

LESSONS LEARNT FROM CORONA

-PREKSHA RAKHECHA (095)

"Tough times are for growth and learning. It is happening not because you did something wrong or you are being punished. It's happening because life loves you enough to elevate you through a unique experience and an opportunity to meet the next-level you."

Life never ceases to amaze, isn't it? As they say, life is unpredictable, be ready for change and never get too comfortable. You never know what is coming up next. Not even three months back things were completely different, and an outbreak changed everything. Corona pandemic and lockdown surely taught us all a lot of things.

Every dark cloud has a silver lining. And this time ,while it may seem like the worst time in so many ways it actually is ,has forcefully made us all stop and deal with things we might be running away from because either we were busy or it was convenient to say that we were 'busy'. If this time is respected for what it is it will enable more light to shine through. This time has made us all realise what truly is important. For me just having food, water and roof over my head and the good health of my family seems MOST important. Everything else is bonus that I bow my head in gratitude for. But that we call basic it not so basic for everyone after looking at all people who struggle for just those few things.

Managing with limited supplies and groceries, and the uncertainty of what is coming up next has surely changed mine perspective towards life. Due to

lockdown, we all are getting a lot of time together as a family. Also, there are a few things that make us feel as we all went back to our parent's era. We are watching Ramayana and Mahabharata with our parents there is no Swiggy or Zomato food, playing Ludo, snakes and ladders and carrom board, and relishing simple home-cooked meals.

I thought I knew how to appreciate the little things in life, I had no idea. When our normal life is taken away from us, we will feel a sense of frustration and denial in the beginning, then it will be replaced with a longing for the moment when we can experience all the little things again. I have learnt to value the food I eat knowing someone is risking their health every time they go to buy groceries make me worry in a way.

I have learned that I relies on so many people for too many things. I took for granted the fact that I could travel, by foot, in a car or in a plane All of these things are luxuries. that became daily life. That then became necessities.

I have learnt that I feel most liberated in this lockdown. its liberating to know you do not really need all things you thought you did. To be free from all the plans and anxieties, all the things I thought I needed to do to and say and hear to feel good about myself.

I have learnt that there are many hours in a day, and it depends on us how we use them wisely to learn new skills. I have learnt to enjoy my own company and have learnt that the human mind is a globe with infinite travel destinations and adventures and possibilities.

This time has surely made me more reflective. this need to stay at home with our loved ones has been forced upon the entire world but there is a deep lesson for all of us all. There is a lesson to strive for work and life balance, there is a lesson to devote more time in things that actually matter.

There is no doubt that life will not be the same after this pandemic is over. The world will be completely different when we emerge out of this isolation. But I am sure we all have learnt to appreciate even small things around us, and health is everything. I have begun to value life like never before. Life is precious and fragile. I feel pride in our resilience to be better human beings. Let us appreciate the importance of being healthy and safe and let us be thankful that we are all safe with our families at home. I look forward to everything this process is going to make me value again. Also, let us enjoy the silence, the peace around, the fresh air and greenery till it lasts.

WORKS CITED:

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