

LOCKDOWN - HOW IT HAS CHANGED OUR LIFESTYLE

Dr. Anjali Jaipal*

ABSTRACT

The COVID-19 pandemic has frantic the entire world. The spread was so vast that the W.H.O had to declare it as a pandemic. The only way to control this pandemic was that the people follow social distancing and prohibit them from moving out for social contact. To successfully achieve this goal, the entire country had to be shut down. The lockdown may appear an important step to ensure the safety of citizens of the nation. COVID -19 has brought the world to its knees. Businesses have been shut schools and colleges are closed, travel banned. The whole world is in a complete lockdown. The long-term lockdown brought along a series of social, economic, health, and religious upheavals in societies. COVID-19's lockdown may have been left behind us in every sphere of life, but has brought the world closer. As they say "Challenges create opportunities". These conditions of the global disease have certainly given us new opportunities to rise with a new passion and new thoughts. We have now learned to live a simple life and mainly focus on those things which are very important for us. We have learned to live life in a new way in this lockdown. The lockdown shows us that less is more.

Keywords: COVID-19, Lockdown, Pandemic, WHO.

Introduction

The corona virus COVID-19 pandemic is the crucial global health crisis of our time and the greatest challenge we have faced since World War II. The calamity which begins in China's Wuhan in late 2019 is now a Global Health emergency.

On 12 January 2020, the WHO confirmed that a novel corona virus was the cause of a respiratory illness disease. On 30 January, India reported its first case of COVID-19 in Kerala, which rose to three cases by 3 February; all were students returning from Wuhan. The virus has spread to every continent, and cases are rising daily in each country. Almost all the nations struggling to slow down the transmission of the disease by testing and treating patients, quarantine suspected persons through contact tracing, restricting large gathering. Most countries of the world especially our nation declared a total lockdown to mitigate the risk of COVID-19. The whole world is facing huge health, economic, environmental, and social challenges. As well as attacking the immune system COVID-19 has severely destructed aspect of society. It has altered the way we work, play, learn, exercise, shop, worship, and socialize.

Why does Lockdown Matter?

At a time of global pandemic to break the chain of the infection and slow the spread of the virus, on 22 March India observed a 14-hour voluntary public curfew at the direction of the Prime Minister. On 24 March the Prime Minister ordered a nationwide lockdown for 21 days affecting the entire 1.3 billion population of India, on 14 April the PM extended the nationwide lockdown till 3rd May, which was followed by two-week extensions starting 3 and 17 May with substantial relaxations. According to the government, lockdown is defined as emergency protocol. When a lockdown is implemented people are not allowed to travel or go outside their houses like before. Under lockdown situation, people need to stay inside and safe. In this crucial time, only essential services like groceries, medicines, and banks are only allowed to function. All shopping malls, movie theatres, temples, churches, parks, and other places of public gathering have been directed to remain shut down, till further order we all have been directed to

* Associate Professor, Department of Sociology, S.D. Government College, Beawar, Rajasthan, India.

stay-at-home, maintain social distancing, and maintain hygiene, do work from home. The decision of lockdown came suddenly and took everyone a surprise. It was not an easy decision announcing a countrywide lockdown. But this is the only solution to prevent the virus from spreading among people. Experts believe that India adopted the lockdown mode very early and it was a smart decision on the country's side.

How the Lockdown has Changed Our Life

Lockdown has been a time of uncertainty and difficulty for everyone. The Lockdown change our lifestyle in many ways with lots of restrictions like what we do, what we eat, where we go, and much more. It has affected different people in different ways, for some, it took as the worst and the most critical days of their lives, some took it as new opportunities for personal development, some took it as a time for fun and comfort, for some, it's a time for multitasking because they also have to take care of the needs of the family while working from home. Students, through online classes, felt a new experience. On the other hand, these conditions have given us new opportunities. We have now learned to live a simple life and mainly focus on those things which are very important for us, we have learned to live life in a new way in this lockdown.

Let's Discuss how COVID-19 and the Lockdown have Changed our Lifestyle

Changing the way of greeting - Greeting is an important way of addressing people whom we meet because of the safe distance we greet by joining our hands and saying a NAMASTEY instead of hugging or shaking hands with them. People around The World are worried that shaking hands hugging and kissing on the cheek might help spread the virus. To stop the spread of corona virus more people, including Global leaders are using the Indian greeting of Namaste. In recent days, images of US President Donald Trump, Israeli Prime Minister Benyamin Netanyahu, and UK Prince Charles opting to use the Indian greeting over handshake have gone viral. The Indian Namaste has become a hit across the world. Eating a bit healthier - The pandemic is likely to have a lasting impact on our eating habits. During this pandemic quarantine, self-isolation, with little or no option to Eating out, the trends of eating home-cooked food are growing. The craze around healthy eating has been on the rise. It has appraised the fear of food safety. There will be less demand for exotic food. The local eating trends is growing people are choosing their locally grown alternatives and eliminating fast food and junk food. Whether the impact of the COVID-19 pandemic lasts a year or even more, the one thing that can be said for sure is that eating habits will not be of the same food preferences and the culture of eating food will probably see a huge transformation in the time to come.

Becoming more hygiene conscious - we have started taking personal hygiene seriously. The practice of washing hands, using facemask sanitizing things before use, proper washing of vegetables and fruits is now becoming a habit. We are more conscious about cleanliness around us. Now a day public spitting is a criminal offense liable to fine. Authorities are consciously depressing and warning against such practices. This is an opportunity to exile this messy habit from India for good. "Cleanliness is next to Godliness" we have finally realized it. Health and hygiene brands have risen and started vast campaigns to spread awareness and cleanliness. Demand for personal hygiene and home care products has increased due to the awareness generated from COVID-19. Online culture- The lockdown has given birth to online work culture, like online conferences, online meetings, online tests, online concerts, online entertainment, online music, online movies, and much more. We went digital and took to Technology reaching out to the community outside our isolated lives. Young working couples adapted to work from home, they are home schooling their children and use video conferencing. When it comes to the entertainment, we have a range of options.

Quality time with family- In our busy lives, we ignore people who matter to us and whom we should care about, like the elderly in our family, spouses, close friends, and even those with whom we have spent precious times. We are so busy chasing the future that we have forgotten how we live and enjoy the present, but during the pandemic forced isolation has reminded us how much our loved ones mean to us. Families are coming together in a way like never before while staying at home our family ties become stronger. We are starting to understand how much we depend on each other. We are realizing how much we need our friends and family, and without them, life is just not the same. On a societal level, we realize that we need to work together to stay safe.

Work from home culture - The dramatic workplace transformation create by the pandemic caused by the novel corona virus. There is no cure for this virus; all we can do is avoid it by practicing social distance and keeping our immunity strong. This virus forced millions of employees, offices, institutions, and multinational companies to work from home. It is one of the biggest changes the world

has ever witnessed. In the world, work from home means to increase productivity, flexibility, and control over your life. It also means you can priorities your health, better manage to be a parent, and finally, ditch your time-sucking commute. There are a few key benefits of working from home. Employees who are working from home have better health, a better relationship, eating better food, having a better life experience, better quality work, less stressed. Many people during this Pandemic experienced that work from home means more family time more focused work time, and life is more balanced because they don't spend commuting the office.

Lockdown down shows that less is more - During the lockdown when we did most of the work ourselves, many people realized that life is so simple but we made it complicated. We were surprised to see how little we need to live comfortably and yet we never stop collecting more and more and more. We do this because we want to show off to the world how up to date, fashionable and wealthy we are. Many of us realized the fact that we needed one decent and well design home and lesser clothes lesser commodities and simple food that we never thought of eating. But during the lockdown with no way to visit a supermarket, we learned to manage with the essential products available in the local Kirana shop. We have understood that we are living in a time where we need to both 'preserve' and 'conserve'. Hope we reserve the rule of simplicity and keep more focus on the stress-free life and happiness of our soul.

Going out for essentials and spending less - During the lockdown staying at home means less money spent on transportation, entertainment leisure activity, eating out, and many more. Shopping was a fun activity before the outbreak of corona virus. During lockdown going out to shop has become an emergency activity. The lockdown order effectively forced people to switch on online shopping because of movement restrictions and social distancing norms even for a bare necessity such as vegetable and groceries.

Men in a new role - So for the man who sits on a couch and watches women perform all domestic chores only to find mistakes or criticize them, during the lockdown however we saw a dramatic change in the role men played in their homes. Change is noticed especially in metropolitan cities. During the lockdown, men entered into kitchens and have felt pleasure in cooking they also helped in moping the floor, washing dishes, and clothes. Hope a meaningful change that we are going to see in our future lives.

Conclusion

The lockdown has transformed our lives in many ways. It is not wrong to say that the lockdown is going to change our lifestyle for many more months or even years to come. While many people would turn back to their old lifestyle, few of us might adopt the positive changes that we have experienced all these days. During the lockdown, we are presently surprised how little we need, to be comfortable with our daily lives. The Lockdown showed that less is more, and post lockdown mindful of the fact that the virus is still among us. It becomes necessary to give time for humanity and the earth to heal. It will leave a long-lasting impression on many of us to maintain cleanliness and follow good discipline in our life. After the pandemic has run its course, we will develop more emotional proximity to our kin. Bonds may become stronger and communal intolerance may end. The consumption pattern will certainly change in favor of simplicity and restraint. It will alter our Lifestyle for the better.

References

- "Corona virus union government announces lockdown in 75 district till March 31" - The Hindu
- "The first case of corona virus found in Kerala" -, BBC news 30 January 2020
- "covid-19 Indian PM Modi announces complete lockdown starting March 25" - Gulf news - 31st March 2020
- "India declares corona virus notified disaster" NDTV -14th March 2020
- "Corona virus outbreak government working on a containment plan" The Economic Times - 6th March 2020
- "Janata curfew and other highlights from PM Modi's address to the nation" live mint- 31st March 2020
- "Government calls for social distancing" Livemint – 22nd March 2020.

