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Life surrounded by COVID-19

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Abstract

In life, there are good times & bad times & sometime there are normal times. This is often not a traditional time. Across the world, the cycle of private, professional, social, economical activities had stopped rotating normally and therefore the world economy goes down due to COVID-19 crises. At the present, it's the foremost public health crisis hovering everywhere the world. COVID-19 is that the most turbulent, the foremost catastrophic and therefore the most defining epoch of our lifetime. I cannot consider anything which went on with such speed. This crisis has no precedent-there's no 'Rule Book' that tells the governments what to do?

The virus may be a mutant-it jumped from its animal host to humans. It's pernicious because it seems to seek out new ways to cover itself and that we are often Asymptomatic & yet be a carrier of infection. Virus is basically deadly and devastating.

But what we should always be really brooding about is that the collective vulnerability of the world. The foremost macho leaders, high tech scientific establishments, the foremost mighty economic prowess have all met their match with this lowly virus.

The fact is that each time there's a catastrophic event the main target is on the immediate relief and rescue and not on what we must learn for future.

Keywords: Life surrounded COVID-19 across the world

Introduction

There's little question that the exigencies of COVID-19 management are most urgent and dire. We are losing lives within the rich world-which has hospitals and health infrastructure. Just imagine the size of the human tragedy within the emerging-developing world where none of those facilities exist. On the other hand also imagine the sheer scale of human deprivation as jobs are being removed, the economies of the poor aren't supported security of the tenure but on their daily earnings putting everybody under stress.

But there is getting to be life after COVID-19. So, what is going to be the new normal?

COVID-19 has caused paramount changes & has taught important lessons. The world after this crisis are going to be more inclusive, resilient and sustainable.

- Virus screening is probably going to become a neighborhood of our life, just like security measures became ubiquitous after 9/11. It is important to take a position within the infrastructure necessary to detect future viral outbreaks.
- The remote work is probably going to become more common. We have some evidence that performing from house is a minimum of as productive as performing at the office. And it's livelihood that it's going to be the new normal of paperwork.
- The pandemic crisis has accelerated the pace of digital transformation, with further expansion in e-commerce and increases within the pace of adoption of telemedicine, video conferencing, online teaching, webinar and what not.
- Beside above the foremost important lesson form the COVID-19 pandemic is that the importance of working together on the issues that affect the whole humanity. We are much stronger when united then divided.

In the face of adversity, we've a choice, "We are often bitter or we will be better". During this pandemic situation, everywhere, every person is under stress, it are often of business, job, financial, emotional, loneliness and health etc. But stop, wait a moment and rethink-

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“Are we actually under stress”?

Just enter flashback & remember a time once you feel you've got no time to relax, know that this is often the instant you most needed to possess time to relax.

It is not the load that breaks us down, it's the way one carries it. Stress is simply a state of mind. Once you couldn't deeply accept, adopt the change happening around you and find out the positive aspects instead of to hide yourself with negativities. It disturbs your state of mind and you then call yourself under stress, struggling. So, the important explanation for your stress isn't only the surface world, things around you but your own way of perception, adoption and inept to work out the items positively.

Sometimes we are tested to not show our weakness but to get our strength. This is often the simplest time we will ever get into our lifetime to get ourselves, our strength and to know the core of human values. This is often the time once we can flash out the toxins within us. This point teaches us that even the darkest and most depressing times also contain the seeds of latest learning and possibility, just reboot yourself. This is often a time once you can make a far better version of yourself and if you'll not come up with something better in your life this point, then never blame that you simply couldn't get ample time to measure a lifetime of your choice rather it's your habit to not live.

“The Secret of change is to focus all of your energy, not on fighting the old, but on the building of new”-Socrates.

So the need is to utilize this point to the simplest, live a lifetime of one's own choice, build something new, sow seeds of latest learning, find new possibilities, develop a routine, learn new skills, Go within yourself deep inside and determine the core values of being a person's.

Here are certain tips which could assist you to rediscover yourself**1. Corona Virus pandemic may be a wakeup involve all folks**

- Stop exceeding World's limits.
- Deforestation, biodiversity loss and global climate change make occurrence of pandemics more likely.
- Deforestation drives animals closer to human population and increase the likelihood of zoonotic viruses like SARAs COVID-19.

2. Reboot yourself

- Thank God for everything and express your gratitude for beautiful morning
- Have faith in God
- Spend time for fitness: do exercise, yoga and pranayama
- Meditation
- Perform Havan
- Prioritize your work
- Time Management
- Have Sufficient sleep
- Hear good music and bhajans
- Adaptability and adaptability

3. Life Lessons

- War like preparations on health care front
- Got to promote and strengthen Research & Development vigorously
- Swachh Bharat to be a priority agenda

- Got to push up and boost indigenous diagnostics-manufacturing

Covid-19 crises made impossible possible

The Covid-19 crises showed us that it's possible to form transformational changes overnight. We've suddenly entered a special world. Govt.'s rushed to guard their citizens medically also economically.

Medically: To accommodate huge number of Covid patients, we were shorts of hospitals, beds, equipments like ventilators, PPE kits, masks and sanitizers etc. Numerous railways coaches were converted into isolation centre and lots of hospitals were raised within no time. Now there are numerous units involved in making of PPE kits.

Economically: Numerous relief measures including distribution of free ration to poor migrant workers initially for 3 months which has recently been extended by our Prime Minister up to November 2020. Atam Nirbhar Bharat Abhiyan is yet one more mile stone (Rs. 20 lakh crore package) Govt. came out with for independent economy. Though all this wasn't very easy but due to the compelling situations, these initiatives which otherwise appear to be impossible are made possible.

Mind management mantra

Sometimes, there's a mental condition that effects all folks from time to time (presently due to corona virus). Usually when things are going well, positive thoughts come to our mind. But there are times when things fail & in these circumstances negative thoughts dominate the mind. Such negative feeling continue mind and manifest as irritability, short temperedness or depression which create an unhealthy state of mind. We, however, got to answer such negative thought so on eliminate them. This will be achieved by skill full management of mind.

Mind management is just about consciously introducing positive thoughts. So, if you would like to measure happier, healthier and more successful, never ever allow negative thoughts to realize an edge inside you and instead learn to manage mind.

Mind management skills also can be wont to maintain the proper attitude towards others. So we'd like to require care of our attitude also. There are various mantras/techniques of management of mind:

Empowering affirmation

Replace negative thoughts with positive empowering affirmations, to accumulate or affirm the behavior, characteristics and action required to realize your goals. To try to this, write down positive statements of how you would like to be and skim them repeatedly preferably loudly throughout out the day. Write them as if they're already true. You're persuading in your sub-conscious mind that this is often now your new reality.

Visualization

Visualization is another management technique which involves imagining the specified outcome. Visualization may be a kind of mental rehearsal. It's employed by an honest number of individuals, across all walks of life. Visualization helps to urge you within the right frame of mind, to try to what must be done to realize it.

Do not label yours feeling as wrong

The feeling of being wrong in one or the opposite way is extremely uncomfortable. Rather than finding the proper cause, right path, we just ignore our feeling hoping that these magically will get away of their own. So what we mean is that we've to label the fear as wrong & should do best to support our cause.

Vision & Goal Setting

One another technique to manage your mind is to understand where you're going and what you would like to realize. So it's about setting your goal. There might be future goals or short term goals. But what's more important is that one should be clear about his/her goal in life also as clarity of vision.

Taking stock

Goals are great but not enough on their own. This is often where actually mind management really starts to form the difference. You would like to require stock of on where you're and even have a glance at what's stopping or inhibiting you from achieving your goals. So this system is about exploring & identifying these limiting beliefs.

Meditation

Meditation is food for soul. It nurtures the core of your existence. It's a way which helps us to focus our mind. The varied benefits of meditation include fitness, increases focus, sharpens & boost awareness and artistic positive vibration etc.

Pranayama

It is a way to regulate breathing. Which links mind with body? Pranayama literally means working in dimensions of prana means force. Example are often kapalbhathi, anulom-vilom etc.

Yoga

Yoga and mind management are closely related. Yoga actually may be a sort of healing for body, mind and soul.

Conclusion

To sum up, it's important to utilize this point of crisis to the simplest for rebooting life. Build something new. Sow, seeds of latest learning, find new possibilities, develop a routine, learn new skills, discover yourself & in particular determine the core values of being a person's . Have faith & believe that life soon will Bloom..... and definitely it'll bloom & good days will return.

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