaching and to improve the efficacy of medical education in the future, we suggest medical schools resort to teaching formats such as teambased/ problem-based learning. This uses online teaching platforms allowing students to digest information in their own time but also allows students to then constructively discuss this material with peers. It has also been shown to be effective in terms of achieving learning outcomes. Beyond COVID-19, we anticipate further incorporation of online teaching methods within traditional medical education. This may accompany the observed shift in medical practice towards virtual consultations.