
A Different Point Of View about Corona Pandemic

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ABSTRACT:

It's been almost 6 months since there is a word that has spread all over the world faster than wildfires, and it's not just one of the most talked about topic but the most feared one too, Yes, it's none other than "corona". Hearing the word itself strikes fear in all people around the globe.

So what is this corona or COVID-19 really? COVID 19 is an infectious disease caused by newly discovered strain of coronaviruses, the SARS-CoV-2. Corona virus was reported from china in late December and early January from the state of Wuhan in china. Corona virus was found in some of the earliest known cases which were having a link to a wholesale wet food market in Wuhan. The word corona brought its terror in India on 30th January 2020 in Kerala. The patient was a student, studying in the city of origin and had come back to the country due to the pandemic. Since January this virus has been spreading and is being reported all over the world. Corona has become a fear that has not spared anyone from its impact. The day to day life of all people around the world has been impacted since. This virus is a mutant form of corona that is novel corona virus- covid19. Corona virus pandemic has taught us that there are various lessons to be learnt in the existing pandemic situation. Corona has brought our attention to the fact that there needs to be a lot of improvement around us. A different view and perspective has come to light about the existing health care plan of our country. The foundation of health care system with health care provider has come to stakes. It's high time that we look into the existing health services and strengthen them at core level. Survival of the fittest is one of the oldest proverb in medical science and now in times like this it has been held true. Survival has become a key element in the present scenario.

Keywords :Covid, pandemic, corona, china , panic , infrastructure , hospital management, health care workers.

INTRODUCTION:

So since the start of this year the people have been dreading a word - Corona. This virus has impacted the life of every life form inhabiting this beautiful planet. From the tiniest to the mightiest have had their lives turned inside out. For the human population this virus has been life changing, it has incorporated into our lifestyle and has changed it to an extent where each and every strata of people are impacted by it. Over the past few months it has drastically changed the life of people. It rapidly transformed itself from being an epidemic to a global pandemic. This virus has brought to light the importance of having shelter and home. This virus has made us stay indoors and spend a life of content with the people we love. Long

term care facilities were the most important in preventing the introduction and spread of COVID 19(1).

It's said, Nature always has its way of teaching us, that it's time to pay attention, and most importantly what's wrong and what's right. This pandemic is one such situation where changing times and trends have come into place. The infectiousness profile of the disease initially closely resembled that of influenza than of SARS , although we did not have much data(2). It was also suggested by reports of asymptomatic pre symptomatic transmission(3)(4). In a country like India, having the most culturally and religiously diverse population, this pandemic has been a new trend setter. Another study reported that virus was detected for a median of 20

days (up to 37 days among survivors) after symptom onset(5)but infectiousness may decline significantly 8 days after symptom onset, as live virus could no longer be culturedand hence it was important to keep the patients isolated in a populous country like ours(6). So this time in the form of this pandemic there is lot that is to be learnt and things that need to be changed. The first thing to understand is that change is the only thing that remains constant, and it must be brought from within with the ever changing social, physical, mental, and emotional challenges around a person. Like everything this pandemic also has it's pros and cons.

Discussion:

The first and foremost lesson to be learnt from this pandemic is that freedom is almost always taken for granted but it is the thing that makes us feel alive. This pandemic made us give up our freedom for the public good. One must understand the importance of staying home. I know it's difficult for people to stay at home for such a long period but one should be ready to sacrifice some freedom for the greater good. Staying at home is the easiest and best protective measure one can take until a proper solution is in force. Lockdowns are proven methods that allow down the spread of a contagion in a large population. The major fear was the mortality of this disease being similar to SARS or MERS, which have had case fatality rates of 9 to 10% and 36%, respectively(7). This pandemic has taught us the importance of coming out of home only when it is necessary as strategies such isolating ill persons (including voluntary isolation at home), school closures, and telecommuting where possible are the only measures available (8). Any living being can't survive without a place with warmth and love. The importance of family and their love is another lesson that this pandemic has taught us. The key to survive in this tough time is love and

warmth of people who matter the most to you. The second important thing this pandemic has taught us is that it is not important for you to stay close to someone to love them. The importance of staying far but connected is the key to deal with this pandemic. There are little lifestyle modifications that can save you from a long term trouble. This pandemic has brought back the old traditional rituals followed by us, simple steps like folding hands into Namaste while meeting someone has replaced the hug and the handshakes. Time and again there has been a revolution to teach people about the importance of change. In this changing times, there is a lot of impact on the social and mental health of people. There is a great amount of increase in the number of mental health issues due to isolation, loss of income and mostly due to the fear of this disease .India spends only about 0.05 percent of the total healthcare budget on mental health patients. In the year 2019 only Rupees 40 crores (aroundUSD 5.8 Million) was allotted to the welfare of mental health issues which is seemingly low. HoweverCritical to moving the field forward, even in the context of an outbreak, is ensuring that investigational products are evaluated in scientifically and ethically sound studies (9). This pandemic resulted in making the people realize mental health is equally important. The crisis which the human population faced in the early 21st century has been quite different from the previous ones. This time we had the boon of technology to help us stay connected and informed. People are miles apart but are still connected which makes it a lot easier. This pandemic has taught us to live a life full of content. We learnt it the hard way via this pandemic that materialistic things hold very less importance to sustain life, it's the basic utilities that help us to pull through. Luxury in life is a boon but it's not something that we really require even compared to the basic life sustaining

necessities. The spread of this deadly pandemic made us realize the importance of one and the most important thing, that is, hand washing. Washing of hands frequently after activities that are suspected to transfer serious disease causing illnesses, and taking proper care of your hygiene is of utmost importance. Thorough washing of hands, properly covering all areas with soap or alcohol rub for 20 seconds is the easiest and most economical method proven to kill and inactivate the virus and keep you safe. The age-dependent defects in T-cell and B-cell function and the excess production of type 2 cytokines could lead to a deficiency in control of viral replication and more prolonged proinflammatory responses, potentially leading to poor outcome (10). There is a need to make a change that can balance your work life. Work from home is an important step taken in the light to promote working environment. Basic life skills should be of primary importance for everyone. Gender bias on the work distribution is to be abolished. Working for betterment should be of importance. The provision of internet must be included in the basic criteria to keep people working and safe. An environment of health and safety must be given priority. Internet is making lives easier by connecting life of people. The most important thing that came out of this pandemic is the attitude of people towards their health, running after money and work, the health of people were long forgotten.

During the time like this the slogan "Health is wealth" is most appropriate. Personal health is an important thing to be looked after. A study has shown that, owing to inadequate medical care systems, nearly 1 million people die every year in India (11) A person by himself is the first warrior in the war against this pandemic. The person suffering any disease is usually the first to detect any malfunction in his system. It has been estimated that COVID-

19 will hurt emerging market currencies and also impact oil prices (12). The first step is to identify the person and ensuring his wellbeing. Identification and Isolation of the person having symptoms of the disease is of paramount importance. The chain of transmission needs to be broken at grass root levels. For the proper enforcement of such guidelines and identification and Isolation drives the status and working conditions of the healthcare workers need to be improved. A study conducted in the year 2012 in six states in India revealed that many of the primary health centers (PHCs) lacked basic infrastructural facilities such as beds, wards, toilets, drinking water facility, clean labor rooms for delivery, and regular electricity. A 2018 study estimated that India has roughly 1 registered medical practitioner per 1,168 people, which is lesser than the WHO criteria for practitioners. Doctors and other healthcare workers needs to be paid better. The time and effort of each and every person should be valued. The healthcare workers even during these challenging times had to face salary cuts and loss of jobs. The money and respect they deserve must be kept at high end. This pandemic has taught us the importance to learn to appreciate all the work performed by essential workers against all difficulties. This pandemic also brought us closer to nature. The point is to remain safe and close but have a working culture. This pandemic has brought to light that working environment close to nature is the immediate need. The respect and status that someone working for this cause is must. Adequate money and support is the current demand. Also currently, manufacturing and distribution channels do not have the capacity to provide access to the billions of people, in a very short span of time, who will require this vaccine, making our Governments learn a lesson to invest more in the health research and development sector. India's gross expenditure has tripled from 2008 to 2018

but it's still less than 1% of out GDP contrary to other developing countries. Thus, we need to invest more in research and development and increase the salaries of the valuable resources working in this department. Also India is trailing in the availability of ICU beds and ventilators per capita as seen in an independent report conducted by CDDEP and Princeton University and needs to invest in its development. India, with a population of more than 1.34 billion—the second largest population in the world—will have difficulty treating severe COVID-19 cases because the country has only 49,000 ventilators, which is a minimal amount (13). It is always said that human behavior and work changes when something pressurizes it. So it is high time now that we pull up our socks and learn from the current pandemic. The current situation has taught us the value of standing alone and finding content in one's own self. Being alone has impacted the physical and mental health of people. It has made people vulnerable.

But at the same time it has taught us the importance of staying connected to friends and family. It has given us the time to mend our forgotten relationships. It has given us time to stop and look around, the time to really understand who you are? It has taught us to keep our body and soul peaceful. This current pandemic situation has taught us a lot but out of all it has given a new meaning to our lives. It has made us understand the real meaning of living and surviving. The lost compassion between people is back. It has taught people to stay protected. It has given a new meaning to the role of personal protection and hygiene. It has brought a sense of discipline in the lives of people. It has made people understand the worth of things around us. Survival has become the key element in the present times. Essential needs have taken priority over advance luxury. India has expertise in specialized

medical/pharmaceutical industries with production facilities, and the government has established fast-tracking research to develop rapid diagnostic test kits and vaccines at low cost (14).

So in the times like this we need a united front against the virus. With India making great strides in research and increase in testing many folds (15) I am sure we will be able to get over this pandemic soon need to strengthen our minds and body to be prepared for the upcoming challenges that awaits us. Times like this reminds us our old cultural values of greeting from distant ; having a bath after coming back. Certain measures are bringing combine approach to fight against this disease (16, 17). An approach which takes into account every dimension of disease is needed. We need to stand upright and uptight against the virus and fight against it. First things first approach is to taken of first. Safety and staying indoors are the key elements in this fight. We should focus on the basic needs and follow the instructions (18,19). Survival is the main theme of the year. Government are taking many measures to contain the disease. The various approaches includes staying at home and avoiding unnecessary travel and exposure. Compulsion of social distance at places of importance like hospital's and grocery stores. Apart from this the government has launch the provision of night curfew where in as the clock strikes 11 everyone is suppose to stay at home and the one's who are not are suppose to be back and strict measure are being taken so that there is no movement between 11pm to 6 am. This small measures are taken as a positive step to control the virus and avoid unnecessary gathering. It is at the very basic level that the virus can be defeated (20,21,22). Once the person is infected we can only shed tears. So it's high time that we take care and bring out the responsible citizens we are. It is this combine effect from people around all the corners and all the classes of society that

the viruses can be slowed down. Meanwhile the government should strength the health facilities and indulge as many health care workers as possible against this virus. Slow and steady wins the race is the oldest of saying taken from a very basic childhood story but in times like this it holds true that are slow but steady effort will help us win against this virus. This past year pandemic had created a havoc in lives of people. It has disturbed the life to the level we could never have imagined (23,24) .

There are lots of strategy that has been implemented . But in changing times like this new polices are to be made daily. A different point of view and approach needs to implemented to control' the spread of disease (25). There has been many epidemic, endemics , pandemics each one teaching us a new thing. This pandemic had made us all sit and thinkabout the past and present health care and other facilities around us.

How to stay happy in Covid times

Twofold down on genuine self-care — especially work out. An examination says that the underlying stage in boosting happiness is to manage your body. "Your genuine encounter will reliably affect your excited experience "Likewise, practice is the otherworldly cure of life." Even little yoga or taking a rapid walk can work, "Investigation shows that a basic brief walk is sufficient to make a fun loving, happy demeanor." Physical work help your psychological state .

"Reflection assembles feel-extraordinary neurochemicals, as it diminishes pressure hormones, for instance, adrenaline and cortisol."

Improve rest tidiness. A nice night's rest is hard to track down when you're self-detached in an overall pandemic, anyway rest is basic to both physical and mental prosperity. Take extra measures to at any

rate endeavor to deal with your rest. Rest is must to balance out your synapses.

Cooperation with others. "Old masterminds says that collaborations is really huge," whether or not just we're in confine, we mustn't keep ourselves from getting social correspondence. "We're fortunate that we have so much development we can use to interface with people who aren't close by. By and by's similarly an occasion to pay exceptional brain to our loved ones who may not understand how to use these advancements. Guarantee they're not disregarded or isolates."

Experience nature — whether or not that is just looking at a photo. We may have to work fairly harder to get to nature right now, with various region and state parks shut, yet if you can put that extra energy in, you'll likely be happy you did. "Prologue to native environments has been associated with better wide prosperity and less weight," "Studies have shown that basic natural surroundings are connected with lower cerebrum development in the frontal folds and low repeat brainwaves. With everything taken into account, our brains release up extra.

State favor your heart. "Instead of seeing what you don't have, postponement to give gratefulness for what you do have,"For example, if you can't take your standard yoga class, base rather on the open door you need to like the stack classes [online]." The trick here is to really immerse yourself in thankfulness not simply by state, recording an overview of things you're grateful for, yet by offering thanks toward each person who crosses your direction, including yourself. "Whether or not you thank the transport individual for the store of boxed food supplies, your associate for introducing to you some tea or yourself for finishing a work adventure, your happiness

level will augment when thankfulness streams," Masculine says.

Conclusion:

I agree to the fact that corona has been a little hard on everyone but without a little rain u can't have a rainbow. With cases crossing the 8 million mark in India in October before the start of festival and marriage season, let us all keep praying and helping each other in these difficult times. And should never forget the things this pandemic has taught us. After this is all over we need to strengthen our health care system and be prepared for what awaits us next. We need to built strong and modern infrastructure. A approach which will help us to deal with coming situation without panic. Pandemic had its effect on all the beings of life so we need to tighten our journey and be ready for everything that awaits us. Prompt treatment and better hospitality would result in less haphazard situation. Prevention is better than cure is the oldest saying but most applicable one. It's better to be prepared in advance. Prevention of unnecessary exposure and little self care can help us win against this situation.

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