



Life - Long Lessons of COVID

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Although the pandemic is not over yet, we have become somewhat accustomed to new ways of life and we as human beings continue to learn every day. Taking time to reflect on the past year, the pandemic has taught the world countless lessons that we will carry with us for the rest of our lives.

The pandemic has created a sense of resilience among people around the world and has emphasized the importance of communities, friendships and family. It has taught us that, together, we can overcome the challenges that come our way, and that appreciation for even the smallest things in life should not be lost.

Health should be our priority

The pandemic highlighted health as a topic and how important it is to take care of all the areas that comprise it. Although the virus threatens our physical health, the pandemic itself has proven to be a struggle for many and has affected mental health around the world.

Because of this, the importance we place on our overall health and well-being has increased. Our mind and body are connected; we must give equal importance to all aspects of our health.

Human interaction is important

Having been forced to stay home for several months, many of us soon realized how much we missed physical interaction with the people around us. At the end of the first lockdown, most of us longed for even a simple "hello" or a smile from a stranger.

While we will be eternally grateful for the technology that has allowed us to stay in touch and communicate with our loved ones, nothing can replace the feeling of having the freedom to touch and hug our friends and family.

Living with family or with roommates

We mean *living*, not just seeing each other twice a day. The constant contact has turned out to be more difficult than expected and not everyone has the necessary skills. That said, many have found new ways to interact with those who share their home.

Diseases do not discriminate

One of the main conclusions that emerged during the pandemic is that anyone who comes into contact with the coronavirus is at risk. The virus does not discriminate between people or borders, and that is why it has affected millions of people around the world.

Adapt to changes

This year has seen many scary and unpleasant moments, but in the right dose, even poison can be medicinal. The pandemic completely changed our world and forced us to adapt.

All we can do is hope that as life gets back to normal, we don't forget these useful adaptations we've acquired due to the COVID pandemic.

We learned a lot. For the short term and perhaps also for the longer term. A different way of working seems to become the new reality.

It was a miracle to witness nature's wonders

As a result of our planet's healing, we have been so fortunate. As the saying goes, there is always a silver lining to every cloud. As we went back to our homes, wildlife started getting back to theirs with no fear of losing their lives.

One of the most important lessons of the pandemic is to let nature heal itself without taking it for granted. Our planet is all we have; we cannot exploit it more than we already have. Our lifestyles need to change and we need to switch to a sustainable one. *"You can start by switching to a greener mode of transportation. Nature's miracles can only be experienced if you believe in them".*