

Change in life due to COVID-19

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December, 2019, Wuhan, China, become highlighted for a new disease caused by a novel virus strain 'SARs', named COVID-19. From December, 2019 to May, 2020, more than 6,047,501 cases have been reported who got to get infected out of which 367,149 have decreased (1). With increasing graph of confirmed cases and mortality due to this COVID-19, it became necessary to implement a total or partial "Lockdown" to break the chain of infection by the government of 217 countries where Corona infection has been confirmed. This sudden change has forced the inhabitants of these 217 countries to experience the unusual conditions of lockdown. It seems appeared that life got stagnant and whole priorities and life styles of human beings have been changed.

Likewise, in India, before 22nd March, 2020, the day of "Janta Curfew", everyone was busy in their day-to-day routine life. We too have to experience four versions of Lockdown from 25th March, 2020 to 31st May, 2020, i.e., 68 days and it still continues through with some relaxation. The situation where citizens are facing fear of corona virus and lockdown has changed our life to a great extent which varies in different ways for different economic class of people and different age groups.

The priority of the government and general person has changed from economical growth to health or to save lives. Steps are being taken to maintain hygienic conditions everywhere. People become sensitized towards the sustainability of their own and related lives. Migrant peoples, either in cities or in foreign, want to return to their home as soon as possible, to be with their families without thinking about education, jobs or money for which they had to go distant.

A strong immune system can only save the person which gets infected with COVID-19 in absence of proper drug or vaccine. Thus, life style and routine of a human being have changed accordingly. People are changing the food habit and enhancing the intake which boosts their immune system. Inclination toward the vegetarian foods has increased in place of non-vegetarian foods. Exercise and yoga, which can control the stress condition of COVID-19 have become the part of the routine. However, they are not able to do the exercise in the park or gym. Further, to protect themselves from infection, masks and social distance become necessary. Based on the number of cases reported, areas have been categorized as red, orange and green zone and restrictions has been applied accordingly.

To prevent from infection, citizens are prescribed to wash their hands after every 2 hours for at least 20 seconds and the things that are brought from outside. Keep cleanliness has become prior goal and life –saving behavioral changes have been encouraged. Office and building are being frequently disinfected and people are suggested to keep disinfected. Mask and sanitizer becomes compulsory outside the home. It is estimated that mask usage increased from 20% to 90% and time spent indoors from 44% to 95% (2).

Weekend, outing, traveling, gathering and parties are now out of life style. The government has restricted large gathering and allowed only 50 persons to gather on few occasions like marriage ceremony and 20 at funeral. Even worship places have been closed to all and people are requested to do worship at home only. First time, mass celebration of festivals like Eid, Holi and others could not take place. Places of entertainment like Malls, resorts, hotels, and cinema halls have been closed. In the absence of maids, people learn to do household activities at own. International flights are totally closed and trains have allowed, but with some instruction. Thus,

way of entertainment, worship, celebration, hospitality and movement are now changed.

A big change has been observed in the education system and office work. After closing the schools, colleges, universities and coaching institutes, faculties and students are communicating through the internet by live classes or online streaming, videos or messages. Simultaneously, employees are instructed to prefer 'work at home' except employees belonging to few essential services, medicines/health, cleaning, securities, IT-services etc. had been allowed to work during lockdown with minimum staffs. Meetings and Discussion are being preferred though video conferencing. Seminar, conferences and workshops are now converted in webinar and e-workshops.

Chief Minister of Delhi, Mr. Arvind Kejriwal, has said "We have to learn to live with COVID-19". A nation cannot stop functioning for a long period, thus, from 1st June, 2020, Unlock-1 has been launched. However, the whole things cannot be back to normal as before 22nd March, 2020. Companies and Industries have to make preparatory arrangement to maintain hygiene and social distancing (3) and may face the problem of labors and materials. To uplift the economic status of the country, our Prime Minister, Mr. Narendra Modi has said to be "Vocal for Local" that means citizens have been requested to use and promote the local products. He also asked to build 'Atamirbhar Bharat' to reform the strong economy of the nation.

To keep ourselves safe without hampering the economic sustainability, we have to include things like mask, social distancing, self-wellness, and sanitization and exclude gathering, hand shake, roaming and unhygienic foods from our lifestyle.

Until the vaccine or cure against COVID-19 is available; we will have to be alert and remember that still virus is present around us.

Reference

1. <https://www.worldometers.info/coronavirus>
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3. <https://www.deccanherald.com/opinion/in-perspective/covid-19-life-after-lockdown-832473.html>