Post COVID–19 life style changes -Challenges and opportunities

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On one hand Global pandemic COVID-19 with over 22 million infected as on third week of Aug with over 7,72,000 deaths is of great concern to medical professionals. In-spite of non-availability of standardised treatment protocol, effective and dependable medication or affordable and dependable vaccination 14 million have recovered. Many kinds of pharmaceutical and nutraceuticals are widely used to treat COVID-19. With many problems and uncertainties COVID-19 is still a challenge to all. Secondly there is still brighter side of COVID in near future to humanity. I have tried to provide the second aspect of the brighter side of COVID-19 during this unique global meet as ten good global practices and their long term benefits.

1. Common person has greater awareness about the pandemic across the globe and is trying to protect self and surrounding environment (thanks to the role of media and Government).
2. Voluntarily declined close contact with others (distancing) and mandatorily self-imposed personnel hygiene has dramatically increased in all strata of society across the Globe (levels of cleanliness across all economy has improved).
3. Use of PPE such as effective masks has reduced the exposure to many air borne infections and pollutants (the average global blood lead level will be reduced by over 40% due to the usage of masks) and frequent hand washing has reduced possible infection (especially those who are using hands while consuming food).
4. Reduced travel (for work and leisure) has resulted in improved general health and economy apart from loss of time and other resources.
5. Decreased frequent visit to Health Care Organizations and people are able to manage at home simple ailments such as col and cough.(number of electives in hospitals have come down). People have gained more self confidence in telemedicine and home remedies
6. With plenty of time available to people have become more health conscious and have adopted variety of physical exercises including yoga and similar home based exercises.
7. Learning through internet media has become more popular and online conferences have increased which has reduced travel time and money apart from hotel stay and outside food. For the first time in my life I have personally attended unbelievably large number of scientific conferences and meetings on line.
8. Work from home has proved greater human productivity and lowered diversions apart from increased number of working hours.
9. Technological innovations to monitor environmental and personnel safety has increased across the globe. (Foundation for Quality India is providing endorsement certificates to many of these manufacturers).
10. Visible and dramatic change in our environment as it has become cleaner and flora and fauna around us are flourishing apart from reduced eat out “ habit has improved our general health apart from providing much time to spend with loving family members and many more to list.

COVID-19 has changed our life style for better across the globe and has eventually brought in greater value to solidarity.