

## COVID-19 PANDEMIC: LESSONS TO LEARN

Dr. Kalyani Sahoo

Principal, NGBT College,

WBUTTEPA, West Bengal

E-mail: [kalyaningbtc@gmail.com](mailto:kalyaningbtc@gmail.com)

&

Prof. K.C. Sahoo

Head, Deptt. of Education and

Principal, Vinaya Bhavana, Visva Bharati

Mail: [kcsantiniketan@gmail.com](mailto:kcsantiniketan@gmail.com)

*“Difficult roads often lead to beautiful destination”*

*Unknown*

### Abstract

*The world is now facing the biggest crisis for COVID-19 Pandemic. During this pandemic almost all countries faced the devastating irreparable loss of human lives and resources and the tragedy is that nobody knows how to control this infection of the corona virus. This tiny, invisible virus taught the world great lessons against all developments in the field of science, technology, medicine and health care. It affected and posed challenges unprecedented to normal ongoing lives and put question for survival of human being. It has given a big halt to everyone in the way of national lockdown. It has also given an opportunity to each and every one to take a pause, to look inward, to realize self and to try to turn the crisis into an opportunity. With these objectives the paper focuses on the issues and challenges of covid crisis and learning of lessons to cope up with new normal situation during and post Covid pandemic.*

**Keywords:** COVID-19, pandemic, New Normal, opportunity, lessons

### Introduction

COVID-19 denotes the deadly corona virus disease that started from a small city Wuhan of China in November 2019 and was spread to all most all countries of the Globe within just few days. This unknown, invisible virus has taken up life of millions of human beings by failing the all developments of Science, Technology and health care system till date. On 11<sup>th</sup> March 2020 the World Health Organization declared the COVID -19 outbreak as a global pandemic. Dr. Tedro Adhanom, the Director General, WHO also announced that “in the days and weeks ahead, we expect to see the number, number of death and number of affected countries climb higher. The pandemic is not to be taken lightly or carelessly. It is a word that if misused can cause unreasonable fear, or unjustified acceptance over leading to unnecessary suffering and death’. He suggested all countries the necessary guidelines to fight against this deadly virus by following the norms of lockdown, home confinement, social distancing, maintaining of personal health care. Consequent upon this measures life got a halt and still we all are in that phase even after six months (March – August 2020) of pandemic situation. By March 2020 there are 114 countries have infected by this disease and people are dying in thousands, lakhs since then.

We all have been well acquainted with the situation caused by covid -19 in India since March 2020 to till date. We have seen all those which have never happened earlier in our life. The Pandemic has taught us a great lesson which our education system, our earlier lessons never taught. The great leaders of the world are seeing it as a great pause in the human history. When the whole human race was moving at

enormous speed of development the pandemic gave it a halt. It appears that the whole world met a crisis and every sector of life met a halt. But the leaders see it as an opportunity that one should take a pause and look back and introspect.

After this long six long months (Mar to Aug 2020) of worldwide lockdown, home confinement of the people, restriction in transport make the environment little more greener and cleaner. The animals and birds which were not usually visible become all around with their lovely chirping sounds. The sky become more brighter and the air and the water become cleaner, less polluted. In one way people are dying and many abnormal things happening all around and in the other way the environment is reviving. So, in this conjunction what are the things do we really value for our life. We think betterment of human life is achieved by the development of science and technology but this covid -19 pandemic has really taught us the real meaning of development. What is the reason why all the developed nation like America, Brazil, Spain are hard hit by corona virus than the less and under developed countries? Millions of people are dying, dead bodies are piling up and there is no space in the graveyard for cremation. It is heart wrenching and difficult to believe and accept the fact and it is disturbing too. This situation raised a big question mark on the development in health care system of the developed countries. For the first time ever all the developing countries realized their negligence in the health care system and human life. With all the developments of Science and Technology during this pandemic period we don't know what to do. There are lots of research work is going on all over the world for developing its precautionary vaccine and medicine but till date nothing substantive has happened to control this invisible virus. Simply scientist are throwing the disc without knowing where it hits. So, the demand of the situation is to take a pause and introspect. It is a great lesson for life.

Life has to learn to adopt a "New Normal" situation. The situation which was considered as normal before this pandemic is no more safe and there is a problem. The common gathering of celebration, feast, enjoying and entertaining life, closeness to each other is no more the social norm. Before thinking of the wellness and safety of other our loved one need to confirm one's own safety and free from this corona virus. So, we like it or not we need to adopt to a new normal situation of life which we did not experience earlier.

In the similar way the Education system and the teaching – learning situation changed a lot during this covid -19 pandemic and is changing towards new normal. We need to adopt new values to adjust with the new normal situation. There are unprecedented changes everywhere and we face all sorts of challenges to go ahead. The beauty of the life is that it will never stop and will keep on going and adopting and adjusting with new situation.

### **Issues and Challenges During COVID -19**

With the impact of the corona virus the invisible enemy of human life in all over the Globe the whole concept of life and living has changed. It has affected each and every sector of human life. The things are no more normal as it was before. Everywhere there is possibility of this covid-19 virus attack putting life at risk. Under such situation some of the pertaining issues and challenges are:

#### *Unprecedented Fear :*

When there is fear in human mind he can not think beyond and gets trapped in that fear only. Here we discuss the fear of infection, fear of death, fear of losing our loved ones because of this novel corona virus. There is an unprecedented fear every where and with every one for the possible corona virus attack and its consequence thereafter. The fear is that the virus is invisible, no specific symptom of disease but possibility of infecting others and end of life. No body knows what will happen? There is no medicine, no vaccine and no life support system for this deadly disease. Even with all possible measure its infection growing in alarming rate. Most of our leaders, frontline warriors are affected in spite of their protective measures. So, what will be with common mass.? The Value of life has changed. Every one is advised to stay at home and stay safe.

### *Confinement at Home:*

Under the basic norm of covid -19 each and everyone advised to stay at home. As a precautionary measure the Govt. of India also followed strict order of phase wise lockdown and confinement at home. This confinement is in itself a challenging experience. Life has become a big void. Because of this confinement many people are disgusted and disturbed with their own co-family members. There are many domestic violence are reported in news and in mass media. Looking to the locking court most of the affected people are contemplating filing of case with opening of court. But at the other hand there are many thing good happening with many. With the restriction of helping maid and house keeping supporter most of the family members , particularly the male members learnt each house hold things. It is really a good step to learn and understand the dignity of labour and understand our loved one who cares us .

### *Mental Stress and Emotional Disturbances & Increasing numbers of suicide:*

From the reporting of the television, social media , news papers it is disheartening to know the news of suicide of our young out of their frustration , fear of covid -19 and the number is increasing day by day. Dr. S. Pathare, a consultant Psychiatrist and Director of Centre of Mental Health, Law and Policy at ILS says that out of data of the journalists reporting of 164 stories 140 are suicides and 24 are attempted to suicide and the possible reasons are the lack of food or money , employment, worries about employment.( published on May 4 2020 from 'fit .thequint .com'/ suicide during covid-19). A case of suicide in India reported in The Hindu on 2<sup>nd</sup> Jun2020 that a15year old girl ended her life as she could not access her online classes and internet and technology . There are also a report of specific suicide cases related to the fear of covid -19 infection by D D dsouza(2020).

### *Problem of Migrants:*

The sudden and long lockdown due to COVID -19 severely affected the lives and livelihood of a large number of migrant labourer . It also affected the most of the migrant students who pursued their education out of their home states. When common people were advised by law and order to stay at home these migrants were left to street without food and shelter. The problems of poor labourers and migrant students are left unaddressed /least addressed by the Government. It became a political mess between state and central Government. When all Govt. failed to help these people one single man Mr. Sonu Sood , a Bollywood film artist came forward with his team and helped thousands of migrant people and students to make them reach their home safely during national lockdown.

### *Untold Story of Frontline Warrior:*

During the out break of this covid -19 while offices, business, education sectors , Farms and Factories are completely locked down and common people are advised to stay at home but the Doctors, Health care workers , Police personnel are came out of their home to fight against this pandemic. .They sacrifice their own lives on the way of saving infected people. There are many reporting about the death of Doctors , Nurse, social workers and other service providers.. They deserve all the appreciation , respect and support It is not the Medical Science, the intelligence, knowledge that works to save the people but the instinct, the, dedication, ethics and sacrifice will make the difference. .

### *Social Norms of Isolation and Physical Distancing:*

During this Covid -19 Pandemic the individual isolation and physical distancing from each other has become the basic social norms . As the virus is highly contagious the social distancing is the only way. This affect our relations among loved one very much. Even when any our loved one is affected we cannot care him. When the people having Covid symptoms are kept in isolation lots of them suffered from mental stress also.

### *Problem of education /loss of teaching –Learning days:*

During this COVID -19 Pandemic the Education sector also has faced enormous challenges . From March 24, 2020 the National lockdown has been implemented of all over the country to control the spread of the deadly novel corona virus. Educational institutions like schools , colleges and universities are completely closed since then. There are no physical classroom interactions. There are lots of controversies regarding examination and degree , the validity of which is still in debate. The Students have been deprived of their classroom teaching and learning . The students who are aspired for the better future , setting goal to achieve their in specific time frame are all shattered . They are not only mentally depressed but are under tremendous stress also. They have been disillusioned of their future. The education system is not fully ready to cope up with the situation and unable to address to students problems. Although massive on-line portals have come in rescue of the students to compensate the teaching –learning interface but it is not fully accessible to all till date. The poor and remote area students are not getting access to this digital learning. Time will tell how far and how well this digital portals are fulfilling the need of the students. It is not enough , during this pandemic the employment sectors also affected the most to absorb the needy students.

During this pandemic the Govt. of India has announced its new education Policy NEP-2020 for the betterment of Education system but it has no mention of how to handle with this pandemic. The scientist has already declared that we may live with this deadly virus for few more years ahead.

### **Perspectives and opportunities during COVID-19**

When lots of negative things are happening all around some good things are also coming out of this covid-19 pandemic. We do believe with our inner conscience that this COVID -19 is the “ the Law of Nature”. There is nothing above the Nature or more powerful than the Nature. When things go beyond the control of human being the Nature will come forward to rescue the universe on its own way.

### *Clean & Green Environment:*

The most positive thing that happened during this COVID-19 is that when the world scientist have failed to save the environment from its rate of pollution, global warming, extinction of endangered species of animal and plant since long during this six to eight month time pandemic has made it possible . During this period the Carbon dioxide pollution has gone down around one billion tones. (www. bbc. Com 05. May 2020) from the Air. Water bodies are become more cleaner. The people from metros are now able to see the clean and blue sky which they were missing since long. The Animals and birds feel less threatened and freely move all around with their natural instincts.

### *The On-line digital Net Work:*

It is believed that as per law of Nature , before outbreak of any disaster Nature give some means to all its creature to cope with the disaster. The invention of massive on-line access has come as a great rescue to save the human beings. This pandemic has forced us to appreciate the value of social capital and our ability to interact with one another with digital network. In the business ,official sectors employees are adjusting themselves with new normal. Work from home and meeting in virtual platforms have become the new normal. Same is with educational sector. Students from Primary to Higher education, accessing learning through virtual classrooms. They are not enjoying freedom of learning but developing capacity for adoptive technologies.(Rahul De 2020)

### *The Creative and Adoptive Engagement:*

Paul T P Wong the Psychologist and Professor truly says that “ Adversity is an opportunity for Creativity- it forces one to dig deeper and discover something new about oneself”. (www. babinc.org/ 19 creative ways to engage your audience during covid -19). During this COVID -19 and National lockdown all individuals are forced to stay home. Unlike to the daily busy schedule for going for office or to school or college both adult and students are confined to their own self. It gives an opportunity to each and every

person to realize their own self , do something new . there are many kinds of reporting in social media about the creative engagement in the area of Music, gardening, cooking, writing, developing entrepreneurship., many more developments in the field of artificial technology and digital field. Most busiest persons have found their creative engagement in gardening . Out of their creative engagement people have experimented and explored many more new things.

#### *Dignity of Labour :*

In India the most of the middle class family and all upper class family thrive upon the poor and lower class person for their household things. During this long lockdown ,for restriction of movement, all were to be confined to home without help of their maid, cook, gardener , house keeper etc. forced everyone than to do their own work. Those who were not acquainted to all such work have no other way than to do on their own. In many cases there is a role reversal of work between male female and husband- wife. This small sort of experience help the the people to understand the service of others and dignity of labour. Many elite personnel share their views in realizing dignity of labour in social media and TV. Business ,as usual, has become business as unusual and have one has to adopt the unusual tactics.

#### *Looking Inward / self realization:*

As per the usual living and working style before covid most of the people did not have time to introspect for themselves or think and do for their own self. During this national lockdown people are forced to stay at home and advised to take care of their health and hygiene. As a part of conscious effort and carefulness towards prevention of attack of corona virus most people got a chance to introspect their practice yoga and meditation .

#### *Learning of values personal/ social/national / Human Values:*

This unprecedented COVID-19 pandemic taught all of us a great lesson of life and living which our education , our lessons could not teach us. We learnt the values of life and living such as personal, social, National Environmental level and above all human values during this pandemic.

#### *The Atmanirbhar Bharat Abhiyan:*

During this crisis of COVID-19 pandemic our Hon'ble Prime Minister has given a call to all Indian for Self Reliant India/ Atmanirbhar Bharat on (12 May 2020/www.pmindia.gov.in). The PM said the a move towards several bold steps for self reliant India will only negated the Covid crisis in future which include supply chain reforms for Agriculture, Rational Tax system, Simple and Clear Laws, capable human resources and a strong financial system. He has also announced 20 lakh crores allotment towards this movement of achievement of Atmanirbhar Bharat.

This COVID -19 Pandemic has taught us the real meaning of "Vashudeva Kutumbakum". Gurudev Rabindranath Tagore has already proved its essence by taking the basic principle of Visva manab and principle of "Yatra Visvam Bhabate Yak Nidam" where the world makes its home in a single nest. If any thing negative happens at anywhere the whole world suffers by the impact of it. Similarly good things will help in the similar way . it is proved by the A minute invisible corona virus. Our Prime Minister also said in his talk on Atmanirvar Bharat that India's Culture considers the world as one family and progress in India is part of and also contributes to the , progress in the whole World.

This COVID -19 Pandemic crisis taught us many things in many ways. It proves that we all are the Sharing of Common Earth. The Earth will survive and sustain with the positive contribution of all.

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