



Corona Phobia

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21st century will be known forever by Corona Virus pandemic which is generally known as Covid-19. Indeed, this is also a type of fever which affects human beings mostly than other species. The world has taken seriously since the spreading is very faster and initiated various research works and created various procedures to handle the situation. These procedures are not much created an impact at the initial stage since this is an unexplored scenario. Later, these procedures are fine-tuned to come up with an effective solution. For instance, social distancing and isolation steps are identified to confine the spread of the virus. Obviously, It took some time to understand the behavior of virus to decide the solution on handling the virus by preventive measure as the vaccination takes time.

Corona phobia means fear of corona virus infection. The initial level procedures or approach on controlling the spread of the virus created panic and fearful situation. It is quite natural to get fear since our normalcy condition gets changed totally and no idea on how long this situation will sustain. In, India people were very confident about the restriction of entry of dreadful disease. This confidence is broken down and created phobias in the minds of the people as we are asked to wear masks and wash the hands frequently. The fear has increased due to restriction of movements of the people, created a psychological impact of self-isolation, lockdown procedure, lack of income and commitments. Later, the nations are under severe pressure on controlling the spread. On the other side, the media is busy on giving the statistical figures of affected, recovered and death rates. In order to control this challenging situation, new approaches and novel methods are introduced by experts. The change in procedures and transparent approach by the government procedures slowly added confidence to

the people. Right now, people are clear on handling the disease by taking preventive medicines. These medicines could be based on individual preferences. They are simply immune boosters to add vitamins to our body to combat the virus.

In my perspective, to keep our self away from any dreadful virus, we should do regular exercises, practice breathing exercise, follow healthy food habits and make our living in relaxed nature friendly atmosphere. As long as we follow the earlier mentioned we won't be caught by any phobia.

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