

WHEN THINGS WIND DOWN, STICK WITH THE STORY

Last year, our life took a drastic turn. While we were rejoicing, enjoying and having fun during winter, overnight we found ourselves amidst a pandemic, and thus began a new way of living. Schools and offices moved to an online-work-from-home culture, social gatherings and parties were not allowed; airports were closed with travel bans and lockdowns imposed. We had to stay at home all the time, going out only for emergencies. Masks and gloves became the new norm.

Coronavirus was soon rampant across the world as it spread across every country uncontrollably, claiming millions of lives a day. As we stayed at home, continuing online classes and work from home, the administration and healthcare workers worked hard every day trying to protect people and cure them while putting themselves at risk. They came to be known as frontline heroes. We understood and began appreciating their value in our society more than we had ever done before.

As we learn to cope up with new changes, we must understand the importance of keeping our body healthy during this difficult time by eating healthy, exercising regularly, meditating, and most importantly following the necessary precautions.

Although these are difficult times for all, we must understand that not all problems last. No matter how hard the situation is, there is always a solution for a problem. We should have positive thoughts and must remember that every cloud has a silver lining and there is always light at the end of the tunnel.

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