

Its our Choice...

Be a Duck who Quack or an Eagle to Fly High...

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सर्व परवशं दुःखं सर्वमात्मवशं सुखम्।
एतद् विद्यात् समासेन लक्षणं सुखदुःखयोः॥

Everything that is in other's control is painful. All that is in self-control is happiness. This is the definition of happiness and pain in short.

जो सब अन्यो के वश में होता है, वह दुःख है।
जो सब अपने वश में होता है, वह सुख है।
यही संक्षेप में सुख एवं दुःख का लक्षण है।

Covid-19 a pandemic that shock the world in 2019.. 2020.. and still continuing its impact on all of us. All of us were affected socially ,economically and mentally and many of dear, near ones were lost by the deadly wave of this disease. Life had taken a U turn and reset button was placed on the speedy thinking of human brain.

We can see this pandemic in two ways: a disaster that destroyed our life and economy and many more things or a lesson to rebound and rise from ashes due a calamity that can struck us any time without a notice.

Covid patient care was a totally new encounter for the physicians across the globe. As a clinician we came across a variety of incidents during the management of these patients. The treatment started with use of various medications including steroids, HCQ and many.. many drugs and we succeeded . we failed and stood back on our legs to learn a new lesson on managing a new disease. There were incidents of drug shortages, shortage of ventilators, limited PPE kits and limited oxygen at various medical centres but this didn't limit the medical professionals to fight back.

The medical industry rose to the occasion and a mass production of PPE kits and medical devices were manufactured at fastest possible speed. A team approach by nursing professionals working day and night, hospital staff support and doctors as key stone fought hard to defeat this disease. Vaccine research, production and distribution at super fast speed and mass vaccination drive to millions was made possible due to efforts of many many known and unknown hands.

Any untoward incident or problem in life is handled by us with anger and complaint against these things. While driving a car on a road, a rash car driver overtakes us without proper traffic rules and we say that traffic in our area is very poor. Secondly at a traffic signal we see the signal turning red just in front of us. These things annoy us and start getting disturbed before start of our work. A second example of a car tyre deflated or technical snag of a gadget used in a car driver and this makes the driver irritated. But there is way around to see the traffic problem; we can enjoy our driving in tough traffic situation by enjoy music on radio and think of making driving better in tough situations. The lessons learnt by this events can lead us to calm and cool life.

The nature got reset due to lock down, limited traffic along the road and the pollution level in various cities went to normal level. On the other hand, travel restriction along with minimal human mobility has impacted the natural environment positively. The carbon emission level got reduced and the air quality had got improved. The COVID-19 has resulted in schools shut down and the children were out of the classroom. Online school, various new teaching modules got invented and improved education system dramatically. There was a rise of e-learning and various teachers learned new skills, knowledge dissemination got globally transmitted. This new approach of online teaching can lead to better and faster spread of information and newer skills.

The choice is ours to behave like a duck to quack and complain regularly about various problems in life leading to tough and distressed life. We can react to a problem with holistic approach and fight with it like an eagle to fly high in life.

आ नो भद्राः क्रतवो यन्तु विश्वतः ।

Let noble thoughts come to me from all directions.

सभी दिशाओं से नेक विचार मेरी ओर आएँ।