

"The war with pandemic
world"

LOCKDOWN LIFE

Editors'

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Gripping Stories of Lock down Experiences

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"The war with pandemic world"

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PREFACE

The present book compiles the life experiences of individuals from across the globe during the pandemic situation 2020. The year 2020, has been one of the most unforgettable year with the sudden emergence of novel corona and spreading across the globe like a wildfire claiming many lives and crippling the global economy. During this pandemic situation, the world activities were stand still due to lock down imposed across the globe. During this period, there were alot of gripping stories which are to be shared with the world. These stories are bagged with bitter, emotional and life changing experiences shared by people from many walks of life. On the contrary, COVID has also bought in positive life style changes among many and also taught a lesson on adapting ourself to situations. From a school going kid to a decorated public service officer, life has certainly taken a flip, there are a lot of changes we have knowingly or unknowingly undergone. Based on these facts and consideration, the present book was elaborated and edited to bring the stories and life

experience of individuals from across the globe. All the stories are compiled into individual chapters from the authors. The information has been precisely compiled and edited to come up with the best pandemic stories. The information provided in the book are solely drafted by individual contributors the authors, nowhere the editor or the publishers are involved in scripting or tweaking the stories. All chapters are bound with no conflict agreement. The book is designed to share their stories without harming any sentiments whatsoever. This book will take you to an enthralling journey of individual's experience on how the routines of life have changed.

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CHAPTER-I

LOCKDOWN PERIOD: A FEW THOUGHTS



Ashith Appanna graduated from JSS College, Mysore and is a serving Class I gazetted officer of Central Government with nearly two and a half decades of service. He has widely travelled across this country and is mesmerised by the vivid spectrum of this great country like any other true Indian. He is currently serving as Director Recruiting in Central India.

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‘Human is the virus & corona is the cure-nature is a great teacher, it takes the test first and the lessons later’. The outbreak of Covid-19 surprised the world and made powerful nations and communities pause and re-assess strategies which in the immediately preceding period were filled with eternal hope and optimism beyond a certain sense of reproach. The limits of luxury and comfort of human beings being undefined, there was nothing in the literal sense to ‘check’ the human aspirations and the human “paradise” so conceived seemed full of promises and painted a ‘rosy’ picture. The surreal held more hope and promise, losing touch of reality. Yet, the catastrophe of this magnitude was in wait and was bound to happen given the total disregard shown by humans in the past few years towards the flora & fauna around us, and towards maintaining the ecological balance in nature. The greed for power, the hunger to dominate the social order has since times immemorial made man a ‘reckonable force’ in the order of things as far as nature is concerned. This also implies that man has a pivotal role to play in maintaining the

order of things, to ensure balance and harmony in the eco-system. It has always been taught to us, through our religious texts, folklore and history, that when this fragile ecological balance is disturbed, catastrophe is inevitable. Therefore, the Covid-19 imposed scenario arrived at a time when man was chasing his ambitions at full speed. The lockdown imposed an initial sense of void, reducing our routine fast paced lives into a slow-paced narrative, exposing our vulnerabilities against the forces of nature, compelling us to make changes, and thereby initiating an inevitable process of change and adaptation towards a more responsible and responsive world.

‘Lockdown for me...’

Lockdown for me commenced with a sense of confusion and disbelief due to the sheer magnitude of the issues and the foresight/energy required to overcome the range of challenges posed. The basic and routine issues like functioning of offices, running the household, the ways we interacted, commuted, communicated and explored recreational activities,

everything necessitated a de-novo approach in the post Covid World. It was beyond the available means to mitigate or control the threat posed in terms of time and space even if resources were pooled. It was surprising how the manifestation of a small virus could hold the world of modern medicine in awe and confusion and cause consequent delay in the response mechanism. Yet amidst all this gloom and despair, human spirit rose to the occasion, as always, in accepting the inevitable and paving the way for further actions required concurrently and in near simultaneity at the individual level, in households, amongst communities and at the national level, in a synergised manner as best possible considering the spectrum of stakeholders and the initial challenges to bring all stake holders on a common wicket. Thus, began the starting phase of lockdown for me, awaking me, to take stock of things and contribute my share to mitigate the situation.

‘The Struggle for the Mundane and the Trivia’:

The things which were till then taken for granted started gaining manifold importance, to quote an example., living in cities amidst all comfort and facilities one seldom thought twice when requiring groceries and other utility items. One just had to take out a few ‘precious’ minutes from one’s busy routine to place an online order and the essentials would stand delivered. Similarly, was the case with many other such items perceived essential by us, as the degree of one’s comfort grew. Now, with the imposition of the lockdown, the term ‘essentials’ dictated a new meaning and owing to the short supply of items, even in metropolitan cities, the perceptions regarding what is essential and what could be done away with saw new realisation. Thus, simple mundane things when obtained with some amount of deliberation and effort led us to be grateful and thankful for having had the good fortune in obtaining it, in comparison with others who were not as fortunate. This insight amidst the daily struggle for the mundane and trivia to accomplish routine challenges led

to a deeper sense of wisdom and altruism towards 'humankind and its karma'. It brought about a greater sense of purpose in serving others/community unselfishly.

'A planned routine-Family time is Quality Time'.

A simple thing like having a meal together with family, enjoying a TV show or a game with family was becoming a rarity prior to the Covid 19 imposed lockdown. All of us seemed too busy in our lives to spare some relaxing moments with our family in doing these basic 'us-time' as opposed to 'me-time', 'my-time' and 'no-time' for such precious moments. During the lockdown, the time spent with family, the joyous moments and memories so created, compelled us to re-assess our priorities in life and our utilisation of time and resources. Consequently, came the realisation that activities with family indeed requires a higher prioritisation not only for mental well-being, happiness quotient, emotional stability, but also in nurturing these values in the short moments of time /short opportunities available, considering the unforeseen

destiny of human lives. A planned routine aimed to make the most of each single day with a mix of fun and frolic making the most of available means and addressing work related matters in a prioritised manner ensured judicious management of time and gave a great sense of bliss and contentment in daily routine.

‘Online Education and Children’

Online classes for children sounded preposterous initially and most parents treaded with caution and trepidation. Gradually this apprehension waned as children adapted to the scene well and some children even found ingenious ways to showcase innate talent online during the period. The online platforms are here to stay and for long are very much apparent. The online platforms now are offering numerous possibilities in real time sharing of educational content and have increased the opportunities exponentially. But what appalls me is that we are again falling into or rather making our children fall into a trap of aiming for academic pursuits on online platform/s as compared to very less or limited outdoor and adventurous pursuits,

remember “all work and no play makes jack a dull boy”. Also, the imperatives of balanced growth of children and overall development by both indoor and outdoor pursuits needs no further emphasis and this aspect remains a challenge given the current scenario of education vis a vis Covid-19 imposed restrictions.

‘Of Hospitals and Health Care’

During the lockdown phase, I often wondered and pondered several times regarding our response system given the inadequacy of resources and the vulnerability of our frontline Corona Warriors. As a civilisation, world over, we were being taught the basics of how best to wash hands, how to cover when we sneeze and cough and various other basic preventive measures, often leading to hilarious predicaments while travelling, or at public places. Donning the mask which commenced as a preventive measure has evolved to a style statement with variety of designs to choose from and the Mask making industry has flourished. The hospitals and the medical insurance domains also adapted to the need, but does it meet all the concerns

of the common man, the answer is probably 'no' and there is a need to go a long way in this field, commencing from a much awaited vaccine to the post Covid procedures including the recuperative period needs attention of the professionals and the community. When I visited the hospitals during this phase, I often felt that the possibility of falling sick and getting infected were more in a hospital than anywhere else given the dynamics of various testing & control measures established by the various governments in various states. The mechanism and preventive testing procedures envisaged were more cumbersome in practice than addressing the concerns of the common man. Initially it seemed like a collective stigma for a person/institution to be detected or associated with an infected case, which after too many cases improved, albeit to a prevailing non-chalant situation. I can only join others in prayers for a more comforting solution in the times to come.

‘News and News Channels’

There was a time when we as students would watch news on TV to keep ourselves abreast on current affairs and be ready for that odd general knowledge question in school. Those days, whatever was conveyed by the fourth pillar of our sovereign democratic republic was taken as the ‘gospel’ truth and faithfully reproduced during various competitive exams without any bias. During the lockdown, TV news was a major source of keeping the family well informed. But as the days passed, the futility of watching “paid” news became more apparent after sifting through various channels and finally reached a level of saturation beyond a limit. It became an exercise to avoid certain anchors and personalities on prime channels to maintain one’s ideas, clarity and convictions on various issues. I am a firm believer in the dictum that one’s true character emerges when under stress and trying conditions. So therefore, there were very few instances of display of character of that nature in the News and channels stuck to their “paid” monologues rather than playing a distinct and impartial

role as expected from the fourth pillar of democracy, with truthful reporting, which was the need of the hour.

‘The New Normal’

A few weeks back amidst the various lockdown-unlock-phases, I was duty bound to travel and therefore undertook the most cumbersome travel in my career spanning over 2 decades, donning the PPE suit, occupying the middle seat in economy class and looking like an astronaut, eating cold food and purging oneself constantly with sanitisers available in various forms, another flourishing industry I suppose. Whereas, the scope exists to better apply the new norms with a little bit of common sense, ingenuity and practical application/interpretation of rules in vogue, by responsible people on ground/in contact with public. It then made me realise that in the absence of any clear-cut directions, standing operating procedures and other rules are as good as the weakest link in the chain and with slack in monitoring mechanism, the envisaged new norms will be yet another facade.

‘Ending on a Positive Note’

Like all major catastrophes the world has witnessed periodically, one thing has emerged very clearly and boldly and that is the ‘indomitable human spirit’ and its capacity to surpass hurdles, thrive and sustain life. I have always believed and will continue to believe in the quote “this shall also pass”.

CHAPTER-2

QUARANTINE DAYS OF A COLLEGE STUDENT



I'm Stuti Ravikumar. I'm 21 years old. I'm a final year engineering student at JSS Science and Technology University, Mysore. I'm currently majoring in biotechnology. I'm also a writer, debater and an avid reader. I'm passionate about writing. I've written for a few newspapers and magazines and I aspire to author a book some day.

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“From comprehending a new way of living to gaining a new perspective on life”

Twelfth of March, I was writing my internals. It was microbial biotechnology, I remember. The paper was really easy and I was acing it. I was almost finishing up my paper when the strangest thing happened. One of our professors walked into the class and told us that the State Government had ordered college authorities to dismiss students from college campuses immediately. Yes, I’m talking about the same twelfth of March when the country recorded its first COVID related death and this unfortunately happened in my very own state, Karnataka. I just came home confused. Since, all our tests that were scheduled for the next few days got cancelled, I thought I’ll head to the gym for a good workout. Before I could leave home, I got a text from the gym informing us members to stay home, since the State Government had ordered closing of gymnasiums, malls and restaurants. I spent

the next few days trying to figure out what was going on. I was reading about the pandemic online, watching the news and trying to understand where we were and what the future holds for all of us.

Twenty-Fourth of March, it was dinner time and we were watching the usual 8-o'clock news when Modiji declared a 21-day nationwide lockdown to mitigate the spread of the disease. This brought all offices, businesses and various other services to a halt. That day, we went to a store to buy some essentials to last us for the next 3 weeks and I was shocked to see people hoarding obscene amounts of groceries and other essentials. Most of the racks in the supermarkets were nearly empty. Gluttony is a disturbing facet of a human being. This affected many innocent lives. Poor, unemployed and daily wage workers who didn't have the luxury to stock up on weeks worth of groceries to feed their families, the elderly and disabled who couldn't rush to the markets and depended on others for their supplies were left apprehensive about their lives during this lockdown.

The next 21 days were rather unusual. Nobody had anywhere to go. Shops, banks and schools were shut, roads that once buzzed with traffic were completely deserted. With transportation being cut off, a lot of my friends living as paying guests and in hostels were in a fix, they could neither stay where they were nor could they travel back home. But, these 21 days also meant for us students a break. A respite from the dreaded 7AM classes, assignments, projects and exams. 500 hours of doing whatever we wanted! Netflix and Prime became our best friends. Binge-culture was never as popular as it was during quarantine. People for once turned away from their monotonous nine to fives and picked up hobbies and tried slowing down a bit from their stressful routines. I tried everything millennials popularised during quarantine. Watching Tik-Tok videos, baking, spending hours reading and being hooked to social media, enjoying hilarious memes that were channeling our anxieties over COVID-19 into classic internet humour. This went on for a bit after which unproductivity didn't

feel as enjoyable as it was anymore. It was around this time when schools and colleges took classes online.

‘An Online Class’ was a new concept for all of us. It was surely amazing that I could at least meet my friends and professors in a virtual class-like atmosphere. The fact that we could just roll out of bed and start attending our classes in sweats and didn’t really have to factor in extra time to get ready and physically travel to college was exciting. But, online classes came with its own setbacks; network glitches being the most significant of it all. Poor audio quality, videos appearing blurry and pixelated did affect the learning process. Online classes didn’t match up to a real-classroom scenario, no matter how hard we all tried. Student feedback was difficult. Interacting with friends and helping each other understand was impossible. I also missed talking with my friends between classes, our usual samosa-chai breakfast at 10:30 and treating ourselves to milkshakes in the college canteen after tests. Quarantine robbed us of all the college memories we would otherwise cherish for

a lifetime. And, although our teachers tried really hard every single day to help us learn our concepts, they constantly expressed their disappointment teaching to an empty room with a camera and how they missed seeing all of us. But I'm still really grateful that we all had some means to continue learning. Zoom, Skype and Google Meet were undeniably of great help to all of us during these uncertain times.

Apart from attending college classes online, digital certification courses became extremely popular. Thanks to multiple online learning platforms, learning anything from coding to gardening was available at our fingertips. Educators from world-class universities started putting out lectures and various other learning materials online. It was beautiful how internet seamlessly became my companion for productivity, entertainment and social interaction.

But, it was definitely not all sunshine and rainbows. News updates about the wild spread of the pandemic, terrifying death tolls, unemployment and poverty, crashing of the economy. It was almost like

the world we built for ourselves over all these years was crumbling right in front of us. Coming from a doctor's family, I was proud and worried for all my loved ones putting their lives at risk, sacrificing their comfort and working long hours in PPEs to serve the society. All I could do was pray for their safety.

Now, it has almost been seven months in quarantine. Withdrawal from the society, self isolation, fears, frustration, financial precarity and the sheer uncertainty of the future has had serious effects on mental health of people. Self regulation and mindfulness is the need of the hour, for our own sanity. Giving my days a structure, doing something that will get me closer to my goals every single day but also prioritising exercise, meditation, good nutrition and adequate amounts of rest has truly made a difference in the way I see my days now. I'm someone who strongly believes that someone else's pain and struggle doesn't negate our own experiences. All of our struggles and experiences are equally valid. But, at the same time, its equally important to practice

gratitude, and I think 2020 has taught us to be grateful for every little thing in our lives - good health, food and shelter, family, clean air, warmth of a fellow human being and the gift of life.

Finally, I would like to confess that I'm a diehard optimist, I couldn't be more hopeful about the future. I know that our courage, strength and our undying human spirit will help pull through these harrowing times and rebuild everything right from the scratch. We will cruise through all of this and emerge braver and stronger than ever, and build a better world for ourselves and our children.

CHAPTER-3

LOCK DOWN: LIFE WITHIN FOUR WALLS



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You never expect to be in the middle of a storm. It's always something you hear of happening to others. You are only a spectator. However, 2020 had different plans. This storm did not differentiate between people. It took over everyone and everything. It was in February that articles about COVID-19 became more and more frequent. With every passing day, it inched closer to home. A few weeks later it was right in the neighborhood. The fear of 'this time it actually could be me' took over. My company and especially my team were one of the firsts to allow their employees to work from home. I packed a tiny bag with only my essentials and headed to my parents' home the very next day. While turning off the lights at my place, I expected to be back in a week. While sitting in the bus, I had my first ever 'Is he/she infected' thought. Suddenly, I was conscious of everything or person I was coming in contact with. Even then, I had no idea what was in store for us. Before I knew it, a lockdown was declared. However, sitting in the house for weeks together seemed very doable. Being a person who

always enjoyed staying back home to read, binge on TV shows and to eat some comfort food, I believed that this was something I could even enjoy. I immersed myself in books. Reading them transported me to another world, a world where going out for a cup of coffee did not seem risky. With my nose buried in books all the time, it seemed like a nice change of pace; doing it in my pajamas only made it better. When books did not seem to hold my attention, I always had various streaming platforms come to my rescue. The art out there sometimes makes me giddy. So many things to watch and such little time – but not anymore. Slowly but surely, I stopped missing the outside world. It came as a relief to be able to have a break from the constant honking and terrible pollution. I found time to work on myself – both physically and mentally. As a family we were always tight-knit. However, the demands of our jobs had us in different states and spending time with family was just about weekends. With the lockdown, we were all together again. The conversations over dinner table or on the couch were

back. Card games and movie nights were back. This would have never happened, had life not given us this jolt. The one thing this lockdown made very obvious was how far we had come in terms of ensuring that comfort was everything to us. Anything you could ever want was just a click of a button away. You could actually lead your life within four walls and have everything you need delivered to you. Everything but warmth and affection, which only comes from socializing. Humans are social beings. Having to stay indoors for months together – even if it is for survival – does impact your physical and mental health. I began to miss the honking and the pollution even. Soon, days merged into each other and there was nothing that would differentiate one day from the other. There was no end in sight. It was too much to think that maybe this is what life is going to be like. Being right in the middle of a pandemic is not something anybody expects. So, there is no blueprint for you to follow. Taking every day as it comes, gets old really soon. Having my baby niece at home, who was taken out

only for Doctor's appointments, had the entire family be extra cautious. This meant that the roadside stalls selling some of my favorite food were also off-limits. Eating clean for 7 months was never a plan but I'm glad it happened some way or the other. Months passed and things changed a bit. Going out for fun was not an easy option anymore, but the rules were relaxed, and everybody was expected to make smart decisions. Finally, as a family, we decided to go out for drives, every Saturday evening. Seeing people out on the streets created an illusion of things being back to normal. Although the masks that people wore always brought me back to reality, it seemed like a small price to pay. Getting some fresh air, meeting friends while maintaining some distance, reminded me of the life we all used to have. It gave me hope that things will get better and that we will survive this. The entire experience with this pandemic has also taught me gratitude. The fact that I am coming from a place of privilege does not elude me. I have the luxury to see the silver lining. I have a sense of security. There is

nothing I have to worry about, except the virus itself. I have a stable job, a home, and the resources to lead my life in the most normal way possible. I am painfully aware of the things we took for granted, on a daily basis. To meet new people, to catch up with old friends, to sit in a crowded restaurant and still enjoy the food – these opportunities do not come by easily anymore. However, people really experiencing pain are those who lost someone to this pandemic, some who never even got to say goodbye. Also, the ones that lost their livelihood, their homes, are among those to have seen the worst side of this pandemic. So maybe in some way, this storm does discriminate. It is harder for some people. Having to battle this virus has taught us to always be cautious and prepared. Dealing with loss and instability has made us stronger. Now, we do have a blueprint to follow in case history is to repeat itself. The health professionals, who have given so much to the society already, will have a better chance of winning against this. Although we are trying our best to get back to the lives we all were suddenly pulled out

of, this is not the end of it. Some things have changed forever. However, humans have been through similar and maybe worse situations and we always find a way. We are in that phase right now – going through the maze, finding new ways to reach our goals. Maybe a reboot is indeed what some of us need.

CHAPTER-4

THE TUG-OF-WAR THAT IS SELF-RELIANCE EARLY MARCH 2020



Vismaya is a self-employed Marketing Consultant, currently based in Bangalore, India. She has made it her goal to help small businesses and individuals realise the potential of Digital Marketing and help them establish a strong presence amidst the giants. She is a writer, singer, and voice-over artist who also enjoys playing mommy to her Doxle puppy, Kanmani. A Human Psychology and Behaviour enthusiast, she loves exploring the in-betweens and what-ifs.

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I was in Kerala and Tamil Nadu for business meetings when the spread of the virus became a cause of country-wide concern. Thankfully, due to some quick thinking on the part of my colleague, I got to the safety of my home in Bangalore. While I was recovering from the duress I endured from all the travelling, 'staying put at home' had become a national sport! The one-day lockdown turned into an unending moving target with different connotations which are still hazy at the time of punching this article in. I really did not let it bother me for the first several weeks because somewhere it felt like this was the downtime I needed! While my clients got their acts together changing and adapting to the 'new normal', I found solace in exploring things I never made time for earlier. Along the way, have had multiple realizations and there is no better way to describe them than to call them Contradictions!

Self-sufficiency is underrated

I was stuck in a house in prime Bangalore with no one but a puppy (who is pretty much a the rap up. But then again, is there a pet parent who does not find

their pet therapeutic?). There was a strange sense of liberation in knowing that I was accountable to no human being and did not need to comply in any way because I kept hearing horror stories of how the lockdown had impacted seemingly solid relationships between husbands and wives, parents and children who had lost the art of connecting in the most basic way possible - face-to-face! Some of them went from seeing each other 2-4 hours a week to 24 hours a day. Pretty insane considering there was no gradual transitioning period. This can have lasting impressions on modern relationships which tend to be hopelessly fragile. In a way, I was extricated from having to save and nurture relationships when taking care of one's own self should have been a priority. I managed the occasional phone calls and video chats with family and friends but did not let Cognitive Dissonance that technology brings with it, shake me up. I applied myself to learning a new language, reading some of the ignored books on my bookshelf, honing my voice and vocal tropes (I did some fun voice-overs during the lockdown!), and picking up ways to

skillfully manage the kitchen and make myself a happy-tummy meal (side note — there's great power in being able to cook a good meal if you love food!). Not someone with a green thumb, halfway through, I even figured why my plants seemed dull and sad! Arbitrary information — I also brought in my 32nd in lockdown. Super eventful and memorable! In the middle of the general chaos, as was expected and is understandable, several clients were confused about whether they even wanted to set aside marketing dollars at all. Some of them pulled out almost immediately, and others sent contract termination notices only to come back in a week's time to 'test waters when everyone else was at the shore'. As a Marketer, when prospective clients asked what I could promise them in a month's time, I could not bring myself to answer with any level of surety. The only thing we could do is embrace the uncertainty and roll with the times. But this is where I realized that having one's self-worth come from only one source is disastrous! In my case, for the longest time, it was my work that occupied the whole pie. Over

the last year or so, through therapy, I have learned how to aim for realistic standards of perfection and not beat myself up for something that is not under my control but could still be a cause for guilt. There was a lot of inner engineering that had been done much before the lockdown and as a result, I noticed that my spirit was substantially unwavering in dealing with everything it brought with it. As an empath, I did go through the guilt of “Why am I thriving in this situation? People seem to be struggling. Am I being a moron for NOT feeling miserable like them?” But that’s when the voice of reason of a good therapist hits you — learn to focus on what you can control while being mindful of what you need to keep your head above the water! This balancing act is definitely not easy. But I can tell you it is important. When the metrics of success tend to be how many zeroes your salary has, it’s natural that, as a society, we give very little importance to the journey inwards. But in strange ways, the pandemic brought us all to our knees and showed what was important all along. The biggest lesson learned was the one that is

most basic - self-sufficiency is more than just being able to keep yourself alive physically. The mind needs to be alive too!

Self-sufficiency is overrated

Almost as a contradiction, self-sufficiency seems to be a little overrated also, you know? Life prepared me for this lockdown about 18 months before the pandemic, when an ACL surgery rendered me stationary and in a constant state of pain for two months. The road to recovery is something I am still limp-walk-running on. Anyone who has ever been bed-ridden and dependent on others for the most rudimentary things will tell you that it is quite a luxury to be home and have all your appendages and most importantly, your brain functioning at almost optimum levels. But at the same time, you are being kept alive by the people around you. I got to experience something similar this time too. Although I am from the Digital Age and my profession, which I love deeply, prevents me from actively internalizing the 'Social Dilemma', I am almost always quick to feel the pinch when someone complains of the perils of the

internet. But if there is something that has come out strongly in all this, it is that strangers on the internet keep your hope alive, keep you alive! Artists, musicians, comics, poets came out of the woodwork in hordes and enthralled a virtual audience. They quickly adapted their forms and formats to what was feasible for an audience viewing them on a 4.5-inch screen. I remember just waiting evening after evening, during the early days of lockdown, just to see who would go live on Instagram or Facebook with what new form of art. They impressed and inspired millions of people they could only virtually reach out to. There were cliché responses to the one question every child between ages 5 and 10 was thrown - 'What do you want to become when you grow up'. Invariably most of these responses needed you to be good at some form of science or analytical thinking. But the moment of reckoning for all those brave souls who decided to pay no heed to societal expectations and chose arts over science has come in the form of this pandemic. While the scientists and doctors tirelessly work on finding practical solutions to cope, our

erstwhile humanities students have shown what life beyond molecules and atoms is actually like, and dare I say, it is every inch beautiful! Another set of human beings whose significance we understood and appreciated more than ever before were the house helps, the cooks, the gardeners, the dog groomers, the plumbers, and the electricians. True acknowledgment of what they do to make our lives less laborious is in respecting their time and effort and this cannot be a pandemic thing. It needs to be an everyday life thing! While we still learn all about self-sufficiency and in what measure it needs to be exercised, this pandemic has uncovered some of the simple values I wish were taught to us sooner. Without sounding incredulously optimistic, I do believe there are things to feel grateful for and wish that this has a lasting impact on us all.

CHAPTER-5

THE SMELL OF CORPSES ALL AROUND DURNING COVID-19



I am Farhana Yasmin. I am a final year student at the Sociology department of Barishal University, Bangladesh. I'm a writer, social worker and volunteer. I'm passionate about writing. I've written for a few newspapers and magazines. In the meantime, I have been working with different social organizations and I have attended two international conferences at my university. I have experienced interviewing with respondents and have also worked with my honorable teachers to collect data on the purpose of research. However, I aspire to be a researcher.

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*This corona virus is a big rock,
Its fire-touch makes the heart glow.
The black bumblebee could not come running.
But in that wind—the smell of corpses is still found today!
Alas, the virus! How ruthless, how ruthless, heretic:
The child can not embrace the dead body of his father*



Figure: A picture that describes the horror of COVID-19.

In this Chapter you will be familiar with the following:

1. Smell of corpses in the air during COVID-19.
2. The heartrending crisis during COVID -19.
3. What we have to do towards the dead body during COVID -19.

Whatever it is, the rain is not going away. In the whimsy of the weather, summer, monsoon, spring are all in harmony. However, the corona virus (COVID-19) infection has raised eyebrows even more than the coming and going of rain in all seasons. Experts claim that this deadly disease will be overcome in the heat as

a medicine to kill this growing virus. That is why the world is waiting for summer with 'smart eyes'.

And at such a time I am sitting at home counting the processions of death and hearing the cries of the relatives at the loss of beloved persons. As the house is near the cemetery, every afternoon of the day is becoming horrible in the procession of death, frightened by the new attack. Sitting in this quarantine, I spend every morning watching the death procession.

Smell of corpses in the air during covid-19:

★The sound of the wind can be heard the cry of the newly married woman. Seeing this cry, it seems that someone is snatching the air from her lungs. What a cruel situation! The woman can't cry hugging her husband's dead body for this pandemic situation. Sitting far away, she is shedding tears. This woman is my neighbor's new bride. Her husband was a banker. Although everything was closed in the lockdown, her husband was affected by Corona as the country's banks were open. After fighting with Corona for 7 days, he did not return to his homeland.

There were no relatives for his funeral that day. Finally, the volunteers finished his burial.

★ That day was Friday. Taramoni and her friends suddenly made a plan. The next day they will be united with the autumn cashews wearing the blue sari. As planned, they went out for a walk on Sunday wearing a blue sari of peace. Just then a call came from an unknown number on Taramoni phone. She could not receive the call on that busy day. But after returning to the hostel at night with the phone in hand and unlocking the phone, she remembered the call from that unknown number. Then she called that number. A male voice said hello. Hearing this hello word, an unknown echo started ringing in Taramoni mind. After a conversation between them, it was understood that the call had come to Taramoni number by mistake. This mistake started the affair between them. Taramoni is just a first-year student of the university and Nayan is an unemployed graduate. Almost tired of wandering around hoping for a job. In

just way, Taramoni wanted to become a passenger of this tiredness life of Nayan.

Thus, their new love song has been playing for a few months. Then taramoni came home due to lockdown. Because of Corona, the whole world is coming to a standstill and their love is coming to a standstill. There was a lot of speculation that they would meet for the first time. Taramoni will stand in front of Nayan wearing a favorite purple sari. But where is it! One day, Nayan's phone has been off since morning. Taramoni could not communicate with Nayan. Can't even communicate anymore. Because Covid-19 has swallowed the Nayan. Thus their love ended prematurely. Even so, Taramoni is still counting the days for the Nayan.

★Gobindodied of cancer, but the neighborhood is rotten corona sacrifice! The body remained at home for 10 hours. Rumor has it that person was a patient of corona virus. The family of the deceased is shocked by the behavior of the neighbors. Who knows that died person? He is my school teacher. No one came for

funeral. Eventually, his two daughters were taken to the crematorium to bury their father without following religious rituals.

★One afternoon I was sitting on the roof looking at the sky and watching the children flying kites. Seeing the red lantern kites in the open field that afternoon, it seems that the closed world has got the taste of liberation. Then suddenly my phone rang. I looked at the screen of the phone and saw the call from one of my friends. After receiving the call, I heard the scream of my friend's voice from the side. Then I heard the graveyard of Christians next to my friend's house. His relatives left the body of a dead man there and fled. It was later learned that the man was a patient of Corona.

What a strange world we have reached!

The father raised the child by earning money by throwing gum on his head and feet. But no one can be found next to that father's funeral.

I can't really control myself when I see peoples like this around me. Every day so many people are

being brought there to the graveyard next to my room. I sit and watch them silently but I can't do anything. And I can't even get out of the house because of the lockdown. My heart is constantly burning. Yet I am helpless.

The heartening crisis during covid-19:

I have read books since childhood, people are social creatures. Is that really so? It is also said that the real form of man can be seen in danger. Perhaps the advent of the corona virus as a curse today is to prove the truth of this statement.

Today, people are unequivocally removing the badge of that social being from their bodies, the rich and the poor, the most popular proverb, 'Uncle save your life', is unknowingly revealing the most ugly form hidden inside us. Today we humans have become the greatest enemy of man, the most antisocial. At the end of the day no one belongs to anyone, but alone like space; this one corona virus is coming and explaining it to us with a finger in the eye. We know very well that tomorrow or the day after tomorrow,

like other epidemics, this corona virus will also leave Mother Earth's bosom. Just take with me the lives of countless people like you. And it will leave an indelible mark of terror on people's minds forever. At least for this generation it is a huge push. Because we have never seen such a blockaded and terrified world since its birth, the ultimate level of inhumanity and the melody of disbelief in the eyes of the people.

★I'm sorry, Mom

For example, first of all, when it was getting late in the afternoon, I was scrolling through the Face book homepage. Suddenly a headline in the newspaper caught my eye. "The children left the mother in the forest out of suspicion."

How ruthless! After reading the whole news, something cold went down my spine and the inside of my chest started crying. I just thought, is it possible? Where do we live? Is it the human world? Even though I didn't want to, I remembered Nachiketa Chakraborty's famous song-

“I want to live a hundred years, now I have sixty, after twenty-five years Khoka will be sixty-nine. This room in the ashram is small, there is a lot of space, baby - I will live with two people side by side I dream of that day is terrible, face to face with me, baby and old age home!”

Of course, the forehead of the old mother must be kind of good. Instead of being housed in an old age home, she was housed in a forest, in the lap of Mother Nature, where she was rescued by police with the help of locals in the dark of night following her cries. But if we had a place in the old age home, we might have seen that things like Spain are happening here too. The children did not see it, on the contrary, the workers of the old age home are fleeing for fear of Corona leaving the old people in the old age home.

Social courtesy is being lost:

Nowadays, I almost think, "Alas, people are colorful lanterns, breathless!" The song seems to be made for the current situation. There is a flood of

corpses all over the world now. Due to a little unknown, invisible, untouchable virus.

If any of us are infected with corona virus, the infection is spreading to many more people. On the other hand, a group of people are hiding the symptoms of corona in the hospital. Once identified, a whole unit or hospital is being locked down. If corona virus is caught, lest they be isolated! This fear. It doesn't stop there. Patients in isolation are fleeing the hospital, with some again threatening to commit suicide. What a turbulent time, no?

But my point is, why are these people doing such unbridled madness? Just for ignorance or something else? In this case, I think, the attitude of a large number of people like "If I die, I will go to my grandfather's house and die" or "I will get three and a half hands of soil" is largely responsible for this. Because people now understand that once they touch the corona, no one will touch them anymore. And after the news of the corona virus spread, if he dies,

there will be no place in his grandfather's house, the villagers themselves will object.

Or have any of us ever thought that a day will come when a relative will not touch a relative when he is sick or dies, a neighbor will not come to show sympathy! The most beloved child will leave the mother in the deep forest! The mother will be sitting with the body of the dead child, shouting but no one will come forward for the funeral! The father has to carry the body of the child! Even his family will refuse to accept the body of the dead man in Corona! I didn't think so. This hospitable nation is no longer coming forward to bury the dead and perform janaza even in the natural death of someone. If anyone is found to perform janaza in Kalevadra, no one is participating in that janaza. Instead of villagers or neighbors, various voluntary organizations have to come forward for the burial shroud. Even in mosques, news of death is no longer being spread. However, the most heartbreaking thing is that the authorities are

not even giving a bed to carry the body of the dead person affected by Corona.

We have to be careful now, so to speak? It feels tired to think. Then I realized to myself, this is the time when everything falls apart.

What we have to do towards the dead body during covid-19: In this pandemic situation, we must be humane towards the patients of covid-19 and the dead body during covid-19. There are some initiatives towards the dead body;

★Advice for mortuary care:

- Mortuary staff or funeral home workers preparing the body, washing the body, tidying/shaving hair, or trimming nails, should wear appropriate PPE according to standard IPC precautions and risk assessment, including gloves, gown with impermeable apron, medical mask, eye protection and closed footwear or footwear protection.
- Embalming is not recommended in order to avoid excessive manipulation of the body. However, if

embalming is done, it should be performed by trained, experienced staff, following standard IPC precautions.

- If the family wishes to view the body, allow them to do so, but instruct them not to touch or kiss the body, to maintain at least 1 meter distance from one another and any staff during the viewing and to perform hand hygiene after the viewing.

★ Management of the dead body during covid-19:

In contexts where mortuary services are available, but traditional funeral rites involve bringing the body home for vigils or home viewings prior to cremation, the above guidance should be followed and can be adapted as follows:

- Bodies should be prepared in the mortuary or hospital as per the relevant guidelines before being released to the family.
- A body bag, plastic sheeting or coffin is recommended for transportation of the dead body from the morgue to the viewing site.

- To open a body bag coffin for viewing, use gloves and medical mask, and once the coffin is opened, remove gloves and perform hand hygiene.
- Do not remove the body from the body bag, coffin or shrouding.
- If further manipulation than the above is required, follow the guidelines for the preparation of dead bodies at home.

★**Environmental cleaning:**

- Mortuary must be kept clean and properly ventilated at all times.
- Surfaces and instruments used for care of the dead body should be made of materials that can be easily cleaned and maintained between autopsies.
- Instruments used during mortuary care, at the funeral home should be cleaned and disinfected immediately after use, as part of routine procedure.
- Environmental surfaces, where the body is prepared, should first be cleaned with soap and water, or a commercially prepared disinfectant solution.

- Hospital grade disinfectants may also be used as long as they have a label claim against enveloped viruses, and they remain on the surface according to manufacturer's recommendations.
- Personnel should use appropriate PPE, including respiratory (medical mask) and eye protection, when preparing and using disinfectants, while following the manufacturer's instructions.
- Items classified as clinical waste must be handled and disposed of properly as infectious waste and according to legal requirements.

The whole world is blocked today due to the global epidemic corona virus. And this is the hope of every human being who can come out of it. To save from this epidemic that everyone is constantly working from their place. The epidemic will not leave this world quickly. The desire for love will be created in every human being. The world is closed today because of the epidemic. The death procession is constantly growing around. And pray for hope to return from this journey of death to the Creator.

CHAPTER-6

ADAPTATION TO THE POST PANDEMIC WORLD: A BEHAVIOURAL STUDY



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ABSTRACT

The world today is facing a serious challenge of a global pandemic in the form of Covid-19. Since time immemorial Pandemic and epidemics have been triggering and causing mass destruction. An influenza pandemic is a worldwide epidemic of a new influenza virus somewhat distinct from present and previous human seasonal influenza viruses. Influenza viruses are continually evolving, allowing non-human influenza viruses to adapt such that they can quickly target people and propagate successfully from person to person. Plagues and epidemics have ravaged humanity throughout its existence, often changing the course of history. Throughout the course of history, disease outbreaks have ravaged humanity, sometimes changing the course of history and, at times, signaling the end of entire civilizations [1].

Circa, Great Plague of America, Black Death are few to be named. Few of these are eradicated completely, few remain present. But humankind has

adapted to manage and maintain alternative to stay safe from it. This Post Covid-19 era will be remembered as a milestone in the modern history of the medical and industrial era. Changing scenario of the world will influence the lifestyle of the people to adapt to a better lifestyle according to these scenarios. This present study provides a basis for acknowledging the changes, needed to meet the changing scenario of human behavior which will be necessary to adapt to the post-pandemic era. This paper presents a brief overview of the immediate changes in the aftermath of the pandemic and what aspects of social life will be affected by these behavioral changes.

Keywords: Epidemic, Industrialization, Pandemic

INTRODUCTION

A pandemic is defined as “An outbreak that crosses international boundaries, and usually affects a great many people globally, or across a very large area.”. Present COVID-19 situation is unparalleled. Although most harmful isn't the pathogens'

physiological features. Instead, it's really how people act about it. The social and economic implications are much louder than the biological implications of the virus upon mankind. The adaptation of human being, as a social animal, into the post COVID world, is going to be quite challenging. COVID-19 demonstrated the potential to disrupt healthcare networks worldwide. But how people respond to the actual and potential threats they pose is a critical element in combating the pandemic.

Matter of fact, the argument suggests that behavioral influences can play a significant role in preventing and halting disease transmission. All international health organizations working towards eradicating COVID-19 acknowledges the importance of human action in pandemic control. Behavioral improvements will minimize spread by up to an unimaginable extent. The load and pressure that have emerged on health services, from normal staff to doctors is currently increased manifold with rising cases everyday worldwide. This brings immense

strain on policymakers and public health organizations to deliver the correct COVID-19 database and measures. Due to the difference in exposure and living conditions different individuals are at varying risk thresholds from the infection. If the government have details right and push the action in the right direction, the assets used to combat the virus can be well managed and well utilized. Thus, it depends on the people how haphazardly or well-planned manner we act to cope with this worldwide pandemic and rise above it.

Background of mankind coping through epidemics

Transforming our everyday life for anyone might not be to everyone's taste, but across history, citizens have been able to make compromises to preserve others' welfare. The motivation appears to be part of the human experience. There is data from ancient human societies helping old and disadvantaged individuals who were unable to live entirely. Accepting human sympathy by stressing the

threat to individuals with higher risk is a crucial communication tactic since it acknowledges that the risk varies among citizens. And this means even those who are willing to separate themselves recognize why, without stressing overly important employees that must travel and maintain the nation moving. This is an insightful strategy as this virus, i.e., the COVID-19 is not so harmful to most citizens in a strictly biological sense.

Behavioral Analysis throughout Post-COVID Era:

Coping with such a stressful situation, cognitively is not equally adjustable for all. Some find it meagerly less adjusting, while few have a huge level of anxiety coping to these norms. It's just time to listen to everything you're advised to do – just sit inside, sit as far away as you can from everyone and wash your hands regularly. It's no longer there about one's protection. There was a period in the not-too-distant past where germs could move from person to person was not commonly known.

Few behavioral patterns observed and analyzed can be discussed as below:

1. **COVID-19 and Social Relationships of the crowd:** We have just observations so far that, updated societal perceptions of facial masks may be one; another might be a fresh resistance of face-to-face contact. We have seen however that individual is inherently adaptive to changes, but also old patterns after an immediate danger has passed. However extreme societal transition can put pressure on the updated societal relationship among kins. People may get used to this distant mode of functioning in society.
2. **Threat perception:** Infectious disorders have traditionally been the source of the largest amount of human deaths. For example, plagues, Kalazar, Cholera outbreak etc. This segment explores how citizens are likely during pandemic and downstream implications for the decision-making and intergroup partnership to interpret and react to threats and risks. Thus

precautionary measure in the form of vaccines and anti-meds will be introduced.

3. **Hygiene matters:** Pieces of evidence indicate how we will all create a difference with the end product as all of humanity collaborates. For instance, history suggests that mortality rates in transmittable diseases dramatically decreased in spread reducing the mortality rates, by just increasing the day to day hygiene and food habits. During the onset of 20th-century mankind faced challenges in the form of Spanish Flu. The spread of Ebola marked a tremendous health hazard in the very onset of the 21st century. During these two major epidemics, it was observed that the major areas of population that were affected by the threats were the population not privileged with a healthy and hygienic standard of living. Also, the lesson learned from these two past events is that by improving the hygiene and maintaining proper sanitization, the

spread of these vector-borne diseases can be controlled to a great extent.

4. **Inequality in Society:** COVID-19 is regarded as an indicator of inequality and a deficiency in social progress, in addition to being the largest significant public health concern in the present year [3].
5. **Fear towards germs:** The fear of germs and the unidentified virus may haunt the medical science, every time disease with new symptoms arises. A new social norm in the form of face masks in closely-knit spaces, post this COVID-19 scenario, may be constructed as a sign of civic responsibility to prevent infecting others. Handshakes may not remain so popular because of fear of germs. Sanitization and cleanliness may be a new standard for societal mannerism.

Post-pandemic world: A new normal?

Frequent hand washing, work from home culture, social distancing, lowering of overcrowded spaces, maintaining safe personal distance, no handshake

policy etc are part of our new normal. Germ phobic tendencies are going to develop in only a small handful of people, namely in those who have pre-existing obsessive-compulsive tendencies. While people will remain hyperconscious of what they touch and will continue to worry about being exposed to the corona virus outside their homes, they may become more casual about their hygiene practices as the anxiety over the current Covid-19 crisis eventually fades [2].

The societal impact of isolation trend:

1. Elevated levels of psychological distress among a larger section of the population are due to a pause in their livelihood which has proclaimed their financial status to be rocky.
2. People have new values for the time spent with their families.
3. The cruel tragedy is that corona viral infection caused thousands of people around the world to sit lonely or unable to cope. This may have its own

implications, especially for those who had to be compelled to separate themselves.

4. Our present state of social alienation stems from one element in particular: the internet. Analysis on this front is restricted in epidemics studies since the technology has been growing only recently but we can see the impact on space travelers.
5. A lazy lifestyle with work from home and homeschooling can create distress among people after the normal pre COVID life resumes.
6. Many interviews, meetings, examinations, even marriage proposals have been handled well by the grace of the internet. Thus, focus on virtual presence and virtual alter-space will always be an option in our lifestyles.

Psychological Threats in the Post COVID-19 world:

1. **Emotion and risk perception:** Extreme emotions among students, teenagers, low-income groups can trigger violence, crimes and suicides.

2. **Prejudice and discrimination:** Few sections of the society will get more and more discriminated due to inequality of money, resource, communications and vice versa.
3. **Disaster and panic:** Instead of portraying some as rivalry, the concept of mutual unity may be compromised. They may reinforce the very individualism and competition that transforms critical plans into unstable storage and disrupt the common sense of mission that makes citizens support each other in an emergency.

Socio-cultural paradigms:

During pandemics, slower viral propagation needs major behavioral improvements. The magnitude and pace of behavioral shifts are influenced by different elements of social and cultural environments. This segment explores the ability for decision-makers to recognize and efficiently intervene risk factors in areas of social circles such as societal expectations, societal disparity, ideology and polarization.

1. **Social alienation:** Due to social distancing and unable to communicate and travel to meet the families people are also triggering their inner depressions and stress. The elderly are also highly susceptible to isolation. Students have identified strategies for mitigating these results. In psychological words, solitude is interpreted first as a subjective condition, while solitude is an empirical absence of social interactions.
2. **Intimate relationships:** The pandemic often has social implications. People unexpectedly feel themselves confined to their immediate families. People with quarantine or self-isolation are vulnerable to misunderstanding and anger as several family members concurrently withstand them for weeks or months. Emotional developments may be volatile.
3. **Social inequality:** Inequitable access to resources impact not only those at high risk for diagnosis, signs or disease succumb, but often others who are willing to suggest halting the

progression of the disease. The underprivileged ones are the ones deprived of basic healthcare and sanitization in such situations. The homeless are adjusting on the roads, the slum dwellers are living in closed spaces. The hunger ridden is not worried about hand wash right now.

4. **Changing Social rules:** When you see people do or feel what others agree or disagree, you're assumed behavioral influence is influenced by societal norms. It is going to be beneficial to have reliable information on what other people do as most people know what they ought to do. Therefore, it would be more efficient to interact within-group design of expectations.
5. **Moral decision-making:** Thus, even though unclear, it will inspire individuals to suffer for others by concentrating on the worst situations. Reframing decisions in the pandemic as "business as normal" will then render certain actions less appropriate, as aggressive decisions rather than passive or automatic decisions.

6. **Stress and coping:** The pandemic is possibly a big major source of stress even in households without the virus, particularly in chronic anxiety and economic problems. These consequences can be compounded by strategies of self-isolation and can intensify isolation, introversion and social adjustment issues.
7. **False Assumptions:** Assumptions about the hazard and necessary behavior in the pandemic. Thus, misuse of information to distract people should never be encouraged in a situation like this.
8. **Cognitive thinking:** Given the value of slowing diseases, it will serve to increase consciousness that access for others to protection is valuable to themselves.
9. **Cooperation within groups:** Individuals offer preference to local interests over global interests. One of the main concerns is how teamwork is to be encouraged.

10. **Trust and compliance:** Trust in organizations and legislatures may also play a significant role in combating this situation and helping each other.
11. **Group effort:** Strengthening a good sense of mutual social identification will help align threat response efforts and promote community engagement and enforcement with standards.
12. **Positive thoughts:** Avoiding uncertainty is clearly not a choice amid a worldwide pandemic. A few studies have noticed that these cognitive patterns will help redefine our objectives and contribute to healthier relationships and a better understanding of life.

CONCLUSION

Thus, these were some of the behavioral aspects observed and predicted to allow the people to cope with the upcoming transitions coming with the post COVID world. These behavioral aspects along with a well-managed social focus can prove extremely beneficial in handling the post COVID life for every section of the society.

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CHAPTER-7

DIGITALIZATION – A COMMUNICATIVE BRIDGE IN SCIENCE DURING PANDEMIC ERA



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INTRODUCTION

The pandemic situation has forced scientists to work from home and paused the trials and experiments reluctantly. It has led the scientists extremely stressed to have a continuity of the research in progress towards disentangling, especially those who are on the nib of graduation, job seekers, moving abroad for higher studies, and also lacunae in executing one's idea and interest to upgrade themselves.

Intuitively, the lock downtime has obsessed the researcher deep into the literature and completion of writing/submitting manuscripts or project grants. The initial gap -phase, led to the omission of being a scientist — discussing and devising ideas. The COVID-19 situation has a completely interrupted mode of interactions.

Appreciatively, few pioneers comprised the situation to come up with innovative ways to maintain connections within the scientific communities via webinars and decided to switch completely to a virtual

mode at short notice (the original conferences were used to grab nearly a year or so to get accomplished and notified and with economical burden). Consequently, the intellectual scientific groups comprised (of institutes and universities) got motivated to start the virtual journal clubs/seminar series related to their field of interest to keep the students and research community in the touch with the latest research. The apps such as Teams, Zoom meetings, etc. popped up discussing a wide spectrum of topics from protocol troubleshooting to virtual happy hours. It almost appeared as though if your field didn't have an online webinar series, was it a field at all? These interactions upraised the sanctity and identity of a student/ researcher/ scientist/academicians positive during those bizarre times.

This approach of science without boundaries has been a complete change in the scientific scenario throughout the globe, particularly those who are not physically located in an international scientific hub and given a roadmap for 'virtual' exposure to leaders in the

field more frequently than before. Such platforms offer better visibility to young scientists gearing up to build networks to collaborate with established scientists in the interesting field of research.

This has provided our student community with an opportunity to observe and interact with their peers at the national and international levels. This is found to be very useful in accumulating or gathering scientific information at the fingertip. Situations and capabilities are not very different, and one can perform at par with those in developed countries given the right attitude and approaches. This peer-to-peer setting overcomes inferiority complexes that are more effective than a discourse from their educator. The pandemic has enforced us to the concept of virtual conferences in the form of webinars, something that academics have fiercely debated the pros and cons. It is a really interesting fact that the virtual editions of conferences have geared up with a good count of participants across the globe. Conspicuously, significant effort has been

sprouted by the organizers, volunteer to host online/virtual events. This sparks as ignited the science at any given time and space by providing added inclusive open science approach to nurture in the post-COVID-19 world.

This skeptical transition has bridged science accessible, has catalyzed discovery and propelled us towards rapid solutions to this pandemic with promising drugs to put an end or combat this pandemic event sensed or sensing very abruptly in countries throughout the world. The virtual participation in conferences will reduce the disparity in participation from underrepresented communities, among other benefits including a reduced carbon footprint. Sure, there is no replacement for in-person meetings - so hybrid meetings, that allow in-person as well as virtual attendance, maybe the way to go in the future.

Paradoxically, social distancing measures have implemented during this pandemic has ridiculously given a pause for scientific communities to get closer

physically, but on the other hand, it has revolutionized scientific communities through virtual stratum by unifying scientists around the world get connected with the advanced technology and has made a gateway, that nothing is impossible in this digital era, this digital model is a fantastic bridge to gain and explore the knowledge.

CHAPTER-8

COVID-19 PANDEMIC: BOTH A BLESSING AND CURSE



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The novel Corona virus outbreak broke at Wuhan city in China, as we know, in late December 2019. Since then, it has been spreading its egregious wings all over the world. As the following response, the World Health Organization (WHO) declared it as a Public Health Emergency of International Concern (PHEIC) on 30th January 2020. It later characterized it as a 'pandemic' on 11th March 2020. Ever since the outbreak of Corona virus, also called as COVID-19, there is a growing panic all across the globe. In order to contain the spread of the virus, many nations have adopted the social-distancing strategy. Consequently, most public airlines remain closed, shops and businesses shut down, borders sealed, etc.

In India, the first COVID-19 patient tested positive in Kerala, during the first week of February. The patient was a medical student who happened to return from Wuhan, China. Later, as the Corona Virus spread, reported cases and casualties became more severe across the world. Our Honorable PM, Narendra Modi, called for 'Janata Curfew' on 22nd

March and a following national lockdown for 21 days from 25th March-14th April 2020, which extended up to 31st May.

Covid-19 pandemic has been both a blessing and a curse for me as a daughter, teacher and Ph.D. scholar. As a daughter and a teacher, it is a gift because it was the first time in the last eight years; I have been home spending time with my family members for such a prolonged duration. The busyness of life drifted me away from home for such a long time, but the lockdown compelled me to remain home. I miss my father's presence badly, who died in 2015 due to throat cancer. Life at home was not the same as in my childhood. My mother has a high expectation from me now as I am no longer a child now. She expects me to get up early and do a few household chores. Yet, her love is still the same, and I love the thrilled and joy to see my mother's unchanging love for such a long period. I realized it more when I stayed with her during the lockdown. Living together is crucial to have

that humane connection. We tend to forget its importance due to the hustle-bustle life.

As a teacher, I learned many online tools to be used in the teaching-learning process. Online education has made it possible to access the best course from refuting institutions worldwide. However, as a Ph. D scholar, it has been a curse for me. It affected my Ph. D. research progress due to the educational institution's sudden closure. Therefore, this pandemic has affected every one of us in different ways. In general, it has also given me time to ponder upon a few lessons that we can learn from this new reality.

Freedom

The first and immediate lesson is to understand that we humans are innately relational. The novel corona virus is contagious and spreads through respiratory droplets produced when an infected person coughs or sneezes. The rate of the volatility of the virus is high if the people do not maintain physical distance. All of us have to take precautionary

measures, irrespective of religion, caste, race and creed.

In short, we can exercise freedom, but only within boundaries – which shows that freedom is also relational. We exercise freedom in relation to others. To put it simply, an individual is free only when they have a healthy relationship with others. Dietrich Bonhoeffer, late German Theologian and an anti-Nazi dissident, said:

“Freedom is a relationship between two persons. Being free means ‘being-free-for-the-other’, because I am bound to the other. Only by being in relation with the other am I free.”

Health is not private

The second lesson that comes to us loudly is that good healthcare must be accessible to all, and it isn't a private entity. India spends only a small 1.28% of its GDP (2017-18) for public healthcare, but our per capita expenditure has only seen a rising curve. Therefore, it is imperative to proactively work towards a well planned, robust healthcare

infrastructure, build human resources and affordable public health care facilities for all the citizens. It's high time the government realized the tremendous importance of public healthcare.

Meaning of life

Third, we need to think where our ultimate hopes lie. Both as a nation and as communities and individuals. What do we pin our hopes on – success? Wealth? Power?

You might have read that the princess of Spain died while battling the virus and Germany's finance minister committed suicide while helping people cope with the economic stress the virus has caused. Similarly, people have started taking refuge in all sorts of traditional and religious rituals to contain the spread of the pandemic. Can such steps protect us from the threat of the virus? Why are nations, which have the best of religious traditions, weapons, wealth, technology and information, still lost as much as, if not more, than others?

Isn't this the time to question our existential purpose? Where do we find the ultimate meaning of life?

Earth needs to rest

The fourth lesson that I could derive is that even our planet needs to rest. Our greed, desires, and wants continuously motivated by the competitive and capitalistic world have exploited our earth to an alarming extent. Maybe it's time for nature to clean herself. What stares at us are those fundamental questions: how human beings are supposed to conduct lives according to nature and how care is to be shown to the environment. How much is too much to consume?

Time is Precious

We live our lives as if we are going to live forever. Many of us have the habit of procrastinating our work. This pandemic reminded us that time is precious and vital—a job to be done in its given time. I started taking the importance of time more seriously when I read about the fatality rates worldwide. Covid-19 has taught us that all humans are equal, and a deadly

virus like this sees no boundaries nationally and socially. All of us are given the same 24hour time to make the best use of it, not to waste it.

Power of citizens

The fifth and final lesson that I could draw is the tremendous power of citizens. A society cannot be changed by the government's efforts alone, nor without our unity and cooperation. We see it right before our eyes. Shall we let this pandemic make us realize the real power of thoughtful and responsible citizens of a society and what we can accomplish?

I hope we all may have learnt our own lessons too. It taught us to care for those faces we had ignored for so long and keep physical distancing. A chance to share our love and wealth, feed the fellow humans who are dying out of hunger, and give shelter to the homeless. It is a time to show that we care for the less privileged by paying our maids and labors, waiving the rental fee of those who cannot afford to pay due to the lockdown. It is also a time to speak up for those

neglected. Unfortunately, social-distancing could be a privilege of only a few in our nation.

Nevertheless, it taught us that we may be separated by distance, but can we get connected by our hearts and spirit? Can we forget to hate and remember to love? We might be going, “I wish it never happened in our lives, not in our generation.” I wish so too, but the bigger question is 'what to do with the time given to us now?'.

(This reflection is an edited version of an opinion piece published at <https://livewire.thewire.in/health/coronavirus-pandemic-key-lessons-to-be-learned/>).

CHAPTER-9

A TALE TO TELL

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INTRODUCTION

It all started coming into our mind when we were meant to stay in a room bickering about what to do next and imagining questions like why dad is in all the time? Why Girja and Kanta Bai was not coming to do chores? Why our houses were being stocked? Etc. It was an altogether awkward and stressful situation and nobody had answers to these endless questions. Shopping, dining, traveling etc. all went flying out of the window when nature took its toll and going out even for daily needs felt like getting ready for war. Masks, sanitizers, tissues became the count of necessities and substituted so called luxurious supplies. Suddenly, the whole world became a severe patient of OCD and the supreme authorities stopped working calling it an emergency. I too was doing cleaning, scrubbing, moping, washing and sanitizing every nook and corner of our house as “Meko bil kul riks ni lene ka hain”.

Dealing this chaotic situation was a slow and steady process of analyzing, prioritizing and accepting the harsh reality. The beginning of these days felt like

'Hakuna Matata': No more assignments and lab duties, not looking after my tiny pets (cancer cells) and the best part was there was no exam notification. Now, the versatile chemistry lab, called Kitchen was my work place. Our life-saving instant food packs were sitting in the shelves; resting and watching us perform experiments with vegetables and sauces. Every day, new recipes were explored with a tint of innovation and the traditional recipes were elevated with modern touch. Our long lost talents like gardening, sketching, stone art resurfaced and new hobbies such as cooking, blogging contributed to the most beautiful moments and quality time of my life. Now, we are living a life that our ancestors lived, except that we've adjusted it in our favor. After all, comfort is human beings' first necessity.

But, gradually, this Jumanji phase also jaundiced us with procrastination, placid life-style and made us couch potato. The disciplines of 9 to 5 rush in office gear replaced with electronic functioning in the carefree Pyjama. 10 years ago, while studying in high

school, there was a chapter in English literature entitled 'The Fun They Had' which discussed the story of e-learning in the year 2020. The irony of situation is that this is 2020 and my brother is continuing his education virtually. *In-silico* platform has turned out to a new hub of information, opportunities and a stage to organize multi- facet events.

It has provided me a chance to attend numerous national as well as international conferences, webinars and insighted me to learn new languages, skills & techniques. This lockdown phase delivered me an elbow room for the preparation of scholarly examinations and further shaping my future. The most comic and remarkable memory formed during this pandemic was our birthday celebration where we three siblings turned 15, 20 and 25 years old. Reminiscing golden moments of our childhood, when our birthdays were celebrated in a similar manner with homemade cakes, delicious delicacies, balloons, fairy tale lightings, singing, dancing with our loved ones.

Before this, we never understood the urgency of missed calls or an unanswered message meant nothing of concern in front of our work, but maybe now, after things get back to normal every hug, kiss, smile, and phone call will mean more to us. Every time we ignore a call we will think twice: 'What if it's the last time I may be talking?' Hilarious isn't it? Unstoppable are now stoppable against their will.

We never pressed for breaks even when there were terrorist attacks and Tsunami but today we all are stopped and are at a standstill as if time has stopped. When the government waved their wand and spoke the magic word 'lockdown' and everything came to a standstill and frozen to its spot. This pandemic has taught me something that we all knew and posted in our Face book, Instagram, Whatsapp status etc. i.e., "nothing is permanent". Was this saying so difficult to be understood that it took an epidemic of such dimensions to make us understand it? People were posting pictures of clean air in Mumbai and Delhi but still we don't understand it's us who destroyed nature

and now we are receiving the consequences like a boomerang. We destroyed forests to build concrete jungles, now those jungles look empty, lifeless, and dystopian.

At this stage of catharsis, I realized that we all were prisoners of our past actions, criminals who have wronged all those innocent living beings walking on all fours or even those who once flew free in the sky but at the end became dead because of human greed. Now the tables have turned. Humans, who monopolized freedom at the cost of other creatures' freedom are bound against their will in their houses with fear of death looming over and all other creatures are moving around, free of any fear. They don't know why their butchers are so scared; little do they understand that we humans are very selfish creatures. They think why they are still alive, usually by this time they would be marinated and roasted for somebody's meal.

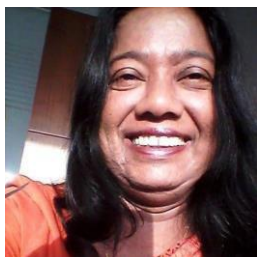
It's kind of funny that we the social animals who has achieved mountain heights in all spheres, is now envious of the freedom these innocent creatures

enjoy. The same brown liquid (alcohol) producing factory which once manufactured the reason for divorce, family destruction and violence is now manufacturing the only available remedy (sanitizers) to save our families and mankind. It is said history repeats itself again and again. This is a great example—1720 (Plague of Marseille), 1820 (Cholera Pandemic), 1920 (Spanish Flu), and now 2020! Will this race who has a masterpiece called brain understand from their mistakes or will we continue to live in our own little bubble where everything is okay?

Yes, I am the generation who underwent COVID-19, suffered quarantine, travelled the journey from vacation to vaccination and came out pretty much matured.

CHAPTER-10

HIGHER EDUCATION AND ONLINE TEACHING DURING THE PANDEMIC : EXPERIENCES OF A UNIVERSITY TEACHER



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INTRODUCTION

Pandemic is a disease prevalent all over the world. During a pandemic, restrictions on travel, disinfection of common places, social distancing and quarantining of the suspected are introduced influencing the normal lifestyles of people. Some industries boom while some others wither and as a result some people lose jobs and people who earn a living on a daily basis face difficulty in finding their bread and butter. While people are confined to their homes, some work online from home, some start a cottage industry, some paint or write, some engage in home gardening, and some others end up stressed for having nothing fruitful to concentrate on.

Each person who underwent undergoing the pandemic have their unique story as the individual experiences are different from each other based on the environment and conditions under which a person is undergoing the pandemic situation. From here onwards I will relate mine the lessons I learned from the Covid-19 pandemic as a citizen of Sri Lanka.

Managing Life during the Pandemic

On March 12th, 2020, the government decided to close schools for New Year vacations. Due to the immediate issue, most of my colleagues faced discomfort and had to leave their kids unattended at home and report to work from the next day. On my way home, I stepped into a nearby supermarket to see that the parking lot was fully occupied and the store was crowded and people were grabbing anything and everything that was remaining on shop shelves.

Going round the store I realized that there was hardly anything left for purchase and unfortunately I didn't have much money in my wallet too, thus I had to prioritize my purchases , first came medicine for my mother and a bottle of vitamin c tablets, two dozens of surgical masks and a few other things with the remaining money. Coming home I was relieved to see a kind relative of mine has brought home a substantial supply of grocery items, which included even the malted milk my mother consumes daily. Relieved and went to bed to find that everything seemed normal the

following day, everyone was going to work as usual, and a week went by with the first Covid -19 patient being identified from the community that the government decided to close the airport, and restrict movement of people by imposing curfew, and then started the real lock down. It came as a shock, not really prepared, days and nights spent in front of the television trying to grab any piece of information related to the pandemic.

The number infected increased gradually and the government , medical personnel , armed forces and the police was in the forefront monitoring the spread of the pandemic, distribution of essentials among the poor, religious places and homes for the aged /children. Some of the popular TV channels organized campaigns of distributing essential food items to the needy in addition to the monetary compensation paid by the government to the jobless. Days went by not doing anything particularly but cook and eat what we have and be on alert of the spread of the pandemic. As nobody knew how long the lock down would be , we were very careful with the foodstuff we had, food wastage was at a

minimum during this period and we had home cooked food for all three meals. Stuck inside the house I could mark all the answer scripts of an external examination, read all the books that were waiting to be read, pick up home gardening in pots, talk to friends and students via the telephone and make long chats with family members almost daily over evening tea. During the second week the government decided to let people work online. Luckily, we were on study leave for students after teaching in semester I and thus, any immediate action was not required.

Teaching experiences during the Pandemic

I work for a Public university. The Faculty to which I'm attached to "Faculty of Management Studies and Commerce (FMSC)" called a meeting for the academics over Zoom, luckily online teaching was a hot topic even before the pandemic and almost all of us had our own zoom accounts created by the FMSC. How to reach students via online methods was discussed in depth and was decided to use the survey results which were conducted by the Information Technology

Resource Center of the FMSC. It was to assess the “Availability of ICT facilities among undergraduates “for which data was collected via an online survey during the period of 11th April to 10th May 2020. The Google form that was circulated contained questions on, availability of a computing device, availability of a computing device and a broadband connection, availability of prepaid / postpaid mobile data connection .Undergraduate population amounts to approximately 5000 students out of which 3545 FMSC undergraduates (71% of the population) have responded.

Results indicated a maximum of 36% of undergraduates have the necessary facility for effective online teaching and learning activities. Nevertheless, most of the students have mobile data connection. 88% of the students have a prepaid mobile data connection while 16% of students have a postpaid mobile data connection. With this information already available, the Dean of FMSC took steps to contact students who didn't have computer/ laptop/ smart phone and internet and decided to make sure they were provided with the

facilities. A facility to address 1500 students at the same time via zoom was also created with the support of the ITRC and the Department of IT.

The staff was given a series of training sessions on how to use go to meeting, Zoom, Microsoft Teams and Google classroom effectively with the LMS. A help desk was also created and the experts in the ITRC and the IT department were personally available for support.

With all this happening at the background we could start lectures online. We were allowed at the university to conduct the lectures as internet service is always better at university. Lecture rooms were allocated with all the facilities for use by the lecturers .Everyone was excited as we all felt that our workload is being doubled by going online. At this point I and another friend of mine decided to conduct a survey on experiences of university teachers on online teaching. We prepared a questionnaire, pilot tested it among a few of our colleagues, and circulated among all the lecturers in public universities in Sri Lanka. The data gathered were quite interesting although I would not discuss it here. My

first lecture was on Financial Management for MSC in Entrepreneurship program using go to meeting. This was a group of about 24 students. The coordinator facilitated by scheduling the meeting and coordinating with the students. Lecture was recorded by the coordinator. Students were very cooperative they asked questions and responded to my questions. Everything was smooth as the coordinator logged in as a participant controlling others in the class. My second experience was an undergraduate lecture on Project Management via zoom. This was a group of about 12 students. Here again the coordinator supported by scheduling the meeting and coordinating with the students.

This group was very much conversant with the zoom program and they would even remind me when I forget to record the lecture. They will ask questions for clarification and would answer my questions. My third experience was a course in Research Methodology where the student group was about 150. I scheduled the meetings as I was the coordinator of the course. Scheduled all the sessions using zoom and used the LMS

to communicate with the students. Once I finish the lecture, I was expected to edit it and share it in the YouTube channel for the department. Not like in the earlier two, handling chats was a big problem due to the large number of students. I learnt how to create groups among students to let them have group discussions. It was decided that we would not conduct any student evaluation via zoom as it can be unfair by the ones who live in areas where the internet facility is of very low strength.

However, we found that this move created a demonization among the students, and we noticed the number of students participating at lectures drastically coming down, forcing us to introduce some sort of evaluation via zoom. Luckily the government announced opening of all educational institutions and we could let students come to university first, batch by batch for examinations and later all the students for lectures.

Lessons learnt

With many foreigners living, working and travelling in the country it was difficult to control the spread of the disease. However, the government took measures to control the situation by making wearing masks compulsory, maintaining social distancing, closing the airport, imposing a curfew to control movement of people and employing the armed forces and the police to distribute essential items including medicine for the ill and elderly. This was a bold decision by the government amidst lot of criticism, which proved correct at this time. Other countries where there were less controls experienced increased rates of infected persons and deaths. Thus, in a time of a disaster a country must have a firm governing body which can take firm decisions supported by all the parties concerned. If it was left for the medical services to handle it would not have been this successful. The armed forces and the police supported the dedicated medical personnel by building new hospitals at short notice, maintaining quarantine centers, helping identifying the infected or

the suspected victims, facilitating distribution of essential items to the public and even engaging in entertaining activities to kill the boredom of the apartment dwellers under lockdown.

Another reason was the free medical facilities provided by the government. It proved very useful during the pandemic; people were given free treatment as well as quarantine facilities free of charge. This was one factor appreciated even by the World Health Organization (WHO).

A country must have free medical services. Many people died in countries where medical services were not free. The socialistic orientation of supplying the basic essential services such as health services and education free was beneficial at this time of need.

In some countries people protested wearing masks, distancing and the lockdown. Those who lived by the rules could prevent the spread of the virus to a large extent. The timely lockdown and the strict adherence to quarantine rules helped Sri Lanka win the battle.

In terms of education, the biggest barrier was the internet facility and its strength. Students who are located around the suburbs of Colombo were better off when compared to the students from rural areas; as a result, students were unable to be in the lecture for the total time duration without a disturbance. Teachers were given a choice to use university internet services if required. Students could download the video for later reference.

Not like a live lecture they can watch it several times until they become very clear about the lesson learned. Lecturers received training as to how to conduct a lecture, upload material, and edit a document to upload it to U tube. Most of the teachers commented that preparation time increased and they missed the interaction with students in class. However, everybody agreed that online teaching can be used as a part of the teaching process which is a plus point.

Further, normally very few students seek personal support from teachers. During the pandemic students developed a habit of talking with teachers, not

only on academic matters but on the general life changes, their hobbies or personal problems they were going through. This gave the opportunity help them on a personal basis. Although, FMSC didn't organize it officially many teachers formed into groups to help students whose parents have lost their jobs due to the pandemic.

Apart from these, there were effects on the individuals' lifestyles also. During the lock down many people opted to home gardening as a hobby which could also be a solution to the scarcity in vegetables due to limitations in movement of vehicles during the pandemic. We had leafy vegetables like spinach potted even before the pandemic which were part of salads, curries and omelets. Waste of food was very low as everyone was concerned about the uninterrupted supply of food with import restrictions due to the pandemic.

Almost all the fast food outlets, restaurants and take away joints were closed during the pandemic and people were preparing all three meals at home. This healthy style of eating resulted in reduced levels of

obesity and seemed to reduce the dependence on takeaways to a greater extent and looks like motivated to continue the healthy style of eating home cooked meals.

Conclusion

The Covid- 19 pandemic is still active in some countries, even our neighboring country India reports thousands of victims daily. Many people around the world have lost their lives. Sri Lanka has been able to control it successfully so far and the future controls will depend on the dedication of the people and the government in continuing the quarantine rules.

In order to survive a pandemic people in a country must change their behaviors and lifestyles. Universities and schools introduced online teaching, to enable continue learning despite the pandemic. No one objected, both students and the teachers cooperated with each other to continue the teaching learning process with limited resources. It was not an easy task to make people maintain distancing and wearing masks. But as a country we could do it. In addition to the rules imposed by the

government, the armed forces and the police made sure that people adhered to such rules while the health authorities did their best in attending to the patients. Every one of us, of us must understand the value of following rules and regulations and working as a group in the time of a pandemic.

CHAPTER-I I

DARKNESS TO LIGHT



Kakoli Dutta is the founder and principal of OM K.D. Gym, Yoga and Meditation centre in Dum Dum, Kolkata. She is an expert in Yoga, Aerobics, Psychological Counselling, Meditation, Physiotherapy, Therapeutic Yoga and Massage. She became many times the judge of All India Uni-Yoga Competition and All Bengal Yoga Competitions as well as National Judge and Bengal Coach of All India School Yoga Competition in 2004. She was an attending yoga therapist at psychiatric centre 'Mind Care Clinic', Kolkata and also the ex- executive member of Bharat Nirman awarded, WORLD YOGA SOCIETY. She won many

recitation competitions in and around different districts of Bengal and also champion of All Bengal Recitation Competition during her school and college days. Her works on yoga are published in leading journals and magazines in West Bengal. She loves to listen music, play with her pet dog and cook delicious food for her family. Every year on International Yoga Day she with her group of employees does some philanthropic work, like visiting orphanages, old age homes, etc. and teach yoga for free.

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INTRODUCTION

This story can somehow be referred to as an autobiography. I wrote it based on the pandemic started by the novel corona virus and the situation I experienced. In this pandemic everyone's eyes are dazzled with fear. Everyone is annoyed with the strangely twisted mind. From Doctors to Nurses, from Scientists to NGO workers all are trying their best to relief the pain of the corona infected patients. Government of every country is worried so they declared "LOCKEDDOWN".

Now the biggest question is how to utilize the free time! Without breaking down physically and emotionally as well as morally during bad times, we need to work on it. By this way somehow everyone should put themselves into the work regime. Such as – now many can prefer to utilize the time by reading books, novels, etc. Due to work pressure usually we never used to devote time towards our home decorations, now it's the right time to fulfill the way we want to decorate our home. We can plan

beforehand what we can do in morning, afternoon and evening. We can also do yoga, meditation and physical exercises at least twice a day. In such way we can effectively distribute our work and hence spending time won't be a problem. During our free time we can also watch good movies. We can also help interested people on the subjects on which they are interested at. Due to busy schedule we somehow could not manage to meet many old friends, this is the right time to do so and I am not left too.

By this way my inner self staying much calm. I am daily gardening the flower pots at maintaining it. I have a small Pomeranian dog and its name is Russo. Throughout the day I spend my time just by looking at Russo running from one corner to the other, by feeding Russo and playing games with him. This too gives me immense satisfaction. In this lockdown I do wrote a poem on Russo. Whatever crisis or achievement do we have in our life; we can solve it all by ourselves. I'm trying to do something without being trapped at home in pandemic. Human being's life is

such that suddenly it takes twist and turns and takes you up and down and makes you feel that your life changed completely. But without thinking much we need to do something during these bad times. In this bad time I share my feelings with my closed ones that definitely relive me out. So I am enjoying by matching myself to everyone and without wrapping myself up in times of trouble.

People are a lot like pillowcases of different colors, some look black, some are beautiful, some are pious, some are dishonest but they all have the same God. I thought that I do know yogasana and I understand people's mind to cure them , then why can't I use all my traits this time ? I found evidence of the power of yoga inside me. I thought if yoga has such immense power then it can be used for the work of the country.

Yoga does not only improve mind and soul but also help in curing diseases. I became curious and focused on my work thus used my pursuit in this lockdown for whole world. I prayed to God that I

could do my best for everyone and help needy people. I started teaching and practicing yoga online. During this difficult time, I started doing my work in India as well as abroad. I felt the emergence of unexpected, unimaginable energy and my insights opened. On the way to yoga, I found a work not by giving up karma but through karma. I started teaching yoga to children. Through yoga I helped many people by curing their diseases as well as solving other problems. Not just I am spending my time but actually getting lots of pleasure by doing so.

Now let's talk about some different perceptions. During locked down I started writing poems as well as stories. One of my poem names is "Let's raise our voices".

When the sound of fear is playing on the chest of the earth
While new writings are in the air to save the civilization
When hundreds of millions of people on the streets of the world
Are crying daily for peace and healthy life
Come on – Let's raise our voices!

Not to die anymore, to prevent disease at home

May peace and well-being prevail?

No more hiding and crying

Will not break our morale thinking that will die

If there is death, so be it

Will swell our chest on the way,

Is there any fear in it!

If people say something, let them say

When born as a human being, will definitely establish
name

Will do whatever wants to do

If I have to live, I will live this way

If you want to live, someone, if you want to live

Swell your chest and let's raise our voices to live!

In this way I can recognize myself through poetry and stories. I want people's self-awareness. Be aware of your own identity. If I can't get out of the way, I can find the right way out of decay through my writing. I want to give everyone equal love being free from illusions. If I don't get the God that is inside a human being, then this birth is useless for me. If the mind is not clear, arrogance does not go away and the God cannot be found. When there is a disease, the

body knows, explain to the mind that it should be happy.

Let me share some of the incidents that I found to be interesting and happened to be in front of me. There are two young children in our apartment and they are from two different families. They would fight over anything. But both of them had a similarity in life. They were very simple. But their behavior was different. How much a child can change while living with another child and how much they can improve is not understandable until you see with the naked eyes? One of these two kids was a little different. He would get angry and would not want to study. He wore one piece of clothes and did not use to eat properly. He didn't want to go to school and there were many problems. Yes the problem were not just wrong but fatal. But firstly we need to know how these problems happened. I talked to his mother. She told me that "I get annoyed with him now. I always beat him because I don't like his behavior. I beat him because he always spread the food outside plate while eating. I don't wipe

his face with a towel rather threw it on his face. I scold him for not cleaning his shoes properly.” Then I told her “You are mother, you can definitely scold your child. But if you think of him a little differently, if you don’t become impatient and do not shout, and say what happened? What do you want? He will not be afraid of it. And stop making fewer mistakes. It is now your habits that you are always looking for his fault. You have got yourself out of the habit of reprimand.

You are hurting both him and yourself. If you try to make him understand well and slowly, he will definitely understand. You should praise him, and don't try to find only his mistakes. Explain to him that he has a normal rhythm. Even if he can't draw well, tell him that his drawing is very beautiful. He is a child; you must explain to him that he is not a fool. Repeatedly saying that he has made a mistake, and then his desire to improve will go away. Instead, do the opposite from now on. Explain to him that it is easy to do.” The boy's mother listened to me and began to treat the boy well. What a miracle happened then. The child no longer

behaves as before. He caressed his mother with both his hands, hugs her and kisses her. The boy's mother told me, "I wouldn't have understood if I hadn't been with you. If I treat well and give care then my child also would want to be better. If you didn't explain me, I would have never understand that first we should see our mistakes rather than finding mistakes inside others."

I also felt good after looking at the child's rejuvenation. I told her mother that I was glad she respected my opinion. "You have learnt from your mistakes sincerely and you have treated him like a friend. That's how he turned out to be better." Is it a piece of cake to be a mother? Is being a mother an unnatural thing, or just a biological thing? How happy the child can be when he finds the mother.

How sincere the mother's vision can be, can be only understood by looking at the mother and the child. I really felt good that by explaining this way I could help a child and made his future better. Lock

down not only did bad but also did good things to many people.

In this locked down I saw various problems of many people. Poverty itself is a horror. People lose their humanity in poverty. One cannot make any improvement in life and become meaningless and become selfish. This hardship is hard to see. Many people got lay off. Day laborers, those who work from house to house are not able to do it anymore.

No one allow them at home during pandemic. Trains, buses, flights all are closed. That's how their basic needs are being questioned. Just to earn one time meal for a day, one is inclining towards the art of stealing. I might not alone be able to solve the problems of all people. Still how much it's possible by me I am doing it regularly. This is how I got a taste of my sudden experience in Lock Down. I know our good times will come back again. So we will move forward only through our work. So lastly I want to quote from Bhagavad-Gita: Chapter 2, Verse 47

**“karmaṇy-evādhikāraṣṭemāphaleṣhukadāchana
mā karma-phala-heturbhūrmātesaṅgo
'stvakarmaṇi”**

Which translates to

“You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.”

CHAPTER-12

COVID-19 LOCKDOWN SAGA: THE NEW NORMAL FOR LIBRARIANS



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INTRODUCTION

Just like a dream, I remember waking up on the 28th of February, 2020 to listen to the news of the first index case of COVID-19 case in Nigeria. I couldn't believe what I heard, I had to call my husband out of “the other room” to come and listen to the news. My first instinct was to restrict movement in and out of our house immediately till we ascertained the details of the index case and possibly until when they conclude the contact tracing. We quickly implemented all the safety protocols: no one enters my house without using hand sanitizer and face mask. We also restricted our visitation to places like markets, schools, and gatherings. Before we knew it, hand sanitizer became scarce, face mask disappeared from the market, soap started becoming expensive and food items became super expensive. In order to reduce the spread of Covid-19, I quickly went to the Pharmaceutical stores around our house to buy alcohol-based spirits, glycerin isopropyl and other ingredients for making produce hand sanitizer and also bought packets of

handkerchiefs to produce hand sewn face mask for my family and friends. By the second week of March, as the number of Covid-19 cases continued to rise, the federal government of Nigeria through his Task Force Committee on Covid-19 announced a total lock down to restrict interstate movements in addition to the ban on international travelling, that marked the beginning of Covid-19 Saga that has imposed a substantial burden on people which leads to a significant disturbance in peoples lifestyle globally.

Next Level: The New Normal

Before I continue discussing my Covid-19 experience, I want you to know that the novel corona virus pandemic has been recognized as a threat to social and economic development of our nations (Samira and Mordjan, 2020). The importance of this piece is connected with librarians' need to fight for survival has the world economic is in a state of coma, getting necessary support for the library may seem difficult for now. No doubt, the current changes are inevitable, it has come and life may not return to

normal until after sometime. Even if it is over, are we sure that another pandemic will not strike? This is a question that no human can answer except the Almighty. The most important thing is how libraries will manage the effects of the corona virus pandemic. As a Librarian and a student who has a first PhD seminar presentation just few days away from the day the pandemic struck, my thought was that it would end within 1-2 weeks but unfortunately, I spent more than 3 months at home without proper exercise which led to a slight weight gain for me, boredom, excessive sleeping and over eating during the first phase of the total lockdown in Nigeria was a bitter experience I have ever had.

In a similar view, Samira and Mordjan, (2020) reported that the impact of the lockdowns on peoples' health forced many researchers to have sleepless nights by trying to unveil the factors responsible for obesity among humans. Several scholars like Rundle et al., 2020; Zachary et al., 2020; Pearl, 2020; Bhutani and Cooper, 2020 reported that covid-19 pandemic

lockdowns may be one of the factors that contributes to people's weight gain due to unfavorable changes in lifestyle routines such as stress-related eating, fewer opportunities for physical activity, sedentary behaviors, and increased eating due to more screen time. Presently, lockdown in some countries are currently lifted, people's lives have not returned to normal, although some companies have announced that vulnerable employees can work remotely, meaning to work "from home", some schools will not reopen unless they follow the federal government's laid down protocols as the only condition for reopening of the education sectors in the country. Knowing fully that many federal universities may not be able to meet up with the requirements for reopening as it is obvious that the federal government may not be able to take full responsibility of the required items.

The New Normal

Since the closure of my institution for physical interaction in March 2020, I adopted the "New normal", which is a new way of life, a kind of transition

from the old normal to pandemic induced ways of life. Although the term new normal has been used by economist in relation to the aftermath of the global recession of 2007-2008, but in the context of this write up it means a new life, new ways of operation after the pandemic. Employees now have to work remotely since the pronouncement of the total lockdowns that led to a total compliance with the governments' Work from Home (WFH) policy.

Within my limited sphere of influence, I was busy sensitizing and educating people about sticking to the required Covid-19 protocols through social media, mobile conversation, emails, and WebEx and zoom meetings. A total overhauling of the library operations and services that requires strict adherence to the governments' policy on Covid-19 now becomes our new normal that librarians must adopt by providing adequate hand sanitizers, face masks, social distancing, virtual libraries and teleconferencing facilities for virtual training and meetings.

To manage the new normal, librarians must think about how to leverage the volatile world by looking at the new ways of service delivery. The new normal will be different to different people, the future is full of uncertainties, some librarians may want things to be settled before they decide, that I feel it's dangerous for the new library life, librarians should strike the iron when it's hot by readdressing the current situation for effective decision making and availing themselves of the online webinar trainings and conferences that are currently being organized by different institutions and bodies across the globe in order to acquire new skills on digital editing, web design, automated indexing and abstracting, digital humanities, virtual engagements, online marketing and promotion, online advocacy, embedded service provision, reskilling tools, health, safety, disaster management, emerging librarianship/ new librarianship, emergency health management, emergency communication skills/ information literacy and selective dissemination of information. Failure to embrace the

emerging changes may lead to – loss of jobs, loss of budget, loss of human contact and loss of values within the society. It has now become imperative for Libraries to move their contents online, compile list of open access source, retraining of library personnel and development of new policy for emerging services.

Libraries Go Virtual

It is no longer a business as usual, as reverse is now the case in the ways and manners library charges out the book materials to users, it has been observed and reported that from March, 2020 the libraries that have their materials online started checking out eBooks virtually, more digital items were borrowed online than during the same period last year. The main reason for the increase is obvious, people were directed by the Nigerian government to work from home, schools and tertiary institutions were asked to close for activities until further notice, so people could not go to the library, they had to access information resources remotely. With more time spent at home, people who may not have previously tried e-resources

particularly e-journals, or eBooks or audios were looking for ways to continue to read, which I found very interesting and as a great opportunity ever due to the fact that many publishers, vendors and database providers started releasing their contents eBooks to their subscribers and the general public to support the governments and most importantly to cushion the effects of the Covid-19 pandemic on the Libraries' service delivery; Librarians keep organizing webinar trainings for the professionals to manage the challenges brought by the pandemic, institutions went virtual for their meetings and functions, users access online resources from their libraries and lots of online interactions dominated the second phase of the lockdown. All these factors have created an explosion in online engagements particularly teaching, learning, reading and listening. As we move towards a new academic year, this trend will most likely continue. With this free access to peer reviewed eBooks, journals and lectures, one was able to update thesis

work, write and contribute chapters to books and journals published locally and internationally.

Measures for Containing COVID-19

I am alarmed because since the resumption of activities in some sectors, many Nigerians have reverted back to their old normal, people feel it's over; they don't seem to understand the gravity of what we are facing. People do not realize how easy it is to have community spreading, saliva sometimes can travel unnoticed, you see people converging or exercising, transacting in groups. Considering the devastating effects of Covid-19 on people ranging from hunger/ abrupt poverty, socio and economic distortion, emotional/ psychological turbulence, uncertain/ nutritional abnormality, environmental/ atmosphere contamination, social distancing/ self-isolation to mention but a few. These are some of the reasons why librarians must engage in sensitizing their community, to educate public on the danger of returning to the old normal quickly and let them know that the only tool we have is preventive measures. Today community

transmission is alarming, Nigerian government is not testing enough to determine those who are covid-19 positive, it means that people are actively passing the disease across. When do we need to halt the spread? The time is NOW!

There is no doubt, containing the spread of Covid-19 has no better way than the practice of social distancing and following the World Health Organization's Safety measure such as regular hand washing with soap and water, use of alcohol based hand sanitizer, use of face mask/ face shield, work at home, practicing of social distancing, regular decontamination of public places, sneezing on curve elbow and eating of immune boosting meals will help in keeping safe.

Library Services in the era of COVID-19

In line with the assertion of Garba (2020), it is difficult to fight an invisible enemy which may even be more difficult to win if one is unable to determine its capacity. What we heard is what we believe, we obeyed government directives, we remained calm, we

have to let go so many things for us to stay safe and safe others. Physical interactions, meetings, lectures, offices, library spaces and resources have moved online and now replaced by zoom, WebEx, social media, virtual/ digital libraries and websites. Libraries in developed countries have stepped in to provide online services to their users to keep them busy during the novel pandemic period, the story is a little bit different in Nigeria due to the fact that many libraries have not fully automate their libraries, so we do not even have a website of their own, now the change has unveiled the emerging services that will now force librarians to up skill their knowledge to render emergency library services.

Emerging librarianship means identifying the strengths and weaknesses of the libraries, then adjust to the current changes in order to remain relevant in the society. It also means sensitizing and advocating for the well-being of library communities beyond the old normal. Provision of health information to library users should not be seen as the role of medical librarians but

be regarded as a collective responsibility of the entire library to collaborate with the health department within the community to educate and sensitize people on the need to maintain personal hygiene. In line with the Maslow's hierarchy of needs, people cannot learn if they are hungry, scared, or sick. So to ignore the basic needs that will keep people healthy, will make library's mission on learning to be hollow.

Librarians are citizens, to say we are about literacy and not partner with teachers and doctors means our dedication is to what we do, not what needs to do from the perspective of the community. To say we are about learning and only be source of eBooks in a pandemic era is inappropriate. Yes, our fellow citizens need e-resources, but they need compassion, connection, and community dedicated to their full well-being.

Conclusion

It's worth knowing that a new normal has come, will this new normal be founded on what we lost, or what we seek to gain? From the lessons learnt

from the novel covid-19 pandemic, it's obvious that people have over reliance on China for almost everything, but now people will have to start manufacturing what they need, produces what they will eat and develop contents for their community to use. Librarians must advocate for a new normal with our collections, our buildings, but mostly, with our expertise. Librarians by title, by education, or by spirit must bring about a new normal that pushes the society towards sustainable development. It must minister to those seeking meaning.

It must support better decision making in the wake of this pandemic and in preparation for the next crisis. Librarians must be proactive, creative, innovative and reskilled. We must also take leadership roles, lobby, advocate, delegate, upscale, retrain staff, network and prioritize library activities, manage time, be organized, tolerance, collage and turn to people's library by taking the library resources and services to users doorstep regardless of the distance, most

importantly libraries need partnership to survive the storm.

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CHAPTER-13

COVID-19: CHRONICLES OF SOCIAL DISHEVELMENT AND REDEMPTION



I am Bee Jay D. Olitres a licensed professional teacher of English from the Philippines, and a holder of Master's degree in English Language Teaching. I am currently the program research coordinator of a Philippine university and also a research enthusiast with various international research-related affiliations. My short story and poem were published in India in the anthologies Covid-19 Pandemic Short Stories Vol. I ISBN: 978-93-88761-43-7 and Covid-19 Pandemic Poems Vol. III ISBN:978-93-88761-27-7.

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Diamond is the hardest of gems, and Cebuanos may be the hardest-headed race the world over!!! Quote and quote, I am not the one who originally coined this term, so please do not crucify me with your criticisms. Disclaimer: the statement was inspired by the President Duterte himself, who reproved us on national television broadcast as quoted: “*Kamong mga Cebuano, ayaw mo kainsulto. Prangka lang tayo...Yong mga Bisaya talaga, ang titigas ng ulo.*”(You Cebuanos, **may not be insulted. Let us be frank...You Visayans are hard-headed**”). Others may grumble of the moniker directed to us, but it may have been warranted, experience-wise. Let me tell you this straight: others may have different perspective but allow me the luxury to iterate the instances I have lived, and this may be the proof that you yourself need, to judge whether the name-calling has a germ of truth in it.

It started with a mere suspicion. A PUM, person under monitoring due to exposure with confirmed cases, has escaped from a local hospital

where he was quarantined. He went back to the densely populated slum area of his residence and challenged his neighbors for a drinking spree to celebrate his arrival from Manila, our capital city. Despite the common awareness of his status by himself and even his neighbors, it did not deter them to continue the social gathering, as though the novel coronavirus is a mere fantasy concocted on the mind of a delusional scientist. As if to challenge the virus, one glass was shared among them, rotated from one man to another, quaffing their thirst for intoxication. A week later, the man was confirmed positive through the swab test, and his drinking buddies, after a rushed testing was later affirmed: COVID-19 positive.

This devastating news has stirred the entire “sitio” to a frenzy of panic, not unlike a colony of ant when its nest was stirred. Family members and neighbors of the original drinking squad were also tested, knowing that they have sustained contact with the “positives” devoid of carefulness. Although the suspects did not exhibit the overt virus symptoms:

cough, runny nose, shortness of breath and the usual disease-stricken look, they were already infected. The Department of Health declared the entire community infested and total lockdown in the area was effectuated.

This proclamation drove flocks of people to flee, as if the virus cannot go after them in their hasty flight. They scaled the walls at night to escape from the watchful eyes of military men posted at the entrance and exit. They had sought refuge from their relatives, appalled by the idea of being incarcerated and caged in a place considered as “zombie zone”. Despite being captured and later returned to the sitio, these escapees continue to burden the police of their constant slips, like they were eels capable of squeezing their way out from authorities’ grip. These rule breakers disappointingly, were not punished, but were just brought back again to their place. It incited precedents for the whole population. Incidents of breakaways escalated; the residents secured with the knowledge that stiffer penalties were not enforced to

keep them in place. These runaways unwittingly brought the virus with them, inflicting harm to their relatives who were oblivious to the malevolent nature of the disease, which insidiously wreak havoc inside the body in silence, until all was late and one more life was plucked from this garden of human bodies.

As if this situation was not grave enough, the Easter Sunday came to be celebrated. People flock to the 'Carbon Market' to buy ingredients for 'binignit'- a much loved creamy-sweet dish swimming in coconut milk and sugar thrown in a medley of root crops boiled hodgepodge style—a Filipino favorite repast during Holy week. It made headlines for no good reason and that is: photos were circulating of a horde of bodies crowding on a congested street like a can of sardines. Social distancing was not observed, as people bumped against each other shoulder-to-shoulder on the labyrinthine nooks and alleys to haggle for the coveted ingredients. On the seashore, kids and grown-ups alike were like schools of fish as they swim in and out of the sea with so much gusto, seeming to drown the virus to

the rhythm of the waves kissing to and from the seashore. Even the barangay gyms were not spared, as battalion of youngsters were seen playing basketball in teams- the sweat in their bodies mingled against each opponent as they grappled the ball away from each other's reach, each intent on winning the match but not the pandemic. And for the finale, a certain sitio of a 'barangay' in the city staged a forbidden celebration of fiesta in honor of Señor Sto. Niño, the city's patron saint.

It was forbidden in a sense that an assemblage of devotees paraded the venerated icon of the most holy child Jesus around the town heralded by pageantry and pomposity reminiscent of 'Sinulog' gaiety. Hundreds of spectators converged on the street without wearing face masks like swarm of locusts voraciously devouring the spectacular display of religion and faith in the middle of the lockdown. The procession proceeded in a carnival-like atmosphere as hundreds of Sinulog dancers and devotees undulated in synch to the rhythm of the drums in its usual energetic

pace, mimicking the current of the river from where the dance of adoration was inspired. They appeared to dance their heart out, pleading for divine deliverance and miraculous intervention of Sto. Niño from the misery brought about by the pandemic which was viciously ravaging the country with terror and butchery. Only after the evidence of these gross violations of quarantine norms did authorities thought on planting police on public places---a day too late for the virus to proliferate and spread to the different barangays that comprised the city.

The confirmed number of cases skyrocketed. The General Community Quarantine (GCQ) has progressed to Enhanced Community Quarantine(ECQ), a stricter kind of quarantine. Prior to its imposition, masses again congregated in supermarkets, their disposition inflamed in a kind of “essential” shopping craze. I myself went to buy one, fearing that postponing acquisition at a later time might result in the closure of the stores on the succeeding days. Knowing that the ECQ, an alien concept to us

was looming, uncertainties and fright occluded my judgment. I met my best buddy at the supermarket. While we were falling in line, the longest line that I have ever experienced, I came to realize how grave our situation was because of this viral threat.

Humans were now like strange creatures and scary specimens that we need to avoid, because everyone can be suspect: friends and love ones included. I surveyed other people with dread, the very air I breathe scared me to death that the contagious disease will catch me unprepared. We talked a meter apart, face partly concealed by face mask, while we cannot even hug or touch. It was all too strange, like a scene you can only dream from a sci-fi flick.

The succeeding days was the implementation of the lockdown. Living alone in my rented room, prohibited from going outside was a torture like a bacterium slowly eating my sanity. My feeling of desolation was amplified by the confusion of unverified rumors making rounds that this malady was a byproduct of a bioweapon, intent on eradicating the

human race to an innumerable proportion. There were also theories of conspiracies surrounding the origin of the virus and its malicious and suspicious nature. It was all so confusing and terrifying!!! While the rest squabbled with the distribution of the quarantine passes (Q Pass), of which the number is not enough for the lot of us, I was trapped on my own in a room, like a fugitive hiding from humanities.

We need to present the Q pass to the soldiers controlling the borders so that we will not be arrested when we go out to buy our necessities. We complaint of not having received a quarantine pass from the local officials but it seemed that it fell on dead ears. We were forced to share only 4 passes for about 400 inhabitants of the compound where I live. So how do we keep our sanity and ourselves alive when deep down we know that borrowing the pass is a certain chance of contracting the virus? What with 400 persons, taking turns of using only 4 sheets of paper for a pass, isn't it foreordained that one of these days, an infected person got hold of the parchment, leave a

trace of the virus, and it will be the end for the rest of us! Remember, some carriers were asymptomatic and the virus is pestilential at its worst-best.

Days changed to weeks and weeks progressed to months, but still the tally of COVID-19 confirmed seemed to climb higher than Mt. Everest. The number of cases doubled, tripled, quadrupled...it was so frightening to keep tab of the numbers. While the disease devastated the city, another crisis loomed to the inhabitants held captives in their homes: the lack of income because of the freezing of business operations. It was bad enough that we fear death, and death was an unseen enemy, but it was worst when death slowly strangle the life out from you by starvation. How will I survive? My savings have been agonizingly depleting since the start of the quarantine. It has been months since I have had a real wage.

Outside, the outcry for the government to intervene was slowly picking pace. It was announced that an 'ayuda' is forthcoming. But how do I avail of it? The question was actually a rhetorical kind because later I

found out that I am not qualified to receive the help. Why? Because I am a professional teacher! So much for justice!!! Only the poorest was eligible to the social aid. Perhaps I was destined to die in famishment!!!

During the distribution of the 'ayuda', people did not heed safety distancing—the new normal was a concept yet to be ruminated. Everybody wanted to be the first to receive the coveted package. Apart from that, some of the social workers assigned to enlist recipients only jotted down their immediate relatives and friends, even someone long dead were found to be eligible beneficiaries!

The distribution was a catastrophe as people were concerned only after themselves, even hoarding the claim stubs so that they can sell the surplus from the government to enrich themselves, albeit temporarily. Even the hospitals did not also come out untainted as they were hounded by rumors passed from one ear to another that they declared all patients as COVID-19 positives so that they can claim reimbursements of inflated bills from the government

owned insurance agencies. It was a conspiracy of siphoning the pandemic funds to their personal coffers, so it was said.

Government leaders were also adjudged to have no teeth as discerned by the critical eyes of the disgruntled citizens. The city mayor was mocked for infirm leadership as throngs of people were still observed defying the quarantine protocol. They were still seen huddling together in a session of ‘chismis’, while kids seemed to play hide-and-seek game with the police—that is, they hide when the patrol was roving and resumed their antics after the police retreated, no face mask and all.

And who were to blame then, even the Chief of Police himself perpetrated a breach of social distancing etiquette rules by conducting a birthday bash celebration, complete with party, drinks and crowd of ‘Kumpadres’ wishing him a happy natal day. It was all captured in the camera and shared on social media. But were they apprehended? You guessed it, no way! They seemed to be above the common people like us.

They were the ones responsible for the arrest of ordinary citizen violators. They deserve for an exemption, so they thought. Apparently, the public did not agree and they were lambasted for being unfair and selective in the imposition of justice. It was all an orderly chaos and conflicting moralities, enough to shatter one's nerves when you were alone, isolating yourself.

Despite all these, I am still alive and of good health. I am thankful that it was not enough to drive me lunatic, but more than enough to drive me to the depths of despair. Aside from I do not have money, I also do not have someone's ears and lips to ease my fears. I am far from friends and family. I also grieved the decision of my best friend to go back to his home province for good because he cannot find a suitable job fit for his taste. And then my lonely life became just unbearable. To whom would I run to whenever I have stress and problems? When I want an outlet to my nightmares? 2020 is a cursed year indeed. It changed my life drastically, from recreation down to

socialization. The streets which were once teeming with life now appeared deserted, making the whole city a ghost town stalked by the specter of death.

However, this lockdown has also taught me to become adaptable to change. It made me discern the essential from the mundane. It made me realize the value of the present especially in creating good memories with your friends and love ones while you still have time, because good times will always never last. It's a simple logic: we crave of things which are beyond our reach. Moreover, this pandemic forced me to self-isolate, which made me appreciate the value of socialization as a way of enriching one's self. I long for companies.

Also, I learn to value time and the importance of affirmative perspectives. There are indeed things that we cannot control, pandemic included, but we are in control on how we respond to it. In my case, I kept myself busy by improving myself. I attended international webinars, wrote short stories and poetries for publication, even submit manuscript for

research journals to drown my loneliness. Were I not forced to distance myself from others, I might not have accomplished all these things, because I might be too preoccupied of doing things that are not important: e.g., binge drinking, shopping, gossiping all preoccupations which do not only waste money, but also time and energy.

With all these being said, I firmly believe that I am ready to face another pandemic in this lifetime. With all the hardships I underwent, I would claim that I am now a changed man: more resilient, more adaptive. It made me realize that life is how we make it. That this pandemic can also be tamed through self-discipline and changing one's mindset. Discipline by following the rules stipulated by the experts to avoid transmission; and changing the mindset of being grateful of the positive things happening rather than stuck in the negativities of things. Because what the mind can conceive, the mind can actualize.

Speaking of mind, the hard-headed 'Cebuanos' were now malleable to the clamor for "safety first".

We realized that the battle was more than the sum of its parts. That defeating this terrible disease starts in one's self. We now faithfully follow social distancing and wear mask, because our stubbornness has backfired on us: the prolongation of the lockdown of our beloved Cebu City to almost 6 months, a record holder for the world's longest lockdown which started from March 27, 2020 until August 15, 2020. Social gathering and loitering were now strictly condemned by the authorities and 'citizen police'. Presently, as of this writing, the active cases are attenuating. Indeed, together we make things happen. We heal, as ONE and we are one of the many who were aptly called as "the One who lives".



A Day Before the Lockdown. The author (center in pink and stripes) together with his students in a photo prior to the lockdown. Some are wearing masks while others are not because the local transmission of COVID-19 has just started in the city and they have not yet taken the novel coronavirus seriously by following the “New Normal”.

Glossary:

1. **Sitio.** A territorial enclave as part of the barangay.
2. **Barangay.** The smallest administrative division in the Philippines
3. **Binignit.** A Visayan dessert soup from the central Philippines traditionally made with glutinous rice cooked in coconut milk with various slices of sabá bananas, taro, and sweet potato, among other ingredients.
4. **Chismis.** Gossip
5. **Ayuda.** An aid such as cash or food package distributed by the government to the citizens.
6. **Cebuano.** Residents of Cebu Province in the Philippines.
7. **Citizen Police.** Ordinary citizens who serve as informal social watchdog to ensure adherence to the community rules or norms.
8. **General Community Quarantine (GCQ).** Relaxed quarantine measures in areas identified

as low and moderate-risk in the spread of COVID-19.

9. **Enhanced Community Quarantine (ECQ).** Stringent quarantine measures in areas identified as high-risk in the spread of COVID-19.
10. **Kumpadre.** A close or bosom friend
11. **Person Under Monitoring (PUM).** A person suspected with Covid-19 due to manifestation of symptoms and history of exposure to the disease.
12. **Quarantine Pass (Q Pass).** A document or paper issued by the local government unit which serves as passes/permit for an individual resident to go outside to buy for basic needs.
13. **Sinulog.** A traditional festival celebrated in Cebu City held every third Sunday of January to honor the Santo Niño (Child Jesus).

CHAPTER-14

MY LEARNING AND LIFE EXPERIENCES OF “NEW NORMAL” DURING COVID-19 LOCKDOWN



Myself Sonam Bhutia, presently working as an Administrative In-charge cum Assistant Professor at Government Pharmacy College, Sajong, Government of Sikkim, Sikkim University, and having more than 5 years of teaching and research experiences. I have published 10 research papers in reputed national and international journals and one book chapter. I'm also a Lifetime member of educational and scientific communities like APTI and SPER and reviewer of one of the Springer-nature, Scopus, UGC care listed journal. I'm passionate about reading and writing of research related contents and I aspire to be author of few books some day.

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ABSTRACT

Narrated my own short life experiences during this COVID-19 lockdown time from March-Sept 2020. I'm a working Assistant Professor at Government Pharmacy College, Rumtek Sajong located at far flown of North East Indian state-Sikkim, having geographical areas-7,096 Sq.km with population of 6.1 Lakhs according to Census 2011. Here I have highlighted the situation, things and time spent by me during this lockdown. Shared the things I have learned and skilled my abilities in this pandemic situation. For me, COVID-19 situation was "Opportunity" not "Problem".

INTRODUCTION:

We have heard and read enough about how tough life has been due to the COVID-19 situation in our lives since the beginning of the year 2020, but what positive things can we take from the pandemic situation and what has the lockdown taught As a working teacher, I find it most important for us to change our positivity mindset and change our ability in

this situation. I share my feelings in front of every listener here from my heart.

Dated 23rd March 2020, the official notification was released by the Government of Sikkim on the COVID-19. I was in the college; notification stated that there will be total lockdown in the state w.e.f 25th March 2020. As per the pandemic caused unprecedented havoc and emotional turmoil, it changed our lives like never before. I found myself struggling to balance my professional and personal commitments. We were about complete our probation period with Government of Sikkim since last year March 2019 only we were recruited in this post(Eight of us). This situation created devastating and panic situation in my life. I was working far from my home town (Legship Bazaar West Sikkim) and staying in the rented room at Sajong East Sikkim. I was preparing for so many expectations needed to fulfill in this up coming days. So I decided I wouldn't let all this affect my emotional and mental well-being and made some changes in lifestyle. I picked some lockdown-

personal growth and developmental, and friendly activities in doing so, which have now become my mantras for a good health, professional, personal and peaceful life. For me, the extended lockdown resulted in writing a research papers, attending national and international webinar on educational topics and for personal development, online classes for my students, watching TV, playing with neighbor kids, book reading, plantation in my small garden, cooking, meditation, Yoga, using internet as learning source, doing sleepless nights and additional responsibilities as a reviewer for UGC approved journal, as these became my “New Normal” during the lockdown. My “New Normal” activities of the lockdown time are summarized below:

Writing research papers:

From the day of lockdown, I have decided to write research papers of my previous post graduate work and some review papers of recent interest of research. As a teacher, we need it for our promotion in the job later on. Till the Sept 2020, I have published total four research and review papers and one book

chapter

(<https://scholar.google.com/citations?user=EzbXJnoAAAJ&hl=en>). Still five research and review papers are communicated to Scopus and UGC approved journals out of which one got accepted in Scopus journal.

Take delight in the simple things

From the beginning I used to be food lover, especially fish fry and curry. However I never cook nice food during such times compelled me to surf for the best fish recipes. The savories turned out well, and I learned something new too. After preparing and enjoying them with myself, I realized the importance of the simple pleasures of life. How to cherish or enjoy the simple things:

- Ditch the fancy, simple is the new black
- Spend quality time with loved ones
- Take pleasure in the things in and around you



Fig-1: Fish Recipe made by myself at rented room at Sajong

Practicing of plantation:

From my busy schedule, I took a time for the collection the flower sapling and vegetable seeds including some immune booster plants such as Tulsi, ginger, coriander, chilly, Tomato, etc.



Fig-2: Tomato and Chilly young Shoots in my small garden

Making health a main concern

Always needed improvement in our sedentary lifestyle and unhealthy eating habits. We adopted some fundamental changes, such as avoiding frozen snacks and reducing our intake of carbohydrates. A simple step forward and now my family have a much healthier lifestyle. You can also get your family involved in household chores such as mopping, washing clothes and cleaning utensils. Put on some of your favorite

songs while you are at it, and challenge your little ones for a dance-off. Have fun with family, while ensuring a workout and doing things as well. What you can do to stay fit when indoors:

- Laughing is the old medicine
- Pick easy exercises like skipping and on-the-spot jogging
- Doing daily morning and evening meditation
- Eat green vegetables for healthy life

Developed a habit of reading books:

As a teacher, I used to study the self help books in my free time. During this time I got lots of free time apart from my schedule time. So started reading new-old educational, developmental and motivational books for one hour in the morning and evening a day. With these five months, I was able to go through all these books that are given below. Still some are in my bucket list-Sapiens: A brief history of humankind by Y.N Harari, The art of public speaking by Dale Carnegie and J.Berg Esenwein, Inner

engineering: A Yogi's Guide to jy by Sad guru, How to talk to anyone by Leil Lowndes.

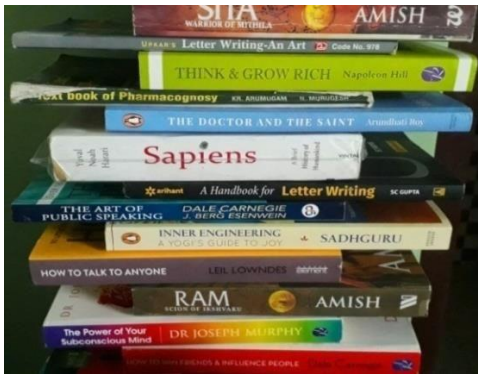


Fig-3: Books read during the lockdown and my bucket list

Be a miniaturist

Within a few days of the lockdown I realized how much space was occupying my non-essentials. This meant re-evaluating our procurements and being minimalist. To be a minimalist means only making the best choices about what is essential. The choices can be reflected in the food you eat, the clothes you wear, the transport you use, and so on. Ask yourself: "Is it useful? or "Do I really need it? If the answer or rationale is in favor, it will remain. How to become a minimalist.

- Be very clear about what you want
- Write down non-negotiable rules for yourself and abide by them
- Ignore things that you can avoid

Internet for learning

During the Covid-19 lockdown situation, I'm as a teacher has to take the online classes for our students and side by side attend my national and international seminar also. It's been a hectic schedule for me however I managed it as a pro-professional.

From the first day of April 2020, I have started the online classes for my students. I as a new learner faced lots of problems because it was my first experience of online teaching and happening for the first time in my entire life. Used the zoom app for the first time and app was very convenient and easy to use however with pro-version of app has the time limits. Still I have used for conducting my online class. Now I'm using two LMS, zoom and Google meet for my students convenient. Prepared at least 30 slides for previous classes and shared through slideshares.com.

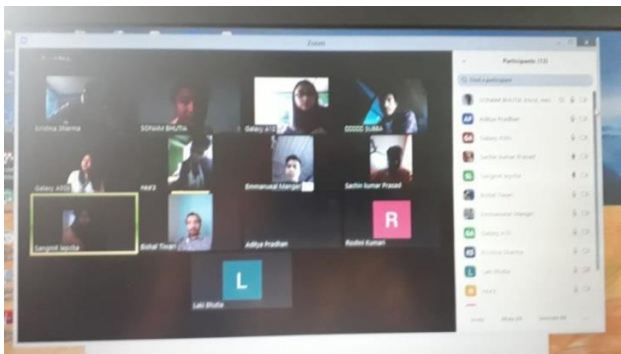


Fig-4: Conducting online zoom class for my B.Pharm 2nd year students

Webinars/Seminars:

I have gone through so many online certificate courses and FDPs offered or sponsored by the UGC, AICTE, HMRD, MHA, SWAYAM, AWSAR, ATAL training, ICMR, ARPIT, Govt. of India and other bodies like- WHO, OER, Elsevier, Publons, Courser, Bright talk, future learning, etc. Attended and participated in many Govt. and private educational institutionalize seminars related to COVID-19, educational reforms techniques, educational development, Drug discovery, Pharmacy, Research writing, Health issues, Economic issues, NEP 2020, etc. I have downloaded at least eleven educational applications such as WebEx meet, GoToWe, Google team, Zoom, Google meet, Telegram, Google classroom, Tec mint, etc in my laptop and cell phone to attend the different types of webinars during the lock down.

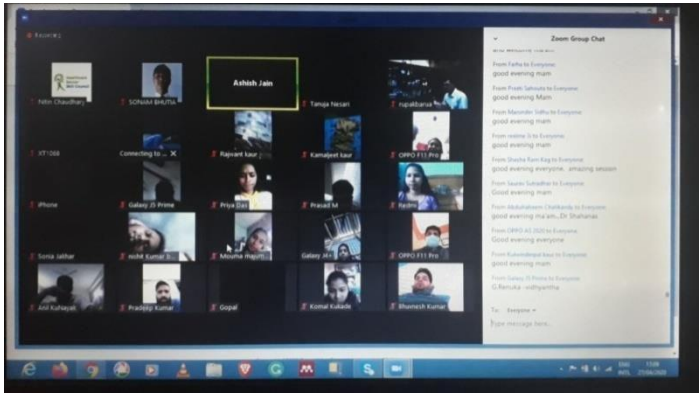


Fig-5: Attending one week Faculty Development Programme

Family always comes first

Prior to the actual lockdown, we had all struggled to strike a balance. Extra work hours, fatiguing commutes and additional responsibilities made us ignore the little things in life. Now that we have time, we should appreciate these moments, and make sure we don't go back to the normal before. Some important suggestions from what I did:

- Make your schedule with your partner and take turns to manage household chores
- Plan a time table that covers every major activity and follow it sincerely

- For some important meetings, make schedule in calendar and pick a distraction-free space to work comfortably
- Take periodic interval to interact with family members

Fun activities with the family:

- Watch movies or trending shows, whenever you get time
- You can even shoot some funny Tiktok or challenge videos with your family
- Spend quality time with family by playing indoor games

Practice the things that make you happy

Growing up with multiple responsibilities, on certain hobbies I missed out. I regained my love of cooking during the lockdown, as I experimented with different cuisines. Sunday has become the synonym for cooking time with my family and trying something else. I've also found a way in the virtual world to connect with like-minded folks. This worked wonders when it was beating the lockdown stress. It motivates me

further to try something even more exciting each day. I have picked up some invaluable life lessons in doing all these lockdown-friendly activities too:

- Explore your passion
- Be patient and enjoy the process
- Consistency is the key
- Prioritize your life to do what makes you happy

Cleaning of our college during lockdown

My college is located nearby, it's hardly 2 minutes walk down from where I'm staying. So on fine day, two teaching and almost ten supporting staffs those who were in rotation wise duty had decided to conduct a small cleanliness drive in our college. Glimpses of that day are given below:





Fig-5: Cleanliness drive in our college during Lockdown

Recognition

Selected as a reviewer for one of the esteemed Web of Science, Scopus, UGC care list indexed journal since Feb 2020. Till now, I have reviewed at least ten research papers and out of that seven got accepted also. With zero resources required, everyone can pick and implement such learning skills in their life. Cherish to a sound and safer future and a better you.

CHAPTER-15

TEACHING EXPERIENCE DURING COVID-19



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INTRODUCTION

Teaching is a noble profession and I believe no other profession can match with its divinity. Teacher is leading masses from darkness to light of wisdom. These aspiring thoughts ultimately tuned me as a professor in management discipline. Teachers are responsibilities to mould better citizens for better community. He is always elevating student's inner spirit to achieve their life goals. They can leverage young minds through proper mentoring and guidance. Faculty members are always engaged in various academic activities throughout the year.

The academic cycle was revolving with course revisions, session planning, lecturing, assessments, Evaluations and result publication. Every academician's lives were normally devoted for conferences, seminars, Industry Institute interactions, presentations and other faculty development programs. Teaching community always extend support to curricular and extracurricular activities of their disciples. This new year also brought remind us the call of final year exams. I was also

scheduling my academic activities to finish the end term duties.

Things were all normal for me till the last week of March. I was busy with the internal assessment evaluations and its submissions. At the same time I was managed to schedule my students' question papers for their upcoming annual exams. Things took a "u" turn when the central government imposed a month lock down towards the end of March. But our college was proactively arranged online teaching practices to their faculty members just before the lockdown days. At the same time the institution planned to shift the in house learning practices in to online platform.

The global pandemic –the so called Corona virus was the real villain of this chaos. It was something new for me as well as to the whole community. In order to protect and safe guard the people's life, government has to proceed with lockdown procedures. I know it was something new for everyone who has experienced it. Like any other organization, the educational institutions are also

stopped their operation till further notice. At that point of time we had to just adjust for a month of lockdown which as we all know later on the lockdown has been expanded for like 6 months of time. The complete economic activity of this country has been stopped during this period. All shops were closed for indefinite period. Many people lost their jobs because companies started to run on losses, the plight of migrant workers were so bad, they had to travel on bare foot to their home villages for thousands of kilometres many lost their lives in between. They lost their last hope of seeing their loved ones. The government institutions were all closed.

The educational institutions across the country were closed till further notice. Initially the lockdown thrilled but later it killed my days. I know we all enjoyed it at first I believe but sitting idle inside the four walls for pretty much long period may bring us lot many issues also. Soon I was able to start my online lecturing sessions. I have to motivate my students to adjust the new learning environment. I have constantly

contacted my students during the time and tried to give them small assignments and works to keep their morale high. They were also faced many issues such as network connectivity, lack of adequate materials which normally support learning, health problems etc. Slowly they were able to adjust with the new normal.

I had now to adapt to a new method of teaching that was online classrooms. Besides teaching online, we also had to support students to complete assessments and tests. As a faculty we also learn to face the challenges imposed by the global pandemic virus. Initial challenge was to boost the student's morale and recoup their confidence. Online platforms like google meet; Zoom etc are widely used to interact with students personally.

We used to mentor our students through virtual meetings. These group wise engagements also really supported the students to adapt to the new online learning practice. At the same time we had to stay in constant touch with parents about their wards' progress through WhatsApp groups, and virtual

parent-teacher meetings. This blurring of professional and personal boundaries took a toll but the students got the opportunity to gain more knowledge and skills. Parents had to invest in seamless Wi-Fi connectivity and ensure that their children paid attention to classes. In some cases, new gadgets had to be bought as well. However, students were quick to adapt to online classes and, even if they missed a session, we shared recorded sessions. We were able to conduct quiz, class test and assignments through innovative learning management system (LMS).

Thus, it became possible to independently navigate the world of online learning. I would like to comment more regarding the online classes. The government has also encouraged digital learning through initiatives such as DIKSHA and eVidya. However, students belonging to less affluent families or living in remote places with no mobile network were left behind because of the cost of digital devices, data plans, or network connectivity. All this led to the broadening of the digital divide. So the digital divide

among the students has increased which we as teachers find it very difficult to see. The reason is it's really heart wrenching to know that students are not able to study because of their poor financial status. To an extent this has been cleared by many initiatives from the government side, but I think there is more to do because these online platforms will continue till the time we have made a proper remedy for this corona virus.

Another problem is that syllabus of several boards cannot be taught in a virtual platform. Universities should take initiatives to reduce the load of the syllabus. I also appreciate the efforts made by some universities, to change the existing schedule for online classes. Now the student has to sit only in forenoon session for academic learning .He can effectively spend the afternoon session for extracurricular or non-academic activities. We have to underline the fact that, education is not all about book learning. There is something more to it. In professional campuses students interact each other

directly they exchange their ideas, thoughts so that there is a group learning which is missing in this online sessions and it may affect their studies to some extent. These unexpected situations remind as the importance of proactive planning especially in the teaching domain.

Anyways were requires considerable planning once the lockdown lifts. It is imperative to re-evaluate every school activity and emerge with new systems, which will become the 'new normal'. We should now try to bring in the so called hybrid learning system which is a proper mix of both online and offline teaching. Following strict social distancing measures and regimented one-desk-one-child seating arrangement could be implemented once schools re-open.

Parents may opt for home schooling, if the situation worsens. While this strategy may not result in finishing the quarterly curriculum, it will at least reduce the learning gap that students are likely to experience if schools continue to remain shut. Blended learning could also be the next normal. Schools can

explore tutoring platforms with video conference facilities, customized modules, and assessments using technology and data that can help analyze what students like, their learning patterns, and their understanding of the concepts. So these are the ways which I feel will be the new normal in my working space. Till this time, it has been a really great experience for me in all ways. One great thing is I could spend a good time with my family but at the same time I do miss my students. Hoping to see them very soon.

CHAPTER-16

DAYS OF COVID-19 ARE THE REFLECTION OF DISTRESS AND EMOTION



This is Md. Alamgir Hossain working as a Lecturer in the Department of Computer Science and Engineering at Prime University. I completed my Bachelor of Science in Computer Science and Engineering from Jashore University of Science and Technology in 2019. I am a researcher and writer. Already my three research papers published in different international journals. Presently I am working on the impact of COVID-19 in different sections. And my different research work in engineering fields is also going on. However, I desire from my mind to be a world-class researcher.

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There is a time when the corona virus comes when I don't know what the meaning of lockdown is! I do not know what the real form of the epidemic is! It's like a real death procession in the morning, dreaming in your sleep at night. It is like the dumb scream of a man. It is as if a bomb falls on a gathering of people and the people are instantly deserted. Corona, this is like the growing frustration of the unemployed, the sad cry of the middle class. It is like the heart of a child without seeing the pain of the mother from a distance, the heartbreaking regret of not being able to go near. This cruel truth imposed by nature may want to teach people something. If people really accept Corona's message, then Corona's next world will be a place of poverty-free, peaceful place without terrorism and illegal attitudes.

COVID-19 Consist of a Keyword "VIRUS".

COVID-19 explains what the real reality is.

COVID-19 has made the poor even poorer.

COVID-19 has given the opportunity to arrange nature more beautifully.

COVID-19 has made people better aware of the existence of the Creator.

COVID-19 is full of sorrows and emotions.

Environmental Reflections and Covid-19:

As soon as I woke up in the morning and came to the north porch, my eyes fell on the Krishnacura tree on the other side of the road. I have been noticing new leaves coming out of the tree for a few days now. Today I see that the leaves have become thick and dark green in color, with several flowers blooming on the tops. Gorgeous red flowers just like the red-green flag. Flowers are seen every year, but why does it look so beautiful today? I immediately thought - hey, this is the period of Covid-19. Now there is no end to the joy of nature. Air pollution, noise pollution, water pollution have all been greatly reduced. So trees, animals, birds all met with joy.



Figure: A simple picture yet very deep and horrible

Every day I see so many birds chirping and listening to their chirping on my little porch, it's truly unprecedented! We seized their kingdom by force—they are free today! I took a few deep breaths. Why don't I enjoy this clear fresh air! Ah! A voice of contentment came out of the voice by myself .Ah! What a joy!!

No! The joy of imagination seems to be increasing. At that moment I remembered a scene seen on the TV screen. A funeral ceremony in the

presence of thousands of people. People all over the country are shocked by this scene. Couldn't this homage be paid to the deceased in any other way? I know what. I don't understand many things. However, it is not difficult to understand that many people in the country still do not understand their danger.

Heartbreaking Feelings, Emotions:

I have seen with my own eyes some heartbreaking incidents during this corona pandemic. Such as –

★Neighborhood's death in Corona Virus:

The softness of the afternoon does not amaze Snigdha now. The flying whites on the way back in the evening do not spread fascination in her eyes. No one kisses her sleeping forehead anymore. The day she started by looking at the path, the path ends at the path. No one comes for her with a pinch of caress. It is over for her before she understands the meaning of love. Snigdha is my neighbor. At first, COVID-19 took

her mother and then her father to the land of no return forever.

Abid died of heart disease, but the neighborhood is rotten corona sacrifice! The body remained at home for 10 hours. There has been no response from neighbors since morning asking for help in burying the body. After about 10 hours, two people from the area came forward for the funeral. They called the hearse and then took the body out of the house and left for the crematorium. Rumor has it that person was a patient of corona virus. The family of the deceased is shocked by the behavior of the neighbors. Who knows that died person? He is my neighbor. I can't really control myself when I see people like this around me.

★Poverty of the middle-class family:

Just before sunrise, I just descended the stairs from the third floor and crossed the gate. What a tragic scene! Truck-filled pots-pans, beds, mattresses-pillows, fridges. The landlord is talking, where are you

fleeing like a thief without paying rent? Rent, drop off the truck. Someone on the fifth floor is shedding tears, repeatedly trying to convince the landlord, the company has gone bankrupt in Corona, and there are no jobs. He said he will go to the country and sell the land and pay the rent.

Standing at a distance, his sixteen-year-old daughter and infant son are watching his father's tears. The faces of sons and daughters are dark, what a shadow of sadness. I feel the tears of the humiliation of parents towards the child are the most painful, the saddest in the world. The Corona situation this time around has created a work environment in which the middle class, who have lost their jobs, are silently exhausted, their lives facing a catastrophe. They are living a crazy life with their families and gradually becoming mentally ill.

If a general question is asked, which class of people has suffered the most economically in the Corona situation? Many will say that those who are

poor and destitute have suffered the most. But have any of us ever wondered what happened to the middle class in the Corona situation! How is their day! What are they eating!

Extremely poor people who can come and stand on the streets. People with generous hearts give their money along the way. Everyone's target is poor. Those who are getting hands, they have got help. But those who are middle class, even if they lean their back against the wall, can't get their hands on it, they die in a daze.

★Negative attitudes towards the illness of beloved person:

A small experience of mine reveals the horrible cruelty and cruelty that is hidden in this little heart known to the mind or heart. The boys claim that their mother was evicted from her home as punishment for visiting homes from other districts during the Corona epidemic. But their mother was free from Corona virus.

A mother does not bother to give birth to a child, to keep them in check year after year. What a horrible pain it is when a mother carries a human child in her womb for months! Can't eat properly, can't sleep, and can't sit still due to unbearable pain in the body. When the child grows up in the mother's womb, sometimes he throws his arms and legs and hits the mother's womb hard. The mother hides the pain in tears after getting great pain. Didn't complain to anyone.

Pleasurable Moments and COVID-19:

This lockdown is not pleasant for us though. Here, mentioned pleasure moments briefly through some incidents:

★Welcome to newborn guests: It is impossible to describe the joy of the arrival of a new guest in this pandemic situation. New life is not an extraordinary event, every moment someone is coming to it with infinite possibilities.

A couple has named their twin children Corona virus (COVID-19). The mother of the children said, 'my husband somehow arranged for an ambulance after the labor pains started late at night. Due to the lockdown, the police stopped us at various places as there was a ban on the movement of vehicles on the road.

Eventually, we somehow managed to get to the hospital. Fortunately, the doctors and staff of the hospital are very supportive during that emergency. Our relatives, who wanted to come to the hospital, could not come because the bus and train services were closed due to the lockdown'. "Of course, the virus is dangerous and deadly", she said. However, due to its outbreak, people have learned to stay clean and health-conscious. That's why we were thinking of these two names. When the hospital staff started calling my daughter 'Corona' and my son 'Covid', we finally decided that they would be named after the virus. That newborn mother is my younger sister.

★**Best moment with beloved Soulmate:** In this Corona situation, marriage-broker Mofiz proposed marriage to a doctor's daughter to a boy's family over the phone. The boy's family is very happy because if this girl can be brought as a housewife now, then no one will have to die at their home later!

So how will the boy meet the girl in this situation? Anyway, the boy's family told the boy to go to the hospital to see the girl. The boy's mother taught him that if the police caught him in the road, he would tell him, your wife is a doctor - you are going to bring her from the hospital!

The boy reached the hospital in his car without any trouble. And he took two cups of coffee and waited for his future wife in the waiting room. The girl came and sat in the chair in front of the boy. The two of them started drinking coffee in silence for a while. At one point, the boy asked the girl, "Aren't you afraid to treat those who come to the hospital with cold, fever and shortness of breath?"-Why, why be afraid?

We became doctors to serve the patient. However, they are the beginning of a new life in this way. Guess who the boy is? That boy is me.

Current Activities and Attitudes against COVID-19:

The lockdown has been going on for a long time to deal with the epidemic caused by corona virus. It is having a direct effect on our body and mind. Stress is increasing drastically in the state of house arrest. The routine that we have been following for so long has all been reversed.

In this situation, there are some suggestions on how to look or get an appointment for antique items. Even after so much work, you will see that the body is not lacking in energy. Let's see what those methods are;

Wake up in the morning: Don't stay in bed until the afternoon because you don't have to go to the office, try to get up in the morning. Waking up and

drinking a glass of warm water on an empty stomach will flush out toxins from the body.

Stay close to nature: There is no point in not having a relationship with nature just because you are not going out. Take a short walk on the roof or corridor of the house; it will take open air in the body. In addition, the morning sun contains a lot of vitamin-D which you need very much in this house condition.

The disease is cured in yoga: Regular yoga keeps your body flexible, reduces the feeling of pain, and also increases mental activity. Do some simple yoga rules.

Keep an eye on the food plate: This time of lockdown is the ideal time to give up the habit of eating wrong and return to the habit of eating healthy food. Everyday food should include cereals, vegetables and any other fruit. Eat nuts, raisins or seeds as a snack. Following these suggestions, the body will be stay strong perfectly in this lockdown situation.

Old Activities and Attitudes before COVID-19:

Before the days of the corona virus, my life was mechanical. Knowledge was a big part of my daily routine. Some kind of holiness was flying in the air before Corona. Not long ago I was a witness to this holy wind. But how far I am from that holy wind today only for COVID-19 pandemic. At that time the appearance of a busy city was very noisy. Then people could move freely from one place to another place.

The best feeling of a teacher is to start the day by seeing the freshness of young students. But because of this COVID-19, teachers are far away from that feeling today. I have ever seen this lockdown seem to be the best educational break. Such breaks are no longer tolerated. Everything seems to be quiet in an instant. Still, I am comforting myself by thinking of two lines of world poet Rabindranath Tagore;

I love you guys

Can he ever go away from me?

Expecting a Bright Sunrise:

There is no rush to wake up and go to college. No college field chats with friends. The green grass environment in the field in the afternoon may have also changed. Every morning of the last few months has changed. No one relaxes at all every afternoon, there are only fears. Fear of each other and uncertainty for tomorrow!

At some point in human life, it is quite unexpected. Such unexpected Corona days I never thought the days would be so quiet. I never thought that the nights would be lost from life like this. Sleep will be lost at night. How many months will be random? Life imprisoned in four walls. Life has taught us that life is not in the hands of man. Now everyone is spending time together with family. Spend time in virtual chat with loved ones. However, every afternoon of the day is becoming horrible in the death procession, frightened by the new attack. In the open

field in the afternoon, the red lantern kite, the kite finds the taste of liberation of the closed world.

I keep myself busy in four walls. I am safe with my family from Corona. At that time, doctors, administration, journalists were trying to have a tax-free morning with the fear of life. In order to create a new shape for the world that has come to a standstill, we need to stay at home. And I express my immense gratitude to those fearless soldiers.

The world has come to a sudden halt, but I believe that at the end of these lost days, we will return to the same sure morning as before. And waiting for that one pure morning to return.

Conclusion

The world is now losing their normal way of life due to the deadly corona virus. At the same time, the socio-political and economic situation has become obsolete. But even then we hope that light will come through the darkness. The earth will be covered with the moon of beauty again. In a world free of despair,

we can breathe a sigh of relief. And we can walk freely in a healthy world again. COVID-19 has taught us what a person's real reality is and how to deal with it. From now, we will be able to prepare ourselves for the next pandemic. Corona also taught us this lesson. Above all, we need to pray to the Creator so that we can stay healthy life.

CHAPTER-17

THE BANE AND BLESSING OF COVID-19 PANDEMIC LOCKDOWN: PERSONAL EXPERIENCE



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ABSTRACT

The aim of this paper is to put together in a concise form, the major experience of the author during covid-19 lockdown. It covers the author's personal challenges, benefits and achievements during the quarantine period. Important steps for actualising great results and the academic social media networking sites were pointed out in this paper. It was concluded that one can actually make the best out of the odd situations.

Keywords: COVID-19 Pandemic, Lockdown, Personal Experience, Bane, Blessing

INTRODUCTION

Federal government of Nigeria, through the Federal Ministry of Health announced the first case of coronavirus disease (COVID-19) in Lagos State on the 27th of February, 2020. Shortly after the announcement, some measures were adopted as a timely response for controlling and containing the pandemic. Shutting down of the economy was among

the chief measures that government implemented right in time. This impromptu decision of the government altered people's dreams and goals; I was mostly affected, I guessed!

The Bane of COVID-19 Lockdown

It was on a brilliant morning, sometime in March, 2020 that I received an interesting phone call which I had been waiting for so long. I was given a job offer in one of the universities I cherished so much and I was expected to assume duties in three weeks time. The following day, I started making arrangement for my relocation to the new work station not knowing that unusual realities will ensue (covid-19 pandemic nationwide lockdown). Two weeks later, I received a message from the university that the Federal Ministry of Education has ordered that all the academic programmes should be halted and that students should vacate campus with immediate effect as a response to contain Covid-19 pandemic until further notice. Then, the uncertainty started unfolding!

Few days later, all the public and private institutions, churches, mosques, recreation centres, banks, interstate movement and the entire economy were locked down. Then, everything took a different dimension. I was so worried about the interruption this sudden development had brought to my goals and aspirations as I thought the lockdown was going to last for a short while. After one month, I was still stuck inside the house - no income, no visit to friends, no gym; the only thing I was doing for a complete month was to eat, sleep and watch television.

COVID-19 Lockdown brought a lot of distortions in every facet of my life initially. Within a month period lifestyle changed; house became boring, depression gradually set in, weight increase became obvious and access to meet friends and hangout was shutdown. Well, those were among the very adverse experience I had during the lockdown.

Blessing of COVID-19 Lockdown

A month later, after the coronavirus pandemic lockdown was initiated, I determined to turn the

situation to my advantage by revisiting all the research projects I left undone due to tight work schedules. It was a great opportunity I have never had for a long time. After I took the decision to deepen myself in research activities, I realised how much I could achieve if I utilised the lockdown period judiciously. I remembered that as an academic, researcher, author and poet; all I needed was enough time to research and write as much as I could.

Research Writing Experience during Lockdown

During covid-19 lockdown, I had profound opportunity to improve my research skills. Though research was part of what I almost do frequently, I decided to study each of the stages of research afresh to see if I could learn something different as to enhance my skill. After a thorough study, I discovered new things about research and improved significantly. I was able to conduct research in emerging areas in Library and Information Science including management control system, e-learning, digital libraries, multimedia, information literacy, legal collection etc. Consequently,

during and after the lockdown, some of my research works which I submitted to reputable international peer-reviewed journals were accepted and published. I also had opportunity as an editor and reviewer to a number of international journal publishing firms.

Poem Writing Experience during Lockdown

Coronavirus pandemic lockdown provided me with great opportunities to write amazing poems. I was able to write dozens of poems and entered several poem competitions. I however, won a first runner prize for 2020 Alayians Poem Contest; and still waiting for the result of other ones.

Professional Collaboration Experience with Social Media

As covid-19 restricted workers from coming to office, the only option was to work from home using personal computers. My computer with strong internet connection made it possible for me to connect to colleagues all over the world through social media platforms. I joined professional group in facebook, whatsapp, twitter, linkedIn, google scholar

etc. to enable me get updates on trending issues and swap information with colleagues and friends.

Entrepreneurial Initiative during Lockdown

Covid-19 lockdown brought me so many business ideas and initiatives. It is a well-known fact that “necessity is the mother of invention.” When I faced some economic realities at the initial stage of the lockdown, I created time for myself to think on the way forward. This resulted into several businesses that culminated to various income streams.

Making the Best out of the Odd Situation

It is possible to turn a hell of a situation into a desired paradise. In a quest to make the best out of the odd situation, I found the following helpful:

- Commit your ways to the Lord, trust Him and He will guide you
- Give quality time to whatever you have chosen to do; be patient and focus on the result you want to achieve. Don't allow anyone or anything to distract you. I tried to carry my wife along and let her know what I was up to.

- With regards to writing a research articles, try to choose a topic that would contribute to knowledge. However, before you submit your work for publishing; ensure that you choose the right journal, read the author or submission guideline of the journal and make sure you follow instruction accordingly.
- You can achieve a lot of positive outcomes through social media other than casual chatting. Social media could be used as a learning tool and knowledge expansion mechanism. If you were a researcher, try making use of ResearchGate, Google scholar, Academia.edu etc. they are great providers of scholarly publication across disciplines.
- Pay less attention to television and radio. These two electronic appliances are time killers and can only be used in moderation.
- Regarding income generation, try not to put your eggs in one basket. Don't depend on one source of income. With diversification of

income streams, one would be able to survive situations such as covid-19 lockdown and other emergency situations.

Conclusion

In fact, the six months of lockdown were amazing moments for me. I spent quality times with my family, enjoyed various indoor games and watched interesting movies with my household. The lockdown period was very useful to me as I had ample time to improve my research and writing skills. I also discovered and used more academic and professional social networking sites such as Google scholar, Academic.edu, ResearchGate, Mendeley, Zotero, Refworks, Bibsonomy, CiteUlike, LinkedIn, Instagram, Twitter, etc.

The above mentioned academic and professional social networking sites were so amazing and useful to me for research and professional collaboration. They could be used for locating current scholarly publications, sharing of research outputs and networking with scholars and professionals across disciplines. Therefore, I

recommend them to researchers. In the beginning, covid-19 lockdown seemed like a thorn in my toes but at last, it turned out to be a blessing for me. We can actually make the best out of the odd situations. Despite the fact I wrestled covid-19 pandemic lockdown victoriously, I do not wish to face any other pandemic lockdown in the future.

CHAPTER-18

COVID-19 PANDEMIC CIRCUMSTANCES AND LOCKDOWN - A NEW CHAPTER OF LIFE



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INTRODUCTION

The suddenly and unexpectedly originated COVID-19 pandemic has divulged a radical transformation in society, economy of a nation, normal performances of human life but at the same time it has unlocked the ventilation to nature and environment which has fetched a fresh air propel towards it. The chirping of birds, dancing of butterflies, swimming of fishes, playing of adorable squirrels facilitated the nature to revivify; to restore to health. During this pandemic circumstance, for lessening the community spread of this disease, the victim countries declared lockdown whenever felt its utmost need.

During the lockdown phase, because of postponed of industrial activities, factory works, mining operations, transportation, tourism and a sudden break on construction works, huge pressure was created on nation's economy. Schools, colleges, universities, other educational institutions, restaurants, cinema halls, shopping complexes, market places were closed for long time, for staying away from social crowd; as a result of

that, massive hassle on socio-economic circumstances of world are being witnessed. A massive number of people are becoming unemployed. Students, academicians, service holders of different Govt. offices and corporate world at this time were forced by the situation to execute their official works from home through online mode. The jobless condition of a big number of people and sideways, work from home concept as well as the incarceration of people at their home to follow the guideline 'stay home stay safe' created gigantic current of alteration in society as well as domestic life. Sometime this change was proven good for family members but in few number of cases this unpredictably originated situation hastened domestic violence; caused several psychological or mental problems; increased number of suicidal cases or suicidal tendency, mood swing, gloominess; gave birth of earning uncertainty with job insecurity, problem of social recognition and many more.

The pandemic situation which I have faced for the first time in my life helped me to learn a lesson of

life. The period was full of incidences like a chapter of a book. Those experiences assisted me to acquire more knowledge and to achieve a philosophical sense of view that has enriched me and my family members. These most precious experiences and realization will help me to walk on the path in rest of my life. This article is the podium for sharing my experiences that are mingled with sweet fragrance and magnificent color of flower as well as the pain gifted by the thorn of roses.

Firstly I shall be depicting the glowing surface of the moon. This side of moon added crayons to my life; made me feel happy, peaceful and relaxed. I am serving as an Assistant Professor in a College and incidentally I am the HOD of my Department, so a burden of work pressure I have to carry on. My husband is in medical profession, he is a pharmacist, so he is also overburdened by his professional duties. We have two school going kids of 11 years and 5 years old. So besides our professions, we have to carry out duties as responsible parents as well as responsible son and daughter towards our parents in our family.

As a professor of a college I used to keep on my academic communication with my students through online manner. Most of them showed good ENDEAVOUR to take part in the online classes regularly; even we the Departmental teachers made an effort to engage them in their study through taking their class tests, viva and group presentation by e-learning method. It is a common proverb that 'necessity is the mother of invention' and also we can memorize the sentence 'if there is will there is way'.

Accordingly no one can erect a wall in front of the expedition of will-force. So bulk of students could involve themselves in online teaching learning process, webinars and online examinations. NSS volunteers carried out their doings like spread of awareness about pandemic COVID-19 among common people through social media and by uploading video in you tube under the supervision of us i.e, their programmer officers. Students even have completed their writing of final year dissertation work. We the teachers used to verify their writing on a regular basis through email. We have

accomplished online internal assessment also for our students. Celebration of world environment day this year also was done by posting the relevant videos, posters, paintings in social media so that a good number of people can be responsive of existing environmental problems or issues and the promising techniques to defeat those. Besides online teaching learning, for my personal academic progression, I took part in a number of webinars, submitted abstracts, presented papers; simultaneously I have completed writing of a number of full length research papers and review articles and communicated to respective books as well as journals.

Thus I could save time and perfectly used time for my academic enrichment all together with the teaching learning process without conflicting each other and at the least cost of my student's classes; even the students who are burdened with domestic responsibilities and work load, used to actively join in the online learning system from their home, besides their domestic responsibilities. These are the good sides

of online education, and it was realized from the inner core of our heart in this adverse situation.

During the first phase of lockdown I was able to give plenty of time to my kids; I spent quality time with them. As a mother I got the golden opportunity to play with my kids and to teach them their course outline as well as the topic outside their books. We used to enjoy virtual travelling and take the charm of not only the tourist spots of India but also the remote corners of other countries, which are simply beyond our imagination in real life.

I got a scope to discover my culinary art and also the high intrinsic energy level to do household work in absence of my helpers due to the effect of lockdown. I got the time to read a number of books, magazines; watched quality cinemas and serials like the epic Mahabharata, Ramayana, Upanishad Ganga and Bengali serial like Subarnalata which was based on the famous novel written by Ashapura Devi. These serials opened a new window of knowledge and information to me. It motivated me to feel the philosophy of life, the history

of our country, the misery, the worst situation and the struggle of women in our society few decades ago; these realizations helped me to be stronger than before, as a woman to face and to fight with the evils of society. I used to like to enjoy listening music like Rabindra Sangeet, Folk, Adhunik and after long gap I had much time to discover me as a singer. I was enjoying the poem writing in social media, and I have written almost 10-12 poems in Bengali language, in the tenure of this COVID-19 situation, highlighting the essence of nature, environment; portraying the current pandemic situation; weaving the present day problems faced by women; and this made me so glad. I enjoyed the melody of connection with my school, college and university friends through social media after a long year gap.

Another lesson we have learnt during this period is proper practice of sanitization, personal hygiene and to develop healthy way of life. Necessity of situation taught us the proper way to wash our hands frequently, especially before taking our food and after coming from outside of house. Use of hand sanitizer, hand wash, soap;

wearing mask, hand gloves, shower cap, social distancing and consumption of strong immunity growing diet can break the chain of COVID-19 spread. Regular and appropriate cleaning of our houses, toilets, surrounding area as well as washing our clothing, and consumption of impurities free water and immune system building food habits also helped us to become free from frequent attack of other diseases like diarrhea, dysentery, typhoid, dengue, malaria, cold cough, fever.

We shall be far away from these diseases in future also, if we continue these health and hygiene practices. We believe that social distancing is highly solicited to combat with this circumstance but we should not raise the man to man mental remoteness. We must show good care, love and affection through giving mental support to others. That shall build a strong bonding between human beings. During this period we could feel the noble role of doctors, nurses, pharmacists, cleaning staff, policemen who are the frontline COVID 19 warriors and at each moment they are trying to protect common people from this disaster.

I feel proud for my husband also who is a pharmacist. I have rediscovered his good and brave soul from new angle in this worst situation and this respect is helping me for keeping us far away from domestic violence and disrespectfulness which is a very common incidence in this time. Some good habits like yoga, regular exercise to keep our body healthy and disease free are also being developed. More to the point, the atmosphere was so pure, clean and bright. Atmospheric visibility was also improved. We got rid of the pain of noise. We could listen the resonance of nature.

One more face is also there. The dark side of the moon was also viewed from the inner core of heart. As a teacher of a college, first of all, the problem I met was the physical nonattendance of my beloved students in the classroom teaching and learning, I missed their company as well as eye to eye contact and direct interaction with them. They are like my children; they share their every kind of problems whether those are educational or personal, with me. I always try to sense their gladness as well as pain. I also share experiences of

educational journey of my own life with them; always seek to make a good attempt to evoke their intrinsic energy. Besides, a lot of trouble we faced regarding the dissertation, survey work, field study, educational tour, laboratory work, board work in class room. Student could not use the required books from library. The students of remote areas having poor network connection faced enormous difficulties during the time of online classes. Few of them could not join the classes due to poor network problem.

Another negative side is also there; few of the students were not very sincere; they frequently used to become unconscious and engage themselves in net surfing, Whatsapp checking during class time. These are the dark sides of online teaching-learning mode. In addition with that, it is well-known that the radiations emitted from smart phones may cause detrimental changes in the physical health of human beings, especially on kids and young; furthermore causes unusual changes in behavioral attitude. Therefore use of smart phones for long time, should be avoided. Moreover few of them

habitually become attracted to other irrelevant sites which are harmful for them at their immature mind set up. Sometimes unwise use of online method may initiate the chain of cyber crime.

Due to lockdown I and the NSS volunteers also could not physically visit the adopted village regularly; so a big gap was created among the villagers and volunteers in this period. I am missing the warm and healthy interaction with other academicians, scholars and students in seminar and conferences as well. Webinars and web conferences can fulfill the need but simultaneously create a barrier in front of face to face interaction between academicians.

Lockdown had put us in the imprisonment at our home for long time; COVID-19 pandemic have forced us to shift from physical travelling to virtual mode. We could not feel the wild fragrance of nature of the tour spot; could not enjoy the divine beauty and mesmerizing view of snow capped mountains; this disease deprived us from taking the charm of dancing in the wave of ocean; could not dip into the enchanting beauty of dense forest;

could not hear the melody of rhythmic waterfalls. We love travelling madly but the sudden outbreak of this disease snatched the pleasure of our life. Our children were getting bored due to lack of outdoor plying, travelling and the company of their friends. Although my kids can fulfil their demand of classes through online teaching mode but they are always missing their class room teaching, sweet interaction with their teachers, outdoor playing in their school ground and Tiffin sharing with their friends.

It was furthermore painful to us to keep ourselves physically detached for long time from our old parents, living alone in the countryside. Above all we are the silent and helpless spectator of a radical change in our society; many of our known persons have been suffering from jobless state or the insecurity of job condition; they are now facing huge economic problem. We have known the reality of the extremely pitiable and troublesome situation of hawkers and the migrant workers during this time period, from news paper, and other media; it gave us so much pain. I could feel the

trouble and anxiety as my husband also is in non government organization where uncertainty of salary and salary reduction are becoming very common and harsh words in the present day, but still we are consoling us that we all are the victim, either directly or indirectly, of a global problem. A gigantic number of people are in most horrible situation. So the difficulty of my husband is not the exceptional one. Moreover the effect of lockdown period will show long-term impact on socio-economic status; so for how long shall we all, the common people put aside us from the flame of fire?

We all have to be isolated in terms of physical distance but united by inner strength to battle with this pandemic. The people who are being attacked by COVID-19 disease are also being undergone a phase of trauma. This too portrayed the grey shade of this pandemic situation. We are always wearing mask, cap, hand gloves, face shield while step out of our home or come in to contact or interaction with other persons; these create a barrier as well as a burden to us. We can't freely move or freely respire a peaceful breath. We

are anxious to see when the dark night will end and the new sun will rise. On that day we will be able to get pleasure of free life again. But really the COVID-19 pandemic has taught us how to protect and safeguard ourselves in the future while facing such type of unfavorable circumstances and complications. It also trained us how to live a balanced life connecting with nature.

We should show extreme respectfulness to our mother earth and also have to be compassionate and kind-hearted towards other living creatures and animals. We have to keep in our mind that without their direct and indirect support we are nothing, we can't live here alive alone, this is simply impossible from the view point of an environmentalist. If we love nature, cherish nature and protect nature from extreme pressure of technology and adverse events made by man; then nature will return back us immense love, affection and shelter in her lap and will keep our life safe from all kinds of undesirable incidences.

CHAPTER-19

COVID: GOD'S GREAT BLESSINGS



I am Osmar Pogoy Labajo, a seasoned teacher. I am teaching English in Spain and have been awarded as *Outstanding International English Teacher*. I have co-authored book on *Art Appreciation* in the Philippines and *Travel Literature Book* in India. I have also published articles and essays in Indian Journal Website. At present, I am studying Ph.D in Applied Linguistics.

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INTRODUCTION

Why are people worried and afraid of COVID? Why does the world consider this pandemic as a devastating crisis? Sad to say, the deep surface of its ultimate reality is not clearly seen by the reflective naked eyes by many. They think of COVID as a curse or an evil thing. It is also believed and prophesied by many, who assume to be a visionary, as an apocalyptic phenomenon. But the truth is: COVID is the greatest blessing. It is truly a great manna from heaven God has bestowed upon the entire world in this century. As Proverb 16:4 reminds everyone, “God has made everything for a purpose even the wicked for the days of troubles.” Therefore, much like the way in which He wills this pandemic to happen for His will is no doubt always good. As I am picking up the threads in this quarantine being alone in the other country, I have seen how great God is for He is using COVID as a transformation device in building a better world. He is indeed working in a mysterious way to make a better, if not the best, version of this planet. As far I ponder

deeply over it, the persistence and uninterruptedness of COVID gives God a time to do five significant things: to discover my inner wisdom and skills thoroughly, to deeply restore the balance of mother earth cautiously, to reshape people's personal care and humanitarian relationship unprecedentedly, to make people realize the significance of death essentially, and to strengthen political governance holistically.

First, being alone in the other country taking great distance from family is quite despondent. More especially when everything is shut down instantaneously amid the pandemic, homesickness and rootlessness intensify more in times of COVID. However, as I firmly conform my belief to Aristotelian principle that everything happens for a reason, I unquestionably deem all circumstances as worth learning whether good or bad. I have come to realize that the more distant I am from my family, the more closely we get. This is because I inevitably feel to yearn for and miss them so much from afar and hence it brings me to the bloodline feeling of keeping in touch

with them. Well, thanks to technology; it connects us together virtually. But nevertheless in most cases, I solely make shift in handling everything and dealing with others especially with the place whose cultural norms are different from mine. Thus, being alone in times of COVID makes me unearth my inner pragna and skills thoroughly in adapting and adjusting the place where I am in. Discovering my inner wisdom is harnessed especially when making decisions alone. It makes me decide promptly and punctiliously without the help of others. Consequently, it makes me independent and confident because I weigh and juggle everything in sleight of my hands on account of my own intuition and desires of my heart. Being alone also makes me keep up with the tasks in sundry respects. Doing such thing creates impetus that leads me to discover my own skills and vidya. Such skills I have discovered unprecedentedly are my craft in writing, skill in intrapersonal thinking, propensity in interpersonal skills, and deep sense of self-reflective thinking. I am not a freelance writer nor am I engage

very much in writing whether creative or academic. But the case of being alone propels me to express my ideas and sentiments by myself. And this idea is expressed on a paper--a langue and parole between the paper and me. Thus, I have started to write poetic cadence and even social media inspiring quotes. Unexpectedly, one of the face book viewers complimented me for posting inspiring maxim. She thanked me for such nuggets of wisdom because she was moved up and strengthened intrinsically by the subliminal message my words conveyed. This is one great spark I have realized that my words have power and all I need to do is to develop them artistically and use them meaningfully. Another skill I have developed further is my intrapersonal ability. This is distinct to everyone because such skill creates a clear picture in the mind of every individual to imagine and envisage great new ideas. There were times that in my room, I was reflexively directed to the act of meditating and creating some different and innovative ideas in teaching, book writing and future planning. These

somehow happened in heuristic mode but I have used these grown and built up ideas in some aspects especially to my profession. My interpersonal skill is also developed. How come it develops? The fact that interpersonal skill has to do something with not being alone but with others. Yes, with my writing diversion, I got the chance to work with other writers. In fact, I co-authored a book. From this, we tended to communicate with one another and were free to share ideas. This is certainly a viaduct that I built to create link with them by sharing my own expertise beneficial to the book we worked on. One last skill is my being a reflective thinker. Being alone under quarantine leads me towards reading a lot of good books: literature, linguistics, theosophy, sciences, bible is a few of those books that captured my attention and spiced up my boredom. Doing so expands my horizon, expounds my schemata, and deepens my cognizance. It gives me much time to pay attention in keeping track of my own self-exploration and self-improvement. Such improvement paves the way for acknowledging my

own strengths and weaknesses. Thus, it gives me much care to live up myself worth and follow the path I designed.

Second, the repercussions brought by the imposition of lockdown gives Mother Earth a twinkling smirk to smile again. The transition gives her time to grin her wide mouth from ear to ear happily and tranquilly. It dramatically heals God's natural creations which appear in rejuvenation mode from human damages. The constant background noise of cars and trucks is abruptly replaced by silence in fine fettle. Besides, the abrupt shrinking of industrial operations--which give off chemical smoke and emission--offers a glimpse of healthier and cleaner air. In fact, a study in India shows that the pollutants CO and NO₂ give considerable decadence that improves the air quality to sixty percent. In addition, water pollution levels have also come down as most industries are shut. According to the UP Pollution Control Board, rivers and seas clearly show a remarkable drop in pollution levels during the lockdown period. Consequently, the

bbenefits of clean waters influence the daily lives of animals and humans that greatly impact the quality of community life. Animals also enjoy to some degree a utopia of their lives which leads to a loosed-limbed resurgence of wildlife activity and ecological flurry. According to the Laboratory of Biometrics and Evolutionary Biology (LBBE), animals change their habits to venture out of their usual bases: leading them to create wide parameters for prolific reproduction.

Third, God is gratified amid the pandemic because He sees people who care for themselves, their families and the needy. People value their health status which shifts to a healthier status quo: observing proper hygiene; eating right amount of food; and doing regular fitness activities to boost immune system. In fact, Mike Hughes asserts that people maximize their health status to reduce vulnerabilities to illnesses. Apart from it, with sheer love and unity in time of shelter-in-place life, COVID confines families together which provides opportunities for strong relationships. The stigma of broken family relationship has actually restored

because of enough time and wide space for healthy communication (Baker-Tingey, 2020). The humanitarian love and care has been also prevailing as lockdown continues. It truly responds to God's Commandment: "Love your neighbour as you love yourself..." In fact, the Global Humanitarian Response Plan of the UN paves the way for deploying more medical personnel in some countries. In the Philippines, for instance, people like celebrities and middle class are reaching out to affected communities to provide foods and medicines. Others are also creating initiatives and efforts in raising funds to give donations to the less-fortunate ones. Moreover, the government becomes responsive in deploying frontlines such as security officers and medical personnel to respond to such crisis.

Fourth, COVID creates possibilities dramatically in awakening political leaders in being utterly responsive to the needs of the masses. This quality, more often than not, somehow they lack in pre-COVID epoch. In fact, the US President Donald Trump took decisive and

swift actions to ban travels from China. He also made contingency plans in screening airports to help stop unforeseen spread of the virus. In the UK, on the other hand, Mr. Johnson gave off restriction on public gatherings as well as the closure of shops selling non-essential goods. In Germany, the country's health minister considered COVID-19 a low threat. New test kits were provided and available to all health care centres and hospitals equally. And in the Philippines, the government becomes responsive in deploying frontlines such as security officers and medical personnel to respond to such crisis. Such situations done by the government leaders conform to the idea of Thomas Hobbes' *Leviathan* which posits the crucial role of government to provide the safety needs of the citizen and promote peace and order . In fact, the governments' active role for sustainability and security does not only take place in their own governed country; it also creates strong link inextricably among other countries across the globe. Accordingly at present, they work towards equitable global access for

partnership in responsive governance to take good care of one country to another. This, to a great extent, spawns a unified voice to create one village to keep everyone in good hands that no one is left behind.

Lastly, suffering from COVID is God's glory. As mentioned in John 11:4: "...the sickness and death is for God's glory..." Why is there glory in death? In spiritual viewpoint, death is not the end of lives but the beginning of the everlasting journey in heaven. As Revelation 14:13 reminds everyone, "Blessed are the dead who die in the Lord from now on..." Even Jesus Christ as well as the saints suffered and died. Besides, Social Psychology asserts that cognizance about death improves physical health and re-prioritizes goals and values of individuals. James Lindsay affirms that accepting the reality of death leads to a better life because it replaces anxiety and fear with peace and bravery. Death also gives benefits to the alarming overpopulation in the world. In fact, an article shared by Debases on economic discussion proves that overpopulation reduces the rate of capital formation,

unemployment, food scarcity, and poverty which hinder the growth of economic development. Therefore, death is a utilitarian means of addressing the problem on population explosion.

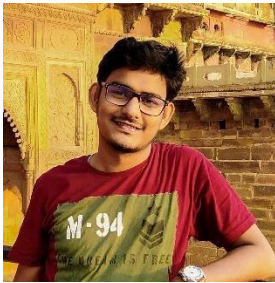
In conclusion, I could assert strongly that COVID is a contemporary manna from heaven used by God as an instrument to create a better version of myself and the world in discovering my inner wisdom and skills thoroughly, restoring the balance of mother earth cautiously, reshaping people's personal care and humanitarian relationship unprecedentedly, strengthening political governance holistically and making everyone realize the happiness behind death essentially. Such five extreme transformations among the environment, humanity and people's awareness on death are important things to build a wonderful world with people of virtues who are brave to face sufferings and death. And this somehow begins from me whose wisdom and skills are nurtured and cultivated. Nonetheless, people may not understand the situation now for they perceive this crisis as something that

deconstructs lives. But if everyone detracts his or her mind and goes deeper to its ultimate truth, God is in COVID for He is in control of everything. He uses this for a lot of purposes that always stand (Proverbs 19:21).

The wonder of COVID does not only create turning points in the world but also in people's lives for the better. Finally, if everyone tries to contemplate now, one can really discern that the present condition makes some changes in daily routine and way of living. Subsequently, such changes greatly affect subliminally to the future plans and life of everybody. At the end, everyone will soon realize that the way of living transformed in the new normal brings about better version of the new world and new life. And this is a sparkling rumination for a better future that every single individual should cultivate the newly transformed world created by God.

CHAPTER-20

LOCKDOWN AND NEW NORMALCY: FROM THE DIARY OF A RESEARCHER



I am Archisman, currently working as a Ph.D. student at the Department of Zoology, Institute of Science, Banaras Hindu University, and Varanasi. My area of research includes molecular endocrinology and toxicology. Currently, I am working on gut microbiota and its correlation with metabolism. Besides a research student, I am a scientific illustrator.

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Three years after starting my Ph.D., focusing on the area of molecular endocrinology and toxicology at Banaras Hindu University, I would describe myself as a Mid-PhD research scholar. I'm seen as a senior by Masters Students, but as a relative newbie by my department's senior scholars. That is, of course, under normal circumstances, but from March 25, we have not been living under that old normal situation. Lockdown, I heard this word for the first time in my life on March 24, 2020, when our honorable PM ordered a nationwide lockdown from the very next day due to the pandemic of COVID-19. So, I would like to share my recent experience of the ongoing lockdown. I hope many of you can relate to my experiences and feelings. Hopefully, it will make somebody, someplace, grin and acknowledge we are altogether experiencing renditions of a similar encounter.

As a life science researcher, I never saw my lab to be completely shut down for a single day. I was quite puzzled and clueless about the consequences of

the lockdown for a researcher like us. From the next day onward, it was a whole new experience for me. As a researcher from the field of biology, my most experiments involved live animals; my lab couldn't be locked down for a day. Daily I had to feed the animals, change the media of the living cultures. The next day, when I was about to enter the university entrance, I was stopped by the security guards. They were asking for permits. However, as it was the first day of lockdown, I didn't manage to get a permit from my institution's head.

So, I talked for a while with the security guards and finally managed to make them understood why it was crucial for me to go to my lab. That time one of my experiments was running on, which was about to finish within the next seven days. Entering the University premises, I witnessed a completely different scenario for the first time in my five years of BHU-life. Almost all the classrooms were closed, even the shops inside the campus were also shut down, and hardly any student was roaming on the campus roads. I reached

my department and found that almost every research scholar was present. As I had to look after my experimental animals, I requested a special permit to visit my lab from the institution's head.

Our lab animals were continued to be cared for daily throughout the lockdown, thanks to special permits from the institution's head that allowed me and many other scholars to come to their respective laboratories. Only researchers who were revising papers or who had ongoing experiments abide by all the precautions and safety measures advised by our government had been given permits for working on the premises. The overall situations got worsen day by day. Amid all this, I had to complete my ongoing experiment. The sample's analyses were not possible then as all the central facilities were closed as a safety measure. Generally, in the field of biological science, the samples are kept at ultra-low temperature till the analysis to prevent sample degradation. So, I did the same thing. After that, all the lab members used to visit the lab in alternative days and one at a time to ensure

that there were not too many people in the lab at a time. In my three years of life as a researcher, I used to work in the lab for almost 12 hours a day. I have hardly had any holiday for the last three years. Due to restrictions and other precautionary measures, the working hours cut down to nearly 4 hours during the lockdown time. The first phase of the lockdown gave me plethoras of time for a sudden relaxes after a tight schedule of long three years.

I got time to brush up my childhood hobbies like drawing, reading storybooks and novels, gardening, etc. I also learned a few things that I wanted to know for so long, thanks to the internet and my university, as they allowed free access to several courses on online platforms. I learned to cook my favorite dishes, learned basic coding, learned how to make 2D animations, and learned many new things I dreamt of learning one day. Simultaneously, work from home was going on, like compiling results of my previous experiments, writing papers, analyzing results from the completed experiments.

The first month of lockdown was delightful for me, but soon I started missing my lab hours, and my research works a lot. The COVID situation got worsens day by day in the city. It was getting more challenging for me as the days passed by to adjust to this confined life. Soon I realized that all these leisure times for so long were not enjoyable for me at all. Instead, I would love to go back to the lab in my everyday life as a researcher. I wanted to go back to work so badly.

I got a call from my guide, and he told me as per university guidelines, all the Master's students had to submit their respective project reports. Each year 4-5 master's students are allotted to each lab for their project work for the fulfillment of their Master's degree. So, in my lab, four students were assigned, but their experiments could not be completed due to the lockdown. In the next few days, I got myself busy guiding the students to write their project thesis for the submission. Then I felt like I was breathing again by going back to the busy schedule I used to have. After

successfully guided them to complete and submit their thesis, I got my rhythm back. Soon I started writing a book chapter and finished it within a month. Thankfully it got published too. The rest of the lockdown till date, I did some work related to publications in the meantime. The situation is much better now; wearing a mask, maintaining social distancing is the new normal. We are well adapted to this now. We don't know when this pandemic will over, but the research will go on, and so the life.

CHAPTER-21

COVID-19: HOW THE CLOSURE OF THE UNIVERSITY OF BARISHAL IMPACTS ON THE STUDENTS



I am Abdul Karim Gazi, Studying BSS in Sociology at the University of Barishal, Bangladesh. Besides academic studying, I have conducted a few pieces of research, published in different international journals. And, I have already contributed to three books. Typically, I feel glad to conduct researches on different social phenomena.

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ABSTRACT

The COVID-19 brings a lot of problems, signalling everyone is affected by this pandemic more or less. In this process, almost every country declared the closure of the academic institutions what created more pressures than ever on the students, especially Bangladesh. Accordingly, it is sad but true that the students of the University of Barishal deteriorated in many ways. In consequence, the junior-level students mainly lost the opportunities of the campus and became bored by staying at home for many days. And, the senior-level students failed to continue their studying properly what created pain, anxiety, and tensions among them. Equally important, job seekers who just completed their degrees were worried relating to the preparation and the circular of the jobs. Above all, students lost the severity of the study at home that means they feel a fish out of water. The matter of optimism is that online classes reduced the motion of losses of the students. So, both teachers and students should make a good environment for

continuing the process of study. It is not just the students of the University of Barishal who are suffering; the students of other universities are suffering because of the pandemic

Keywords: COVID-19; Students; University of Barishal; Bangladesh

INTRODUCTION

In reality, the novel Corona virus disease is the cause of a harmful virus, named the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) (Bender, 2020). At first, this virus was traced all on a sudden in Wuhan city, Hubei province, China at the end of December 2019 (Saadat et al., 2020). In the meantime, the World Health Organization (WHO) announced that COVID-19 is a pandemic all over the world on March 11, 2020 (Sanodiya, 2020). As a matter of fact, this deadly virus appeared in many countries by leaps and bounds. Especially- this virus first appeared in Bangladesh on March 8 and a patient died for this virus on March 18, 2020 (Kamruzzaman and Sakib, 2020). As ill-luck would have it, in spite of

taking all effective actions by the authority, 359,148 people are infected and 5,162 patients died for this virus in Bangladesh as of September 28, 2020 (Worldometer, 2020).

Worse, the education sector of Bangladesh suffered irreversible damages by the pandemic and the authority was waiting for the decision of the Institute of Epidemiology Disease Control and Research of Bangladesh (Tithila, 2020). Since the authority didn't close the education institutions after tracing the virus in Bangladesh, more than a few students from different universities of Bangladesh boycotted their exams and classes for the closure of the academia (Akhter and Rahman, 2020). Afterward, the authority closed all types of educational institutions for sake of ensuring social distancing and protecting the students from being infected of this virus from March 17, 2020 (Kamruzzaman and Sakib, 2020). In this particular case, the authority can't say for certain when they reopen the education institutes as the outbreak of COVID-19 is ongoing. Thus, all academic activities of the

University of Barishal were closed in the direction of the government and the students were pushed to leave the hostels on March 17, 2020. So, the COVID-19 made a serious concern in various matters after the other for the students of the University of Barishal.

Result and Discussion

a. 1st and 2nd-year students:

Matter of fact is that the 1st and 2nd-year students get an open environment after completing 12 years of restricted studies in the context of Bangladesh. To begin with, the closure of the university made a chance to pass time free for them at all events. But most of the study missed the environment of the campus and visiting new places with friends and classmates. It is worth nothing that the pressure of seeking a job doesn't make them worried but the 2nd year students felt the loss of study for academic and job preparation. After a few months of the closure, the implication is that the junior level student felt anxiety by studying for many days. Since the situation was at stake, they had no way to attend the university.

Nonetheless, they posted often about their passing of boring time at their Face book profiles. Even their contact with friends and classmates was ongoing at all hazards via the Messengers, Whatsapp, etc. on the other hand, according to the declaration of the Bangladesh government, the university authority started the study-gap-reduction targets and strengthening the will of students by the online class system for every department. Consequently, most of the students learned the use of modern technology for the reason of taking online classes at the point of all barriers. But, it is mentionable that every student had no sufficient materials to take online lessons. To speak frankly, a few students used online devices borrowing from others because they had the existential crisis during COVID-19.

b. 3rd and 4th-year students

It goes without saying that 3rd and 4th-year students lost more than 1st and 2nd-year students beyond all doubt in four years of academic life of the under-graduate level education. Because they have

aims to engage in seeking a job after one or two years later and competing against a vast number of candidates by way of taking jobs. The longest time closure of campus is a crucial issue for them because it raised the pre-existing tensions for jobs. Subsequently, although they attended online classes by force of the perilous situation, they missed the environment of the campus and the direct lectures of the teachers by all means. Simultaneously, with a large time staying at home and losing face-to-face contact, visit, and group study; they became disappointed at home by this time. Most importantly, they felt that they are becoming deprived of the job opportunity because studying at home is not sufficient to get a job in the future.

On the contrary, a few students started to learn to use several important and essential software and online materials for rising skills of the online system. Also, more than a few students attended different online webinars, workshops, conferences, training, and congress. It is mentionable that those started the researches that have experience and

knowledge about research, even someone spent much time for learning the research methodology with aiming to conduct research in the future. For the most part, the new entrepreneurs weren't stayed without thinking and decorating their businesses during the closure. As a consequence, online businesses were ongoing come whatever may and someone initiated their new business on a number of points, such as clothes, cosmetics, books, etc.

c. The post-graduate students:

The author took those students in this section that completed graduation and got admission for a master's degree except engaging in job seeking. Truly, they have two types of pressure that attending online classes and preparing for a job competition. As the case may be, since they will have to compete with thousands of job seekers afterward, they tried to continue their study more substantially than junior-level students.

Who had ambitions to pursue a higher degree from abroad they used their time for research and

learning effective knowledge in that direction. Meanwhile, many graduate students have published their researches during the closure of the university. Others were aiming to conduct and publish their researches over the past two or three months. Correspondingly, someone was engaged in the preparation of taking IELTS and GRE examinations for the purpose of getting scholarships and admissions abroad.

d. Fresh graduates and post-graduates:

In this section, the author indeed mentioned those students who have just completed a bachelors or master's degree at the University of Barishal and are trying to take jobs as soon as possible. It is clear that they are unemployed but prepared for competing with a vast number of job candidates in Bangladesh. During COVID-19, they were pushed to stay at home because their hostels and messes were closed as the sign of national lockdown. For this reason, they felt anxious and worrying situation about their study because they lost the severity of studying at home for

the longest time. Generally, they are habituated to study with friends at the library and under suggestions of the coaching centers. It is a tragedy that someone gave up their master's degree only for taking income sources but the pandemic stopped everything. Also, the circular of jobs was postponed by all means due to lockdown. It is a matter of horrifying that someone lived on the income as the home-tutor who was totally deprived of income sources due to the closure of educational institutions for a long time.

Conclusion

At the eleventh hour, it is a major concern that the pandemic forced to close the educational institutions, and around 1.5 billion learners in 190 countries were out of their classes for more than a few months (Askari, 2020). In the same process, the students of the University of Barishal couldn't attend their classes as always. For this reason, it makes perfect sense that they felt many psychological pressures by turns. In reality, they shouldn't be disappointed because the situation will be free from

the pandemic and they will attend their classes after a year or so on. The authority tried to tackle systematically the impacts of the COVID-19 and the students have a vital role to combat the situations consciously. Because they can be aware and make people aware of the outbreak of COVID-19. Also, students should attend their online classes with all attention to take lessons no matter the circumstances. We need to wake up to these realities because things can't be allowed to go on like this. What is hearting to see, however, the Bangladesh government initiated to give Smartphone those poor students who have no material to take online classes during national closure? If they got the Smartphone, they can able to take lessons from online systems and the sweeping impacts will be reduced as much as possible. More importantly, the Bangladesh government should make easy the availability and affordability of access to the internet for all students during the closure of education institutes. Last of all, the teachers should make classes

attractive and motivated for raising students' attention as long as the pandemic is stopped.

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CHAPTER-22

IMPACT OF LOCKDOWN ON EDUCATION AND EMPLOYMENT



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ABSTRACT

Education is the process of gaining knowledge, inculcating the values, developing skills. Education is also the way to enhance innovative ideas, develop potentials and build the judgment and understanding. Education enables the people know their rights; it expands the vision and outlook to see the world. Education enables us to fight against violence, injustice and corruption. Pandemic and lockdown created uncertainty.

Keywords: Knowledge, judgment, vision, pandemic, lockdown.

INTRODUCTION

Benjamin Franklin said “An investment in knowledge pays the best interest” The educated people of the country is valuable resource, they are the nation builders. Education will develop the economy and society. Lack of education may cause violence, poor health and superstition. Good education system makes us to accept challenges, build confidence, and acquire knowledge. It is useful to gain the economic and social

status. An educated person is better citizen and good decision maker and also differentiates good and bad.

Impact of lockdown on education and employment:

Covid -19 has affected the major sectors like education, employment, entertainment, health sector, tourism, hospitality sectors. The economy of the country adversely affected by the lockdown. The pandemic resulted in the lockdown and movement of people was totally restricted. Hotels, malls, cinema houses, etc completely stopped their operation in the initial lockdown period. The educational institutions were closed down. There were no physical interaction between the students and teachers. The traditional method of teaching was affected. In the traditional method the teachers and students used to interact physically, there is one to one approach. If the students having difficulties in the topic, he or she can clarify their doubts in the classroom or even they can meet the concerned teachers for more clarification or for extra information. Teachers can motivate the students by

offering reference books or advanced books to the advance learners. Teachers or the facilitators can take extra classes or extra coaching sessions for slow learners and also provide the required books to the slow learners. Generally in the classroom environment there is heterogeneity among the students as per the capacity to understand the topics. Teachers can meet the requirements of the students by understanding the ability to understand the topic and interest. A teacher is a master in the classroom and inspires the students.

The educational institutions conducts skill oriented programs for the students to prepare them for the career. It can be for corporate world, to start new ventures or take up professions like Chartered Accountants, Company Secretaries, Panchayath Development Officer, IAS, IPS Scientists etc .Educational institutions encourage the students to take up project works, internship, group discussions, case studies, mock interview, and guest talks from scholars, workshops, skill enhancement programs, preparing the students for campus interviews. These activities are more effective in

regular classroom environment. In offline class or face to face interaction there is more bondage, liveliness and interaction. The college undertakes more number of skill oriented programs to the students especially for the final year students so that they get the better opportunities. The pandemic resulted in lock down; the face to face interaction is affected.

The Covid-19 and lockdown impacted negatively for the development of the students. There are no regular offline classes and students cannot participate in various activities like quiz competition, debates, sports activities and cultural competitions. These activities are very much useful for the all-round development of the students. The inter-college, intra-college competitions has been affected due the Covid 19 and lockdown. These competitions are very much useful to develop the leadership qualities. Competitions are helpful to showcase the hidden talents of the students.

The NSS units, Rovers and Rangers etc are the volunteer student units who work for the social cause, due to lockdown these units are unable to serve the

society. The educational institutions are undertakes experiential learning through mini projects, jathas, industrial visits, internship or summer projects. These initiatives help the students to get the practical exposure. Research by the students regarding the customer surveys, market surveys are also badly influenced by the lockdown.

It is true that lockdown affected the students, but the modern ICT helped the students to prepare the examination. The teachers and students are interacting through the use of new technology. The students are now attending the online classes through Zoom, Google Meet and other apps. Educational institutions are conducting webinars to the students. The students can participate virtually and students can gain the knowledge. Students can make use of Infilbnet or N LIST for collecting materials. There are numerous apps which help the students to prepare for the exams or competitive exams. Teachers are now using the Whatsapp to share the materials to the students

Research scholars can meet the respondents by developing the questionnaire through Google form. There are number of educational institutions which organize virtual conferences, workshops, which students can access to such informative programs and enhance their knowledge.

It is true that through the use of internet the students can attend the virtual classes, but the students from rural, tribal and hilly areas cannot attend the virtual classes due poor internet connectivity. The reach of modern gazettes only to the people who are having good purchasing power. There are people who are living in below the poverty line. Laptops, mobiles and other sophisticated gazettes are the nightmare to the economically backward people.

Lockdown and its Impact on Employment

There students who are earning and also learning. There are incomes earning avenues for the students. They work in restaurant, petrol bunks, malls, retail outlets as part timers. Lockdown adversely affected the students as hotels; malls stopped their

functions in the lockdown period. These incomes help the students for their education and livelihood. The reduction in income may affect their higher education. Lockdown adversely affected the job market. The companies are postponing their campus interviews. The students are dependent on the parents, if the incomes of the parents are affected, and then there is direct effect on the education of their kids. Many people lost their jobs due Covid and they are not afford to pay the college fees. The parents may discontinue the education of their kids.

Conclusion

The pandemic affected the lives the people very badly by reducing the income. Lockdown resulted in unemployment and it also resulted in low purchasing power. Production has reduced. Education is also affected due to lockdown effect. There is no physical face to face interaction. Students are now using the virtual class room, attending online class classes through Zoom, Google Meet etc. There is network problem in rural, hilly and tribal areas. Government should take

initiatives for digital education for building strong nation. If we have to change the world, we need to build educated society. Swami Vivekananda rightly said “Educate and raise the masses, and thus alone a nation is possible”.

CHAPTER-23

THOSE WERE THE GOLDEN DAYS



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THOSE WERE THE GOLDEN DAYS

Those were the golden days,
When we roamed the world with fun and play.
The city which bloomed with sounds & lights,
Are now silent with lonely nights.
A virus from the market of flea,
Has brought the world on its knee.
All the fun I had in school,
Are just memories now I drool?
Although missing the routines feel real bad,
I makeup playing with mom and dad
Still when science gives answer for all we lure,
Why no solution for this cure?
Though life is stagnant due to lockdown,
This might be a blessing as life needed a slowdown.
We hope solution from heavens soon,
Till then Doctors and Police have come as boon.
With all these, life is bland and placid,
By being responsible we are sure of winning over
Covid.

CHAPTER-24

HOW WAS YOUR LIFE IN LOCKDOWN



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INTRODUCTION

The whole world has come to standstill because of Corona Virus. Over 90% of world's students have missed out on school. Because of corona virus children everywhere had their lives turned upside down. Right now, their future hangs in the balance as a student heard about corona virus in detail from my teachers. They told us due to corona virus there will be no schools as it affects the people /children and authorities are afraid as it might spread in the school. I worry a lot, I don't know if the school will open again & I don't want to miss learning. I'm so sad that I will miss school ,my friends & teachers I don't know when we will resume so that I can continue with my education & meet my friends. This really worries me .Life during lockdown is nothing all about only waking up, attending online classes, helping mom, a little bit fight for T.V. with other cousins and playing indoor games, sleeping and as sunset comes do the school home work given by the teacher and list out the doubts on a given side & ask teacher about it

on next day or ask mom about it. It's also very boring to attend online classes from home slope!! So we get to know that we will go back to school as soon as possible & everything will be like before I would end here with a quote

“NEW UNIFORMS, NEW BOOKS, NEW BAG”

But, the same old stupid friends. School was indeed the best part of our lives.

LIFE DURING LOCKDOWN

In this lockdown period we just came to know how to lead a life. Life during lockdown was full of emotions. We all learned how to sacrifice in this situation of lockdown and also I learned how to be happy by my self, by reading, writing, playing, cloth painting etc. I had lot of fun in lockdown by playing carrom, ludo and chess, name place animal and things. We had lot of fun because there we no school, so we would get up late in the morning and sleep late in the night and we did not have tension of school home work, exams. But I missed my friends ,my school, play ground ,parks , outing ,cinema halls, malls for shopping.

But we had one good thing in this lockdown is that all family members were present at home. We had great time with my brothers, sisters and cousins were together.

Many people did not have food to eat and also from this lockdown period many villages, people had so many problems and there was no transport like trains, buses, etc they came by walk from one village to another. Rich people had so many things to eat and they were wasting food and poor people had no food ,no water and so many died because of this lockdown. Some of the people donated needy things for poor people , we had chats prepared in home for all family members and we had great fun doing it. We explored new recipies from you tube. We spent our time by doing drawing, dance, singing, and watching T.V., playing hide and seek, passing the ball, passing the message and dumb charades.

I THANK GOD TO KEEP OUR FAMILY SAFE AND FINE, I THANK GOD EVERYDAY FOR IT.

CHAPTER-25

THE STUDENT'S TALE: LOCKDOWN 2020



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“How we wake up each day and our morning routine dramatically affects our level of success in every single area of our life ” once said by HARPER SPERO.

On 23rd March 2020 onwards many people rejected their routine work because of the Pandemic COVID -19 conquering globally and the Government called for an emergency lockdown .The world was fully affected by this pandemic disease COVID-19. Many people struggled very hard to earn their living during the lockdown. Some people lost their jobs, some people were away from their home. And mainly the daily wagers were affected very badly by not having their shelter and struggling for food every day during the lockdown.

On the other hand, the people were enjoying the unlimited time of sleep, unplanned days, unlimited hours spent in front of the gadgets and especially people were experimenting at their home lab [kitchen] for their taste buds to rise up. There was no daily routine for the people who were following. They were adventurous and kept their schedules open-ended. But there is something

to be said about keeping a routine. It can improve overall health, well-being and productivity.

As far as my knowledge, what I experienced in this pandemic lockdown was people say that we should struggle hard for money. Money is very important. But I say that money is not everything, money can give us the power to make a difference in the lives of others but not the desire to do so. Money can't buy everything. Money increases happiness until about a certain level of earning, and after that our emotional well being does not increase with our income. Close circle of family and friends is more important for happiness to live our peaceful life.

This pandemic lockdown gave us the time to spend quality time with family. Family is the best gift from the God. It was the best time to slow down from the fast-paced life of the real world and spend some quality time with your children and other members of the family. By playing conventional board games and reaching out to your loved ones through video calls. This lockdown

period had definitely tested our mental strength and patience. But it is our responsibility to respond positively and make the most of the present situation.

Well, all this can be shared only with one's own experience. This was my experience during the lockdown.

STAY HOME.....

STAY SAFE.....

BUT BE A CHANGE.....

SUMMARY

The presented book shares the life experience of individual across the globe. The content of the book is from myriad age groups who have witnessed the world's longest pandemic state of COVID-19. The authors contributed from different background starting from School students to Graduates and Teachers. The Book also comprises life experiences from Civilians, public servants and army official s who have shared their experiences. The Book is edited version of COVID-19 experiences which is edited to best of its content. The editors express the gratitude to all the contributors who have pen downed their thoughts to make this book a unique master piece of current times.

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