

We Learned some Effective Habits from the Lockdown that are Accelerating the Positive Impact in our Daily Life.

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ABSTRACT

Corona, COVID-19, lockdown is the most popular but frighten name in 21st century in the world. The COVID-19 pandemic was one of the most challenging periods in recent human history. It was disrupted daily life, affected economies, and took a heavy toll on global health. Breakdown whole system- top to bottom, developed to developing country, metropolis to remote village all are panicky. As a result leading to a global pandemic declared by the World Health Organization (WHO) in March 2020. To combat the spread of the virus, governments of most of the country around the world were implemented public health measures such as lockdowns, social distancing, wearing face masks and promoting hygiene practices.

However, even in the periods of such adversity, there were some valuable lessons to be learned. At the present time when our world is to be normal and move forward, it's important to reflect on the positive learnings from COVID-19 that can guide us into a better future.

Keywords: Practice, Learning, adaptability, improvement, Cooperation, Empathy, habit change/improvement.

I. INTRODUCTION

COVID-19, also known as the coronavirus disease 2019, is an infectious illness caused by the novel coronavirus SARS-CoV-2. It was first identified in December 2019 in Wuhan at China, and rapidly spread across the globe, leading to a global pandemic declared by the World Health Organization (WHO) in March 2020.

The virus primarily spreads through respiratory droplets when an infected person coughs, sneezes, or talks. It can also spread by touching contaminated surfaces and then touching the face. COVID-19 affects people in different ways, with symptoms ranging from mild, flu-like

symptoms to severe respiratory distress and, in some cases, death.



II. BACKGROUND

After every critical condition, most of the peoples are frequently discuss about its denseness, bad effect and sometime their experience of suffering. Where 'Covid-19' world frightened most familiar pandemic name. So, most of this peoples are discuss this pandemic about its seriousness, spread of its speedness, loneliness in quarantine centre during lockdown periods, most pathetic mater when any one were died suffering from corona, no permission to last meet if any relatives were die. Though he/she was his/her mother/father or son/ daughter. Most of the peoples in the world are remind about it's bad impact, critical condition, bad experiences and indescribable life threatening situations. Very few of them are thinking/ realising too some better experiences, positive messages from this pandemic.

To combat the spread of the virus, governments around the world implemented many more steps, as well as lockdowns. Vaccines were developed at unprecedented speed and have played a crucial role in reducing the severity of the disease and preventing hospitalizations.

COVID-19 has had a significant impact on global health, economies, education, and daily life, highlighting the importance of preparedness, public health infrastructure, and international cooperation in facing future pandemics.

Objective

The main objectives of this study are-

- To encourage the effort to find something good from any difficult problem/event.
- To assess and analyse the habit change of personal hygiene.
- Find out the obstacles in the way of regular maintenance /practices of hygiene and increases awareness about health and hygiene.
- Trying to understand the reasons for the low practice of keeping hand hygiene, using face masks, and trying to raise awareness about the positive effects of health and hygiene
- To make an effort to encourage more people to be health conscious.
- Suggest implementation of proper planning for prospective development.

Positive Learning from COVID-19

The COVID-19 pandemic was one of the most mysterious names in recent human history of 21st century. It disrupted daily life, affected economies, and took a heavy toll on global health. However, even in the face of such adversity, there were valuable lessons to be learned. As the world begins to heal and move forward, it's important to reflect on the positive learning from COVID-19 that can guide us into a better future.

1. Health and Hygiene Awareness

One of the most important lessons from the pandemic was the importance of personal and public health. People became more conscious of hygiene practices like hand washing, sanitizing, wearing masks, and maintaining physical distance. These habits not only helped prevent the spread of COVID-19 but also reduced other common infections such as the flu.

2. Mental Health Matters

The isolation and uncertainty of the pandemic highlighted the importance of mental well-being. People began to talk more openly about stress, anxiety, and depression. This helped reduce the stigma around mental health issues and encouraged the development of online counselling, support groups, and mental health apps.

3. Digital Transformation and Online Learning

COVID-19 forced a rapid shift to digital platforms for education, work, and social interaction. Schools and universities moved to online classes, and many workplaces adopted remote working models. This increased digital literacy across all age groups and showed how technology can bridge distances and provide new opportunities for learning and growth.

4. Adaptability and Resilience

The pandemic taught us how to adapt to sudden changes. Whether it was switching to working from home, homeschooling children, or finding new ways to earn a living, people all over the world showed incredible resilience. Flexibility and the ability to adjust quickly became essential life skills.

5. The Importance of Community and Empathy

During lockdowns and tough times, many people reached out to support neighbours, friends, and strangers. Acts of kindness, volunteer work, and community support became more common. We learned that in difficult times, helping others can bring people together and build stronger, more compassionate communities.

6. Environmental Awareness

With reduced travel and industrial activity, many cities around the world experienced cleaner air, clearer skies, and lower noise pollution. This offered a glimpse of what a more environmentally-conscious world could look like, reminding us of the impact of human activity on the planet.

7. The Power of Science and Global Cooperation

The development of COVID-19 vaccines in record time was a major scientific achievement. It showed what the global community can accomplish when researchers, governments, and organizations work together. This spirit of collaboration is a powerful model for solving other global challenges, such as climate change and poverty.

Data base on Methodology

After the pandemic when this entire situation is on normal. We were observed on school students. Both are primary and high school students about their increment of hygiene knowledge. Where we observe most of this students are habited from covid-19 to wash their hand before and after meal and sanitation at least.

The interesting fact is that girl child more sincere to uses face mask and more boys are washing their hand than the opposite gender in the both cases of primary and secondary school students.

They have become much more aware of easily touching anything and putting their hands on their nose and mouth. They themselves admit that

the enthusiasm for delivering health awareness messages by teachers has increased significantly after Corona. We are observing in 7 primary school and 5 high schools with 1178 students. We are studying in the periods of Jun to Nov, 2024 under Sundarbans delta region of Gosaba and Hingalgaon block of 24 parganas.

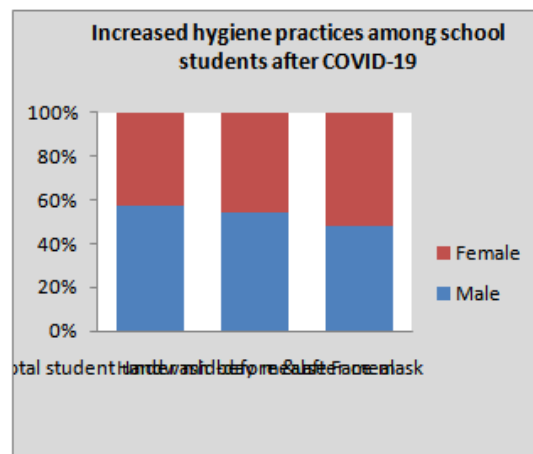
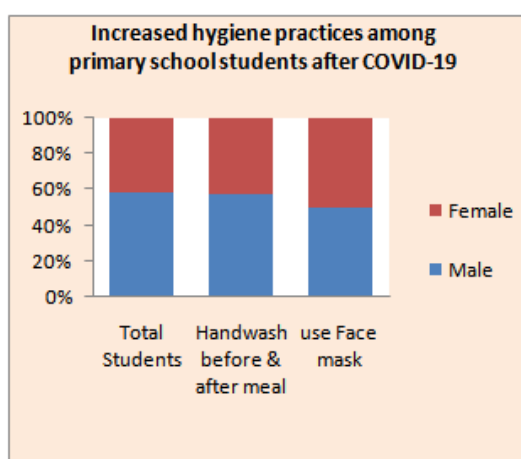


Fig:- Scenario of increase hygiene practices after the pandemic among school students.

III. SUGGESTION

There are some suggestions that can be reviewing the study

- We were learn some positive hygiene habits. If we continuing this, it would be provide us better health.
- Proper awareness should be provided with the collaboration of local Government, NGO and others for continuing their good practices about health and hygiene.
- They have also understood by the people of their own community of the good effect of hygiene practices to improve their health condition.
- School students mainly in adolescence students should be encouraged to develop this kind of positive thinking.

IV. CONCLUSION

While the COVID-19 pandemic brought immense hardship, it also offered us valuable lessons about health, humanity, and the world we live in. These positive learning from COVID-19 should not be forgotten. Instead, they should serve as a foundation for building a more caring, resilient, and sustainable future for all. In a word Corona has made us much more health conscious.

Conflict of Interest

No competing interest is exist declared by this Author.

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