

Coronaviruses are a large family of respiratory viruses that includes COVID-19, Middle East Respiratory Syndrome (MERS), and Severe Acute Respiratory Syndrome (SARS). Coronaviruses cause diseases in animals and humans. They often circulate among camels, cats, and bats, and can sometimes evolve and infect people. Its symptoms depend on the virus, but in humans common signs include mild respiratory infections, like the common cold, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The novel coronavirus (SARS-CoV-2) that causes COVID-19 first emerged in the Chinese city of Wuhan in 2019 and was declared a pandemic by the World Health Organization (WHO). **For patients who have COVID-19 or other coronaviruses, supportive care was recommended like** take pain and fever medications, take a hot shower, drink plenty of liquids, stay home and rest well and most importantly maintain social distancing. Quarantines and lock-downs were implemented to contain the virus. Old people, pregnant women, terminal illness patients, smokers etc. are at high risk of severe illness from COVID-19. The outbreak in China has now spread across the globe and was officially declared a pandemic by the WHO on March 11, 2020. As of June 4, 2020, there are more than 10 million confirmed cases and 520,000 fatalities globally and over 640,000 confirmed cases and 18,000 deaths in India according to World Health Organization (WHO).

The 2020 lockdown in India left tens of millions of migrant workers unemployed. With factories and workplaces shut down, many migrant workers were left with no livelihood. They thus decided to walk hundreds of kilometers to go back to their native villages, accompanied by their families in many cases. In response, the central and state governments took various measures to help them. The central government then announced that it had asked state governments to set up immediate relief camps for the migrant workers returning to their native states, and later issued orders protecting the rights of the migrants.

On 16 March 2020, the union government ordered the closure of schools and colleges. On 18 March, Central Board of Secondary Education (CBSE) released revised guidelines for examination centers incorporating social distancing measures. On 19 March, CBSE and JEE examinations for the IITs and other engineering college admissions were postponed. States across the country postponed or cancelled school examinations, younger students were either automatically promoted or promoted based on prior performance. The Union Public Service Commission (UPSC) also postponed the interview for the Civil Services Examination. Furthermore, E-learning as well as online classes were made compulsory. Only a few educational institutions in India have been able to effectively adapt to e-learning and remote learning, which was further impacted by serious electricity issues and lack of internet connectivity.

Though COVID-19 pandemic has affected all sectors directly or indirectly, the crisis is worse on the already overburdened health systems in many countries. The COVID-19 pandemic has significantly impacted the healthcare system in India. There had been shortage of healthcare and front line workers, drugs and oxygen supply.

The attention given to fighting COVID-19 caused a reduction in attention given to other diseases such as tuberculosis, resulting in ten of thousands of deaths. This has also caused a set-back to the fight against tuberculosis by over a decade. The fall in tuberculosis registrations in the country fell 24% from 2019 to 2020 due to pandemic related issues. Immunisation programs have been impacted, operations postponed and neglected and institutional delivery of babies decreased during the lockdown in 2020.

Almost all the sectors were negatively affected due to the COVID-19 pandemic, especially the tourism sector, aviation sector & MSME (Micro, Small and Medium Enterprises) sector were hit badly. 17 March 2020 onwards, private airlines such as Indigo and Go First started cancelling flights. On 19 March, the Government of India announced that no international flights will be allowed to land

in India from 22 March. On 23 March, the union government announced the suspension of all domestic flights in the country starting 25 March. Vande Bharat Mission, a mass evacuation program, was started by the government of India to repatriate 250,000 stranded Indians around the world. The Ministry of tourism in India launched Stranded in India for foreign tourists stranded in India. Indian Railways took various initiatives to fight against the pandemic. Initially this included removing curtains and blankets from AC coaches, hiking platform tickets and cancelling 3700 trains. Metro services across India were suspended.

In March 2020, there were several incidents of panic buying in India related to the pandemic. Retailers and consumer goods firms saw their average daily sales more than double on 19 March as consumers rushed to buy essentials prior to the lockdown announcement. On 25 April 2021 the government confirmed that it had made an emergency order requiring at least 100 social media posts to be removed by Facebook, Instagram, and Twitter, which included posts that it believed were misinformation, inducing panic among the public, or obstructing the response to the pandemic. Many sports, cultural events, film shooting, etc. were postponed. COVID-19 altered daily routines, financial pressures and social isolation, taking toll on the mental health. Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety, depression and insomnia during the pandemic, compared with surveys before the pandemic. Physical and mental health needed to be taken extra care of. COVID-19 vaccines help your body develop protection from the virus that causes COVID-19. Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying updated on vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19. CDC recommends that everyone stay up to date on their COVID-19 vaccines, especially people with weakened immune systems. There are various COVID-19 vaccines available namely Pfizer-BioNTech and Moderna mRNA vaccines, Johnson & Johnson's Janssen (J&J/Janssen) viral vector vaccine (*expired as of May 6, 2023, and is no longer available in the U.S.*), Novavax protein subunit vaccine, etc. In December 2020, Pfizer-BioNTech's and Moderna's Phase 3 clinical data for its original vaccine showed 95% efficacy for preventing symptomatic COVID. Ayurveda practices have also been considered beneficial for prevention against COVID.

One of the biggest global crises in generations, the COVID-19 pandemic has had severe and far-reaching repercussions for health systems, economies and societies. Countless people have died, or lost their livelihoods. Families and communities have been strained and separated. Children and young people have missed out on learning and socializing. Businesses have gone bankrupt. Millions people have fallen below the poverty line. As people grapple with these health, social and economic impacts, mental health has been widely affected. COVID has made strengthening mental health systems more urgent all over the world.

Since fighting with the invisible foe we have indulged ourselves in many positive things in our lives which was being ignored since long time. COVID-19 has filled the gaps of our life styles, our relationship with the universe and nature as well. We have started to keep ourselves, our houses and our surroundings clean on the regular basis. Parents had more time to enjoy with their children. We have also been supporting the cleanliness towards our society, community and environment. Lockdown for few weeks and curfew's in the state compelled us staying at home, working and studying from home which resulted in controlling pollution and also helped the earth's ozone layer which led to the clean air, fresh water and betterment of other natural resources and animals.