



## **Covid-19 and Its Impact on our Lifestyle**

*Author: Ankita Sharma \**

### **Abstract:**

Covid-19 has spread rapidly across the world affecting the developed and developing countries with heavy repercussions on all the public and private sector bringing the global economy to a screening halt. With the rapid rise of the virus in the world, we have been called upon to physically distance ourselves from one another i.e. social distancing. Which lead to constant fear of you or a loved one getting sick, emotions are running high. One has felt all the things from sadness, anxiety, anger, frustration, loneliness but powerful moment of gratitude and hope. Behind every dark cloud, there is a silver lining too. At present the country is undergoing a difficult phase and observing a complete lockdown due to the wider spread of this deadly virus. The lockdown has already excessively hurt the marginalized communities due to the loss of livelihood and lack of food, shelter, health and other basic needs. The government does have a responsibility to protect the health and well-being of the population.

**Keywords:** *Covid 19, Lifestyle, Government.*

### **1.1 INTRODUCTION:**

The infamous novel corona virus 2019 which is said to have arisen from China has caught the whole world completely unaware and unprepared. The virus that sprang out of Wuhan, China (rather from where it was first reported) has left devastating impacts on human life. It has spread so rapidly in the whole world that even the super powers like US and the European countries had to bow down before it. An enemy that was unlike any other we had seen before. It has no boundaries, no face, no agenda or motive; it only paved the way for great tragedy to

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\* Research Scholar Ph.D. Department of Political Science, Assam University, Silchar, Assam, [sharma.ankita305@gmail.com](mailto:sharma.ankita305@gmail.com).



human life. The 21<sup>st</sup> century world is known as the age of information and technology, is left neither with information nor with technology to fight the virus. This failure had left no option among the world leaders but to heed back to the past experience from the dreaded Spanish flu of 1918, ordering lockdowns in almost all the nations to stop further spread. The Corona virus has forced millions of people of the world to quarantine or self-isolation. With every passing day this pandemic makes us realize that the amount of effort we gave to keep ourselves safe is not enough. We have to give every step carefully. If we return to operating as we did before the pandemic, there will be a second wave of the virus. All activities we have to be considered individually now a day by maintaining social distance. People's life and daily routines are really being disrupted due to covid-19. In fact due to the lack of social connection stress level of people becoming high. Being connected with people whom we love and care keep ourselves healthy and fresh. While we have been in isolation, it has been surprising to realize how little we really need to be happy. Besides food, clothing, shelter, the main things we need are our friends and family and our community for a sense of belonging. Other than that one key thing we need for happiness is our own health both mental and physical.

## 1.2 IMPACT OF COVID 19 ON LIFESTYLE OF PEOPLE:

The lockdown has changed our lifestyle in many ways. It has put strict restrictions on all our preferences- where to go, what to eat, what to do and much more. Though it is a dreadful need of the hour, we have become more responsible regarding maintaining hygienic habits and help others and to create awareness. Since remaining in isolation is necessary, we have to maintain physical distance from our friends and relatives; have to avoid all public gatherings and ceremonies. Moreover, we have been asked to use protective measures like using a mask, wearing gloves, washing our hands repeatedly to get rid of the health risk.

There is a change in every sphere of life as an impact of corona virus. If we see the working condition of common people, all the employees are directed and encourage to work from home these days, most of them find it hard to do with many reasons such as dividing work time and personal time, laziness and many other distractions. While working in office, there are so many different areas in our workplace, where we need to maintain social distancing, which we never thought before going to be a new normal. For example, while waiting in front of coffee maker, standing in lines, while sitting on bench, we should aware of



social distancing. Moreover, deep sanitization and cleaning practices regularly is very common now.

Shopping was a fun activity before the outburst of corona virus. Most of us were fond of visiting local grocery shop or even shopping malls to buy new attire and household items. But going out to shop in the phase of lockdown has become an emergency activity. We should discourage people for regular visit of shopping mall. As so much of gathering occur on regular basis, can create more problem for maintain social distance. The authority or management of business complex can take preventive measures by drawing foot prints to remind people to keep distance and for maintain hygiene have to keep sanitizer everywhere.

Covid-19 has completely changed the educational scenario, the regular classes now converted to online classes or e-learning. Now a days online classes or teachings are given importance and both teacher and students aware about this learning process. Online learning can bridge the gap of learning as all of the schools and colleges are suspended due to this pandemic. Therefore after lockdown institutional management and authority have to perform a huge responsibility to maintain distance among students on regular basis.

Regular test and health check-up is essential. Now a day wearing a mask when going outside, frequently cleaning our hands with hand sanitizer or soap, consuming vitamins and regular exercise for strong immunity are vital. These measures are needed for us to maintain our health, especially for those, who are required to work outside the house. Covid-19 is not just a health emergency; the unknown factor about the virus requires a huge social mobilization. This is also where the risk management communication becomes imperative. Indeed the fear surrounding covid-19 is worse than the disease. It springs from the perception that the disease is incurable and has the potential to jump from the dead body of a deceased to infect others. This type of public perception tackling should have been the first task of not just the government but other institutions like universities and social stakeholders as well.

Covid-19 has slowing down the global economy. Money management is now more crucial than ever before. Due to this pandemic, may be our income reduce or stays the same, but many have experienced an increase in their monthly expenses, as most of the time people stay indoors and there is no other option left. Millions have lost the source of earning, their daily bread with factories, small business, hotels and restaurants, transport and hospitality



services, tourism etc. downing their shutters. Peoples confined to their homes are becoming restive as the supply chains of daily needs are getting snapped. It is good that the Central and the State governments are aware of the twin challenges the country is facing in terms of fighting the virus and keeping the wheels of the economy moving. Now most of the budgeting amounts are already spent. To bridge the gap, the governments are appealing to donate freely with promise of income tax relief on donated amounts to the central and the state disaster management funds. As always peoples are responded positively to the appeal and many people have come forward with hefty donations. Therefore manage your priority, get rid of unnecessary expenses, make the best of your investment, prepare an emergency fund and last but not the least, give a helping hand to those who are greatly impacted by the virus and helping needy people is most essential these days.

Another lifestyle change we can see is the way we greet people. Greeting is an important way of addressing people whom we meet for the first time or on a daily basis. But due to this pandemic we need to keep a safe distance from the people around us and the best way of greeting people in and around us is by joining our hands and saying 'Namaste' instead of shaking hands. Similarly our eating habits, there is a number of foodies in and around us who like street food, some of them are like to spending time in the best restaurants and cafes in the city, but these days dining out with friends have to be stopped because it can be an easy medium for the virus to spread, therefore one should opt for cooking and eating nutritious food at home. However, Saturdays and Sundays are the most awaited days of the week for the urban people as they make weekend plans, they fed up with their regular office schedule and the monotonous work routine. Covid-19 totally changes this habit and keeps everyone indoor.

So far the experience has been both immeasurably stressful and exceedingly boring, with a hint of confusion and guilt about one's actions and the road ahead. In the pre coronavirus days, which already seems so long ago one could meet up with a friend when one was feeling anxious about the strange things happening in the world. Alternatively if one needed some time, one could go to one of the numerous gyms and fitness studios to sweat it out or go to a nearby café or even go mall hopping. But with the stay at home policy and the new and sudden clouds of uncertainties, complete with wide spread business and school



closures, many peoples are left scrambling to find ways to maintain some level of normalcy amidst the newfound chaos and stillness that this virus has brought into our lives.

Seen through the lens, the novel corona virus that is killing thousands across the world is still in its early life. It replicates destructively, unaware that there is a better way to survive. But over times it will change. Until one day, not so far in the future, it will just be another one of the handful of common cold corona viruses that circulate every year, giving us a cough or sniffle and nothing more than that. As individuals we have a new shared experience that we should learn from in new ways.

### **1.3 CONCLUSION:**

Though there are lots of visible changes due to covid-19, people should adopt a positive mindset in their life to face the challenges. What is more important during this critical period is the unity and oneness. The nations call always comes first and we have to move ahead irrespective of caste, creed and religion. We must realize that we are responsible towards one another and cannot allow a tiny virus to be the threat to human survival. Another important thing is our own awareness about the disease so that we can make others aware its ill effects. Our prime duty is to pass correct information to the cross section of people in the society. The government of a nation cannot fight against such type unseen foe alone. As citizen we need to help the country by donating as per our financial capacity. So that government can adopt urgent and needful strategies to fight the war and defeat covid-19.