

CHAPTER-16

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



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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.