



LIFE UNDER LOCKDOWN

Lived Experiences and Lessons
Learnt



EDITED BY
SANJAI BHATT

List of Contributors

Foreword By Venkat Rao Pulla

Editor's Word

i

ix

xv

Chapter 1:	COVID-19 in India: Lockdown and Unlock Analysis <i>Sanjai Bhatt and Ipsbitta Bhatt</i>	1
Chapter 2:	Redefining the Meaning of Existence during the Lockdown <i>Stan Lobo</i>	51
Chapter 3:	Home Away from Home and Professional Responsibility <i>Nagnani Rao</i>	61
Chapter 4:	Life in Confounded Times: Experiences of Struggles and Resolve <i>Neera Agnimitra</i>	75
Chapter 5:	Passing Through the Prism <i>Seema Sharma</i>	87
Chapter 6:	Locating Meaning of Life and Death during COVID-19 <i>Archana Kaushik</i>	95
Chapter 7:	Lockdown and Retirement-Double Loss <i>Ram Prakash Dwivedi</i>	107
Chapter 8:	Observing the Philosophy of Rasa and Aswāduring Lockdown <i>Gautam Kalotra</i>	115
Chapter 9:	Even Lockdown Could Not Change My Routine <i>Shivani Chauhan Baruah</i>	123
Chapter 10:	Learning Skills in Emotional Intelligence during the Lockdown <i>Nitesh Dhawan</i>	135
Chapter 11:	Family Life during Lockdown and Learning Lessons <i>Sony Kunjappan</i>	145
Chapter 12:	Family : Where Life Begins But Never Ends <i>PK Bajpai</i>	151
Chapter 13:	Ponderings in the Period of Pandemic <i>Nirupam Hajra</i>	161
Chapter 14:	Unlocking Life during the Lockdown <i>Neena Pandey</i>	169
Chapter 15:	Family: Where Life Begins and Love Never Ends <i>Bhavna Mehta</i>	181

Chapter 16:	Lockdown: Another Form of Curfew <i>Anshu Basbir</i>	189
Chapter 17:	COVID and Lockdown: Law of Nature v/s Human Beings <i>Neerponni Trichan Thomas</i>	199
Chapter 18:	Welcoming Lockdown Baby: Lived Experience of a Couple in Bihar <i>Rajiv Kumar</i>	267
Chapter 19:	College Youth and Their Response during COVID-19 <i>Keshav Walke</i>	217
Chapter 20:	My Profession - A Blessing During the Lockdown <i>Wakar Amin</i>	229
Chapter 21:	My Hundred Days of the Lockdown <i>Ambadas Mohite</i>	239
Chapter 22:	Lockdown Blues: Lived Experiences of COVID-19 <i>Shalini Pandey</i>	247
Chapter 23:	Lead by Actions and Not by Mere Words <i>Nimisha Gupta</i>	259
Chapter 24:	Achieving Lifelong Dream during COVID-19 <i>Manju Panwar</i>	269
Chapter 25:	A Research Scholar's Life during Lockdown in a Village of Uttar Pradesh <i>Mohd Salman</i>	285
Chapter 26:	The Covid-19 Pandemic Changed My Family <i>Sukriti Chowdhary</i>	293
Chapter 27:	Meaning of Life Redefined <i>Jaimon Varghese</i>	303
Chapter 28:	It is Family That Knocked Out COVID <i>Rita Goel</i>	315
Chapter 29:	The Fluidity of Life during Lockdown <i>Jaya KambleKaloitra</i>	325
Chapter 30:	A New Daily Routine Evolved during the Pandemic <i>R Nalini</i>	333
Chapter 31:	Work From Home: Actions and Innovations <i>Atul Pratap Singh</i>	341
Chapter 32:	Adolescence Lockdown: Bloom Again <i>Anoushka Sharan</i>	353

16

Lockdown: Another Form of Curfew

Aadil Bashir

The whole world is presently suffering from the global pandemic caused by the Novel Coronavirus or COVID-19. The virus was initially identified in the Wuhan city of the China. The first case was identified in December 2019 and since then the numbers of cases are increasing rapidly and the disease is spreading globally. While noticing its spread in China, the (WHO) World Health Organisation came into action and initially declared it as an epidemic. As the virus started spreading rapidly in other parts of the world and many countries got affected, it was finally declared as the pandemic. The behaviour of the COVID-19 virus and its nature could not be understood by the China at the initial stage and as such the virus got spread from person to person. It is also believed that at the initial stage, the medical practitioners could not distinguish the normal viral flu and the Coronavirus infection since most of the features of the normal flu and Corona induced flu are same, like fever, cough cold etc. By the time, it was recognised that it is flu of different type and of different virus, the contact and the transmission had already taken place. Therefore, the new testing kits and diagnostic techniques were established in order to confirm the nature of virus. The life threatening risk and lack of cure made scores of people to move from the china to other countries. This made the transmission of disease to many countries. Many European countries like the Italy, France and USA were severely affected, in order to prevent the spread of the virus and lack of vaccine for the disease, many countries adopted the lockdown as the option to prevent from the spread of disease

In India while noticing the spread of the virus many steps were taken to prevent the spread of the virus. The Prime Minister called the first Janta curfew which was followed by the formal lockdown. The strict curfew was