

COVID

Responsive Behaviour

"The humanity has faced many pandemics prior to Covid 19. Spanish Flu, Plague and many diseases have threatened the existence of mankind but we have always come out of these threats and life has ticked on absorbing the jolts of these deadly diseases. Corona is not a new disease rather it is a virus that has mutated from SARS virus. According to a study the existence of virus is around ten thousand years old on the planet earth. Virus cannot be eliminated from earth and the only solution is to devise ways and means to live with it.



Corona has devastated the world in social, economic and psychological fronts. All the world has witnessed economic slowdown in the shape of shrinking job market, low GDP and overall slow-down in economic activities. On social front people are forced to live isolated from their near and dear ones. On health front it has taken the toll on physical as well as mental health. Now we have vaccination to combat this virus but this virus is mutating very fast and efficacy of the vaccination is being tested against the new variants.

Amid all this chaos the effective solution is covid responsive behaviour. The governments are issuing directions time and again but it is the responsibility of everyone to follow the guidelines earnestly to combat and defeat this deadly virus. Everyone should avoid going to markets or places of large gathering. If you have to go out then you should wear mask and masks should be disposed properly. You should sanitise your hands regularly and adopt proper hygiene. If sanitiser is not available then washing hands properly with soap is equally good. It has been observed the Supreme Court that that people are thronging the hill stations after ease of covid restrictions. No doubt everybody is fed up living in the houses but we should restrain ourselves for few more months. The crowded hill stations are a cause of concern for everybody.

Further there was restrictions on gathering for marriage and for death rites also. If the restrictions are eased this does not mean we are out of danger. People are throwing lavish marriage parties and this is another area of concern. The values taught by India are helpful now and one of the age old maxim is "Simple Living High Thinking". Further many countries in the world had adopted the "Namaskar" of India in which we greet the other person without touching him.

It is very clear that this disease is not going to fade very soon and the only solution is our responsible behaviour. We have come very far in this battle and it is almost on the end. We should keep our patience and perseverance to beat this disease.



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