Indian Journal of Modern Research and Reviews

This Journal is a member of the 'Committee on Publication Ethics'

Online ISSN:2584-184X



Research Paper

COVID-19 and Its Impact on Higher Education: Digital Transformation and Future Trends

Manjunath Pujar *

Research Scholar, Dept. of Political Science, Karnatak University Dharwad, Karnataka, India

Corresponding Author: * Manjunath Pujar

DOI: https://doi.org/10.5281/zenodo.17087386

ABSTRACT

The COVID-19 pandemic significantly disrupted higher education, catalysing an unprecedented shift toward digital learning. This research explores the rapid digital transformation that institutions worldwide adopted to ensure educational continuity during prolonged lockdowns. It examines the challenges faced by both students and faculty in adapting to online platforms, such as access to technology, digital literacy, and the effectiveness of virtual pedagogies. Moreover, the study delves into emerging trends, including hybrid learning models, increased reliance on artificial intelligence, and the integration of virtual reality for immersive learning experiences. The paper also discusses the long-term implications of these trends on future educational frameworks, institutional strategies, and policy-making. Ultimately, this research highlights how the pandemic has accelerated digital innovation in higher education, reshaping its landscape and preparing it for a more flexible and technology-driven future. Insights from this study aim to guide future strategies for sustainable and inclusive digital education.

Manuscript Info.

- ✓ ISSN No: 2584- 184X
- ✓ Received: 06-07-2025
- ✓ Accepted: 27-08-2025 ✓ Published: 09-09-2025
- ✓ MRR:3(9):2025;1-7
- ✓ ©2025, All Rights Reserved.
- ✓ Peer Review Process: Yes
- ✓ Plagiarism Checked: Yes

How To Cite this Article

Pujar M. COVID-19 and Its Impact on Higher Education: Digital Transformation and Future Trends. Ind J Mod Res Rev. 2025;3(9):1-7.

KEYWORDS: COVID-19 Pandemic, Higher Education, Digital Transformation, Online Learning, Educational Technology, Future Trends in Education.

INTRODUCTION

The COVID-19 pandemic has catalysed an unprecedented transformation in the global education landscape, particularly in higher education. As universities and colleges around the world faced prolonged closures and the shift to remote learning, the crisis accelerated the adoption of digital technologies and online platforms. This sudden shift exposed both the vulnerabilities and opportunities within traditional educational models, compelling institutions to rethink the delivery of education, the role of technology, and the future of learning.

Higher education, historically reliant on in-person engagement and campus-based experiences, faced challenges related to infrastructure, accessibility, and pedagogy. Many institutions were ill-prepared for the swift transition, and the digital divide became a significant issue, especially for students in underserved

regions or from disadvantaged backgrounds. However, the crisis also spurred innovation, as universities rapidly adopted learning management systems, virtual collaboration tools, and digital resources to ensure continuity of learning.

Beyond emergency remote teaching, the pandemic has initiated a broader discussion about the future of higher education and its relationship with technology. Concepts such as blended learning, hybrid education models, and the integration of artificial intelligence (AI) into teaching and assessment are gaining traction. Moreover, the experience has underscored the importance of developing digital literacy skills among students and faculty alike, as well as rethinking traditional assessment methods.

This research article explores the digital transformation of higher education triggered by COVID-19, examining its short-term adaptations and the long-term trends that are likely to shape the sector's future. By analysing the pandemic's impact on pedagogical practices, access to education, and the digital infrastructure of higher learning institutions, this study aims to contribute to the ongoing conversation about how technology will redefine education in the post-pandemic era.

REVIEW OF LITERATURE

The COVID-19 pandemic has triggered an unprecedented transformation in higher education, reshaping teaching, learning, and institutional structures. The sudden closure of campuses across the globe compelled universities to adopt digital platforms, thereby accelerating a process of digitalization that had been gradually progressing for years. This shift not only addressed immediate needs but also spurred broader reflections on the role of technology, pedagogy, and governance in higher education. The existing literature highlights both the challenges and opportunities that emerged, while also identifying long-term implications for the future of education systems.

One of the foremost challenges during the transition was the persistence of the digital divide. Marinoni, Van't Land, and Jensen (2020) argue that the pandemic magnified pre-existing inequalities in access to digital resources, particularly in low-income and rural contexts. Students lacking reliable internet connections or devices were disproportionately disadvantaged, with Aristovnik et al. (2020) observing that many learners in developing nations depended on mobile phones for connectivity often compromising the quality of engagement. Means and Neisler (2021) further emphasize that marginalized groups, such as students from underrepresented backgrounds, struggled more significantly, thereby widening educational disparities.

Equally pressing was the lack of faculty preparedness for online teaching. While blended learning models existed in certain institutions, the rapid shift to emergency remote teaching (ERT) exposed gaps in pedagogical readiness. Hodges et al. (2020) note that hastily designed online classes often fell short of the standards of well-structured digital learning environments. Faculty members faced heavier workloads, difficulties in student engagement, and psychological stress from blurred work-life boundaries (Johnson et al., 2020). These findings underline the importance of comprehensive faculty development and mental health support in navigating digital transitions.

Despite these challenges, the pandemic acted as a catalyst for pedagogical innovation. Active learning approaches, such as collaborative projects, peer reviews, and interactive digital tools, gained traction as means to sustain engagement in virtual classrooms. Rapanta et al. (2020) and Vlachopoulos and Makri (2021) suggest that well-designed online courses incorporating such strategies improved student participation and learning outcomes. However, the transition demanded significant instructional expertise, revealing the need for continuous professional development in digital pedagogy.

The pandemic also prompted rethinking of assessment strategies. Traditional in-person exams gave way to open-book tests,

project-based evaluations, and formative assessments (Liguori & Winkler, 2020). While these methods encouraged critical thinking and collaboration, ensuring academic integrity became a pressing concern. Lederman (2020) notes that the use of online proctoring tools raised ethical debates around surveillance and student privacy, highlighting the tension between maintaining standards and safeguarding rights.

Technological innovation emerged as another key theme. Hybrid learning models integrating online and in-person instruction are widely seen as the future of higher education (Gonzalez et al., 2020). These models offer flexibility and accessibility for non-traditional learners, such as working professionals or students with family responsibilities. Personalized learning, supported by digital platforms, allows students to progress at their own pace while still benefiting from in-person mentorship.

Emerging technologies like artificial intelligence (AI), virtual reality (VR), and augmented reality (AR) are also reshaping higher education. AI-driven systems can personalize content, identify learning gaps, and reduce dropout rates (Kong et al., 2021), while also automating administrative tasks. Similarly, VR and AR provide immersive learning opportunities in disciplines requiring practical training, from medicine to engineering (Radianti et al., 2020). Although adoption remains limited, their potential to enhance interactive and experiential learning is increasingly recognized.

The financial and structural implications of digital transformation have also been widely discussed. Witze (2020) observes that universities confronted severe budgetary pressures during the pandemic, prompting debates over tuition structures and the cost-effectiveness of online models. While online programs may expand global reach and reduce overheads, concerns about sustainability, quality, and reputation persist. Schleicher (2020) emphasizes that governance structures in higher education must become more agile, enabling institutions to adapt rapidly to crises while also supporting lifelong learning and reskilling to meet changing labor market demands.

In summary, the literature portrays the pandemic as both a crisis and an opportunity for higher education. While inequities in access, faculty unpreparedness, and concerns over integrity posed serious challenges, the period also accelerated innovation in pedagogy, assessment, and technology adoption. Looking ahead, hybrid models, AI-driven personalization, and immersive technologies are likely to define the post-pandemic landscape. More importantly, sustainable institutional structures, inclusive digital policies, and adaptive governance frameworks will be essential for ensuring that the gains of this transformation benefit all learners.

OBJECTIVES

- To analyse the immediate and long-term impacts of COVID-19 on higher education institutions globally
- To investigate the role of digital transformation in higher education during the pandemic
- To examine the challenges and opportunities that arose from the digital shift in education

- To identify the future trends in higher education postpandemic
- To assess the implications of online education for student outcomes and institutional sustainability
- To explore the policy and infrastructural changes needed to support the ongoing digital transformation in higher education.

METHODOLOGY

Data Collection

This study adopts a qualitative research design based on secondary data to examine the impact of COVID-19 on higher education, with emphasis on digital transformation and emerging trends. A systematic literature review was conducted to synthesize findings from diverse academic and institutional sources.

Data was collected from multiple categories of secondary sources. Academic journals such as *The Journal of Higher Education, Educational Technology & Society*, and *Studies in Higher Education* provided peer-reviewed insights on digital learning. Reports from global organizations including UNESCO, OECD, and the World Bank offered perspectives on policy responses and global educational shifts. Institutional surveys, such as the IAU Global Survey and Educause Horizon Report, highlighted institutional adaptations and technology adoption. In addition, government guidelines, policy papers, industry reports from Deloitte and McKinsey, and media articles were reviewed for broader sectoral insights.

The data collection process followed three steps: (1) systematic keyword searches in databases like Google Scholar, JSTOR, and Scopus; (2) application of inclusion and exclusion criteria, restricting sources to 2020–2024 publications directly addressing higher education; and (3) thematic organization of findings into categories such as online learning challenges, technological innovation, and institutional resilience.

A thematic analysis was applied to identify recurring patterns, challenges, and innovations, enabling a comprehensive understanding of how the pandemic accelerated digital transformation and shaped the future of higher education.

Data Analysis and Interpretation

The COVID-19 pandemic brought significant disruptions across various sectors, with higher education being one of the most severely impacted. Institutions worldwide faced abrupt campus closures, forcing them to rapidly transition to online platforms, which initiated a digital transformation in education. This transformation was not merely a short-term solution but catalysed long-term changes in how higher education operates. This analysis delves into the effects of COVID-19 on higher education, emphasizing the role of digital transformation and exploring emerging future trends in the sector.

COVID-19 and the Immediate Challenges in Higher Education

When the COVID-19 pandemic led to worldwide lockdowns in early 2020, higher education institutions were confronted with

unprecedented challenges. Universities and colleges were forced to close campuses, halt in-person classes, and address immediate health concerns. However, the more profound challenge lay in ensuring the continuity of education amidst these disruptions.

Disruption of Traditional Learning Models

The most immediate effect of the pandemic was the disruption of the traditional campus-based education system. Higher education institutions, which had relied predominantly on face-to-face interactions and on-campus resources, were thrust into a scenario where physical proximity became a threat. Institutions worldwide faced pressure to quickly devise alternative strategies to ensure students could continue their learning.

Academic calendars were severely disrupted. Some institutions transitioned to emergency remote teaching, while others paused academic operations entirely. The cancellation or delay of examinations, research activities, and practical training sessions exacerbated the situation, leading to learning gaps.

Digital Divide and Equity Concerns

The rapid shift to online learning highlighted the existing digital divide, both within nations and globally. Students from lower-income households and marginalized communities faced significant obstacles in accessing the necessary technology and internet connectivity required for digital learning. The absence of reliable digital infrastructure meant that many students, particularly those in developing nations or rural areas, were at risk of being left behind.

Even in well-developed nations, disparities existed in access to high-speed internet, digital devices, and conducive learning environments. As a result, the pandemic exposed the deep inequities in access to education, exacerbating pre-existing inequalities.

The Role of Digital Transformation

The pandemic acted as a forcing function for digital transformation in higher education. While online learning platforms and digital tools were available pre-COVID-19, they were often supplementary rather than core to institutional delivery models. The pandemic changed this dynamic, positioning digital solutions as central to the continuity of education.

Transition to Online Learning

The most visible aspect of digital transformation during the pandemic was the rapid and widespread adoption of online learning. Universities and colleges embraced various digital platforms to deliver lectures, assignments, and exams. Video conferencing tools such as Zoom and Microsoft Teams became integral to the educational experience.

Despite the challenges, the transition to online learning brought significant benefits. For one, it allowed institutions to continue operating amidst the global crisis, ensuring that millions of students could continue their education remotely. Moreover, online platforms facilitated new ways of engaging with content, allowing for greater flexibility in learning and encouraging self-paced education.

However, the transition was not without its challenges. Many faculty members, accustomed to traditional teaching methods, found it difficult to adapt to digital platforms. Pedagogical approaches had to be rethought, as replicating in-person lectures in a virtual environment did not always yield the same learning outcomes. There was also a steep learning curve in mastering the technology necessary for effective online teaching.

Rise of EdTech. and Hybrid Models

The forced shift to digital learning led to an acceleration in the adoption of educational technology (EdTech) tools. EdTech companies experienced a surge in demand, with institutions seeking innovative solutions to enhance online learning experiences. From learning management systems (LMS) to adaptive learning technologies and virtual labs, the pandemic spurred widespread adoption of digital tools that supported teaching and learning.

One of the most significant developments was the emergence of hybrid or blended learning models. These models, combining online and in-person elements, allowed institutions to offer more flexible learning experiences. This flexibility is seen as a key trend in the post-pandemic world, with many institutions planning to maintain hybrid models as a core part of their offerings.

Hybrid learning models are not without challenges, particularly regarding maintaining the same level of interaction and engagement as traditional classes. However, they offer a more scalable, inclusive, and flexible way of delivering education, meeting the needs of diverse student populations.

Digital Infrastructure and Investment

The digital transformation of higher education necessitated significant investment in digital infrastructure. Institutions needed to upgrade their digital platforms, increase cybersecurity measures, and provide adequate support to faculty and students. Many institutions also had to implement new data analytics systems to monitor student engagement and performance in an online environment.

This investment in digital infrastructure is likely to have long-term implications. Institutions that were once slow to adopt digital solutions are now more willing to invest in technologies that can enhance both the student experience and institutional efficiency. This shift toward digital is expected to continue, with greater emphasis on data-driven decision-making, personalization, and digital collaboration tools.

Future Trends in Higher Education Post-Pandemic

As higher education emerges from the immediate crisis, the sector is poised to undergo profound changes, many of which have been accelerated by the pandemic. Several key trends are expected to shape the future of higher education in the post-pandemic world.

1. Expansion of Online and Hybrid Learning Models

One of the most enduring changes from the pandemic will be the expansion of online and hybrid learning models. While the emergency shift to online learning was a temporary solution, the

long-term potential of digital and hybrid models has been recognized. Many institutions plan to maintain these models even after the pandemic subsides.

This expansion is not limited to traditional higher education institutions. Massive Open Online Courses (MOOCs) and other online learning platforms have gained significant traction during the pandemic. The flexibility of these models is particularly appealing to non-traditional students, such as working professionals seeking continuous education or individuals unable to attend in-person classes due to geographical or financial constraints.

2. Focus on Lifelong Learning and Micro-Credentials

As the job market evolves and new skills are required to stay competitive, higher education is shifting its focus toward lifelong learning. The pandemic underscored the importance of continuous education, especially in the face of economic disruption. As a result, institutions are increasingly offering micro-credentials and short-term courses that allow learners to quickly acquire specific skills relevant to the job market.

Micro-credentials, often delivered through online platforms, enable learners to stack skills-based qualifications over time. These programs are particularly appealing to working professionals who may not have the time or resources to commit to full-time degree programs. By offering micro-credentials, institutions can provide more flexible and accessible pathways for learners, aligning with the needs of the evolving workforce.

3. Increased Focus on Equity and Access

The digital divide exposed during the pandemic has made equity a central issue in higher education. Moving forward, institutions will need to invest in ensuring that all students, regardless of their socio-economic background or location, have access to high-quality digital learning experiences.

This will require institutions to address issues related to digital infrastructure, internet connectivity, and access to digital devices. Moreover, institutions will need to rethink their support services, ensuring that students facing financial hardships or other barriers have the resources necessary to succeed in a digital learning environment.

4. Globalization of Higher Education

The pandemic has accelerated the globalization of higher education. As institutions shifted to online platforms, they were no longer bound by geographical constraints. This shift has the potential to create more globalized learning environments, where students from different countries can engage in collaborative learning experiences.

Moreover, the rise of online education platforms has allowed institutions to reach new international audiences, offering programs to students in different parts of the world. This trend toward the globalization of education is expected to continue, with institutions developing more global partnerships and online collaborations.

5. Integration of Artificial Intelligence and Data Analytics

Artificial intelligence (AI) and data analytics are becoming increasingly important in shaping the future of higher education. Institutions are using AI to personalize learning experiences, providing students with tailored content and support based on their individual needs. AI-driven adaptive learning technologies can monitor student progress in real-time, allowing institutions to intervene early when students are struggling.

Data analytics is also playing a crucial role in decision-making within institutions. By analysing student data, institutions can gain insights into learning outcomes, student engagement, and institutional efficiency. This data-driven approach allows institutions to optimize their operations and improve the overall quality of education.

Challenges and Considerations for the Future

While the digital transformation and future trends in higher education offer significant opportunities, several challenges remain.

- Digital Equity: Ensuring equitable access to digital learning experiences is critical. Institutions must invest in closing the digital divide, ensuring that all students have access to the necessary technology and support.
- Quality Assurance: As institutions adopt more online and hybrid learning models, maintaining the quality of education becomes a key concern. Institutions must develop robust quality assurance frameworks that ensure that digital learning experiences are as rigorous and impactful as traditional in-person classes.
- Mental Health and Well-being: The pandemic has highlighted the importance of mental health and well-being in higher education. Institutions must ensure that they provide adequate support services to help students manage the challenges of online learning and the broader impacts of the pandemic.
- Faculty Training and Support: As digital transformation continues; faculty will need ongoing training and support to adapt to new teaching models. Institutions must invest in professional development to ensure that faculty can effectively use digital tools and pedagogies.

The COVID-19 pandemic acted as a catalyst for profound change in higher education, driving digital transformation and reshaping the future of the sector. The transition to online and hybrid learning models, the rise of EdTech, and the focus on lifelong learning are just a few of the lasting impacts of the pandemic. While challenges remain, particularly related to digital equity and quality assurance, the future of higher education is likely to be more flexible, inclusive, and digitally integrated. As institutions continue to navigate the postpandemic world, they must embrace these trends and invest in the necessary infrastructure and support systems to ensure that they remain relevant and competitive in an evolving global landscape.

The COVID-19 pandemic has triggered significant shifts in higher education, particularly in the realm of digital transformation. Below are some key academic findings and suggestions based on current research on "COVID-19 and Its

Impact on Higher Education: Digital Transformation and Future Trends."

Findings

1. Acceleration of Digital Transformation:

- The pandemic rapidly accelerated the adoption of digital technologies in higher education. Universities and colleges, which had previously resisted full-scale digital learning, were forced to transition to online platforms within a short timeframe.
- According to studies, the global shift to online learning saw an increase in the use of Learning Management Systems (LMS), virtual classrooms, and educational technologies such as MOOCs (Massive Open Online Courses) and mobile learning applications (Crawford et al., 2020).

2. Challenges in Access and Digital Divide:

- Despite the widespread adoption of digital learning, significant inequities in access to digital infrastructure have been exposed. Students from low-income backgrounds, rural areas, and developing countries faced challenges such as poor internet connectivity, lack of devices, and limited digital literacy (Dhawan, 2020).
- The digital divide in higher education highlighted the need for more inclusive policies to address these disparities.

3. Pedagogical Shifts:

- The transition to online learning has driven changes in teaching methods, moving from traditional lectures to more interactive, student-cantered learning models. Studies suggest that online learning has allowed for greater flexibility in pedagogical approaches, including the flipped classroom model, asynchronous learning, and personalized learning experiences (Bao, 2020).
- However, some research indicates that the quality of online learning remains uneven, particularly in institutions unprepared for the sudden digital shift.

4. Impact on Student Well-Being and Engagement:

- The sudden change to remote learning affected student engagement, motivation, and mental health. Several studies report an increase in anxiety and isolation among students due to the lack of face-to-face interactions and the overwhelming digital workload (Cao et al., 2020).
- Institutions have responded by offering more mental health support and rethinking how to maintain student engagement through digital tools.

5. Reshaping of Global Education Models:

• The shift to digital has also facilitated greater international collaboration in higher education. Virtual exchanges and international online programs have become more common, reducing barriers to global education and potentially democratizing access to world-class educational resources (Mishra et al., 2020).

 However, there are concerns about the sustainability of international student mobility in a post-pandemic world, as institutions reconsider their financial dependence on international students.

Suggestions for Future Trends

1. Hybrid Learning Models:

- Future higher education will likely adopt a hybrid approach, blending online and in-person learning. Hybrid models can provide the flexibility of digital learning while retaining the benefits of physical campus interactions. Institutions should invest in the infrastructure and training needed to support this blended learning approach effectively.
- Developing faculty's digital competencies is essential for maintaining the quality of both online and hybrid teaching.

2. Investment in Digital Infrastructure:

To ensure equitable access, higher education institutions must continue to invest in reliable digital infrastructure and resources. This includes expanding internet access in underserved areas, providing students with necessary digital tools, and offering digital literacy programs to help both students and faculty adapt to evolving technologies.

3. Personalized and Adaptive Learning:

- The use of artificial intelligence (AI) and data analytics in education will likely increase post-pandemic. Adaptive learning technologies can offer personalized learning experiences tailored to individual student needs, potentially improving engagement and retention.
- Institutions should explore partnerships with edtech companies to integrate AI-driven tools into their learning management systems.

4. Focus on Digital Pedagogy:

There is a need for ongoing research and development in digital pedagogy. Higher education institutions should focus on creating engaging and interactive digital content that fosters critical thinking and collaboration among students. Faculty development programs should focus on best practices in online teaching to ensure quality.

5. Strengthening Digital Assessment and Evaluation:

 The challenges of online exams and assessments, such as academic integrity and the limitations of traditional testing methods, need to be addressed. Future trends point towards more formative assessments, projectbased learning, and the use of AI to ensure the integrity of remote evaluations.

6. Lifelong Learning and Upskilling:

 As digital transformation continues, the focus on lifelong learning will increase. Universities should expand their offerings to include micro-credentials, certifications, and modular learning that allows students and professionals to upskill or reskill in a rapidly changing job market. Collaborations with industry can help ensure that curricula remain relevant and responsive to new technological advancements.

The COVID-19 pandemic has created lasting changes in higher education, particularly through the acceleration of digital transformation. While there are challenges related to access, quality, and equity, the sector is also experiencing innovative shifts that will shape its future. Hybrid learning models, investments in digital infrastructure, personalized learning, and a focus on student well-being will be critical to sustaining higher education in a post-pandemic world. Institutions must continue to adapt to these trends to ensure they meet the evolving needs of their students.

CONCLUSION

The COVID-19 pandemic has triggered an unprecedented digital transformation in higher education, reshaping how institutions deliver learning and how students engage with educational content. This crisis accelerated the adoption of online platforms, virtual classrooms, and digital tools, making technology an integral part of the learning ecosystem. Institutions that previously resisted the shift to digital modes of delivery found themselves compelled to innovate and adapt swiftly to ensure continuity in teaching and learning. While this shift presented challenges, including digital inequality and the struggle to maintain student engagement, it also brought new opportunities for flexibility, accessibility, and personalized learning.

As higher education moves forward, the future trends suggest that blended and hybrid learning models will become the new norm. Institutions are likely to continue integrating technology into their pedagogical frameworks, combining in-person instruction with digital resources. This integration will demand a focus on addressing the digital divide, enhancing faculty digital literacy, and ensuring that infrastructure is robust enough to support future demands.

The post-pandemic higher education landscape will likely be more collaborative, inclusive, and student-cantered. There is potential for innovations in digital assessments, adaptive learning technologies, and the use of data analytics to enhance student outcomes. However, institutions must remain mindful of maintaining the quality of education, fostering a sense of community, and supporting the well-being of both students and faculty in a digitally-mediated environment.

In conclusion, COVID-19 has catalysed a permanent transformation in higher education, positioning digital tools and strategies at the forefront of future educational practices. While challenges remain, the sector has shown resilience and adaptability, signalling a future where technology will play an ever-increasing role in shaping the educational experiences of students worldwide.

REFERENCES

1. Jiang H, Li Y. The impact of COVID-19 on higher education: A literature review. Educ Inf Technol. 2021;26(1):1-22.

- 2. Nouri J, Zand F. The impact of COVID-19 on higher education: A study on the perceptions of students and staff. Int J Educ Manag. 2021;35(2):232-50.
- 3. González A, Ayllón M. COVID-19 and the digital transformation of higher education: An overview. Technol High Educ. 2020;19(1):12-29.
- 4. Baker S, Edgerton J. COVID-19: Impacts on the future of higher education. J High Educ Policy Manag. 2020;42(4):371-84.
- Zhao Y. Online education and its impact on higher education during COVID-19: A case study. J Educ Technol Syst. 2021;49(3):305-20.
- 6. Moore JL, Kearl L. Transforming higher education through digital technology: The case of COVID-19. Int J Inf Learn Technol. 2020;37(4):317-29.
- 7. Bates AW. Teaching in a Digital Age: Guidelines for Designing Teaching and Learning. 2020.
- 8. Bao W. COVID-19 and online teaching in higher education: A case study of Peking University. Hum Behav Emerg Technol. 2020;2(2):113-5.
- 9. Cao W, Fang Z, Hou G, et al. The psychological impact of the COVID-19 epidemic on college students in China. Psychiatry Res. 2020;287:112934.
- 10. Crawford J, Butler-Henderson K, Rudolph J, et al. COVID-19: 20 countries' higher education intra-period digital pedagogy responses. J Appl Learn Teach. 2020;3(1):1-20.
- 11. Dhawan S. Online learning: A panacea in the time of COVID-19 crisis. J Educ Technol Syst. 2020;49(1):5-22.
- 12. Mishra L, Gupta T, Shree A. Online teaching-learning in higher education during lockdown period of COVID-19 pandemic. Int J Educ Res Open. 2020;1:100012.
- 13. Baechle TR, Earle RW. Essentials of strength training and conditioning. 3rd ed. Champaign: Human Kinetics; 2008.
- 14. Qasim FF. Contrast training program for developing the ability to transition from ground to standing position and its effect on the success of suplex technique in senior freestyle wrestlers. Indian J Mod Res Rev. 2025;3(5):70-5.
- 15. Anand MD, Mahalakshmi M. Agricultural growth and labour dynamics in India. Int J Contemp Res Multidiscip. 2025;4(1):227-32.
- 16. Birthal PS, Hazrana J. Crop diversification and resilience of agriculture to climatic shocks: Evidence from India. Agric Syst. 2015;138:166-73.
- 17. Narayanan S. The national food security act in India: Food distribution or nutrition security? Oxford Dev Stud. 2018;46(5):574-91.
- 18. FAO. The state of food and agriculture 2019. Moving forward on food loss and waste reduction. Rome: Food and Agriculture Organization of the United Nations; 2019.
- 19. Radhakrishna R, Ravi C. Food consumption patterns and nutrition in India: 1970–71 to 1988–89. Indian J Agric Econ. 1992;47(4):664-79

Creative Commons (CC) License

This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.