

ABSTRACT

COVID-19 is a global burden which, as the pandemic progresses through its various phases, continues to redefine everyday lifestyle-related habits, environment, education and employment in a significant way. In determining the degree of changes in lifestyle-related behaviours, the interplay of the magnitude of COVID-19 infection with different social, economic, environmental and cultural constructs could vary from country to country

I.INTRODUCTION

Covid has changed our day to day life . Many have been affected financially and medically till now many families have been facing its crises.the life of a daily workers have been affected .this has changed many life in a good ways and in a bad ways.This covid has been helps many ott platform grows. Digitalization and virtualization will be the new normal. Different work modes like remote working, hybrid working, and three model workings will be there. While outings along with the terms and new page describing a long list of precautions will be added.

Keywords: lockdown, mental health, digital healthy diet literacy, eHealth literacy, eating behavior, outpatient, physical activity

II.HOME AS NEW OFFICE

During quarantine, most are forced to work Multiple state and federal governments have issued vaccine mandates, and they have become a highly contested political issue in the United States. The Biden administration issued an executive order on September 9, 2021, requiring all federal employees to vaccinate.⁹ Some state and local governments have also followed from home. There will be people who will, on

VI.VACCINE MANDATES

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VII.TELEMEDICINE

As many states and cities implemented measures to reduce transmission, telehealth emerged as the ideal tool to continue patient care while protecting the health of both patients and providers. Many patients preferred this option, especially when hospitals were dealing with

III.INCREASE IN ANXIETY

Almost 62% of the patients reported an increase in their anxiety level during the outbreak. The median anxiety level was 5 (min = 0, max = 9). The anxiety level was not associated with age, gender, history of CV disease, or duration of the disease. Having a previous psychiatric diagnosis or psychotropic drug use (almost 20%) did not have any impact on lifestyle measure changes, anxiety level and was not associated with age.

The covid period has increased the addiction of mobile gamings,high usage of networks and benefits of ott platforms are the main role of anxiety.

the first day after the quarantine, race to meet colleagues and drink that office coffee. But there will be those who will not want to return to the office.

More attention will be given to the arrangement of the workplace at home. Spatial organisation will change, with the place to work at home no

IV.AFFECTION OF DAILY WORKERS

The daily workers affected due to the act of 144.This have been affected daily wage workers.

V.VACCINES

Since the beginning of the pandemic, there have been accelerated efforts to sequence the genetic material of the virus and build effective vaccines that decrease the risk of infection, hospitalization, and mortality.² At the time of this writing, more than 10 vaccines have been approved by local healthcare authorities in different parts of the world.³ The pandemic has also driven innovation in the novel field of messenger ribonucleic acid (mRNA) vaccines. The US Food and Drug Administration (FDA) has approved the use of the Pfizer-BioNTech mRNA vaccine and given emergency use authorization to Moderna.⁴ The mRNA vaccines have shown excellent efficacy against many of the strains, including the beta and delta strains.

record numbers of COVID-19 infections. In 2020, telemedicine was the main means by which ambulatory care was provided, accounting for 10% to 20% of visits when virus transmissibility was low and as high as 80% of visits during the surges.

VIII.COLLATERAL DAMAGE

Many patients delayed regular and preventive care during the pandemic due to fear of contracting COVID-19. Such change in health-seeking behavior also extended to emergency conditions, with studies showing how some patients did not seek care for new onset chest pain. Indirect indicators of this are the reduced rates of cardiovascular testing globally and within the United States and the increased rate of myocardial infarctions and other emergencies seen on the trailing end of COVID-

19-infection surges.

At the beginning of the vaccination campaign, a program of passive surveillance was initiated for the monitoring of adverse events within 21 days after the first dose of vaccine and within 30 days after the second dose. Health care providers reported these data to the Ministry of Health, as required by Israeli law. After receipt of reports of myocarditis, the Ministry of Health subsequently initiated active surveillance beginning in February 2021 by requesting that all hospitals report cases of myocarditis, including cases that had been diagnosed since December 2020, with or without pericardial effusion and regardless of vaccination status. Since persons with suspected myocarditis are almost always hospitalized in Israel, such surveillance data should approximate all cases of myocarditis during the period of active surveillance.



Watching series,movies,games,late night sleep and late morning woke up have become the new normal for teenagers during covid period.Life have become easy for housewives and comfortable for it employees because of the work from home methodologies this have become the new normal.



People started worrying about their physical health and about their families which makes their mental health ill.The increase of corona rate have started a great fear in people's life which is the main cause of corona.In educational side: Online classes have played a major part during and after covid days.It paved the way for all educational institutions to conduct classes and test regularly.

Lifestyle Changes to Practice Better Hygiene

Being hygienic is no longer just a good habit, but the very skill you need for survival.

Times have changed, and people are now aware of how important it is to keep yourself clean. As social animals, the very engineering of humans is the ability to emote & connect with fellow beings. That's not going to change, and that's something we cannot change. But these recent times have made us all aware of how to do that more hygienically.

From shaking hands to namaste, we all have had a lifestyle change for the good. We're going to remember to cover our mouths when we cough, to sanitize our hands after touching anything else because we know what can happen if we don't.

Innovations to Stay Connected & Help Each Other

This period welcomes ideas, hacks, tips, & tricks to beat the lockdowns, work from home & help our communities. Companies across the world are thinking about product & service ranges that enable you to be as connected as possible with your teams and also your loved ones. Finding creative ways to not let the boredom of four walls get to you is the newest trend and rightfully so!

This has opened a new way of thought. Organizations cannot just stop functioning altogether, and each is coming up with the ultimate ideas to attract & sustain both their customers & employees.

This may as well lead to breakthroughs & innovations. You see, innovation doesn't happen for nothing, but when the environment demands it! Let's wait for the coolest ideas that can take the

world by storm. And by coolest ideas.. **Education becomes Digitized & Affordable**

The pandemic had posed a threat to the whole education system. Schools, universities, and colleges had shut down. Yes, it is saddening but have you looked at the brighter side yet? Educational institutions have found a way to overcome this immensely challenging series of events. Classes have begun again, thanks to technology.

Online classes have become the new norm for educational institutions and it has come with a few benefits too. Institutions can now save on the infrastructural costs and as a result, the students needn't bear the brunt of the costs, making it more affordable.

A day in the life of a student during COVID

When campus had to be closed due to the government's orders, classes transitioned to Zoom calls. Usually, most course material and class assignments were submitted online, so that part didn't change much, but there was a huge barrier I had to work hard to overcome: being home and doing school work. I had to get creative, so I set up a space in my dining room that acted as my office. I had a really fun time decorating it, putting plants in it for me to enjoy while studying, using candles and crystals to create a focused, calm environment. I bought an adjustable desk that I used to stand during lectures, which was a great way for me to switch things up when I started to feel distracted. I also bought a comfy seat cushion for when I needed to sit and study. I made the most of my classes and maintained my motivation by continuing to check in with my friends in my cohort, and scheduling out my days.

REFERENCE

The COVID-19 lockdown measure could negatively affect eating behavior, physical activity, and mental health among outpatients. Better DDL and eHEALS were found to mitigate the negative impacts of the lockdown, which may empower outpatients to maintain healthy lifestyles and protect mental health. However, this study holds several limitations that may undermine the certainty of reported finding.

CONCLUSION

Digital healthy diet literacy and eHealth literacy could help to alleviate the adverse impacts of the COVID-19 induced lockdown on eating behavior, physical activity, and psychological health.

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