

# Finding the Silver Lining

Article Theme: Positive Approach of Mind  
Title: Finding the Silver Lining  
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***All it took was a mutating virus to bring human civilization to its knees. Without doubt, the COVID - 19 pandemic has altered the course of human progress and has had an impact far greater than the greatest wars ever fought.***

**T**he corona virus which spreads through droplets dispersed in the air through coughing or sneezing has infected millions of people across the globe and proved fatal to thousands. With no vaccine available, nations worldwide have enforced a lockdown to stem the spread of the virus. Across the world, humans are forced to stay at home to ensure that the virus doesn't enter the phase of community spread. Without doubt this sort of house arrest has been immensely frustrating, to add on to the panic of COVID - 19. The lockdown is exasperating, but the idea basically is to stop human to human transmission and thereby save maximum lives. But every adversity is opportunity in disguise. For many of us, the lockdown has presented an opportunity which till few weeks ago seemed difficult. Here is how we can look for light at the end of the COVID-19 tunnel.

## **The Planet is Healing**

It is a sad fact that humans are responsible for the hazards of pollution. But the lockdown has given the planet an opportunity to heal. The internet is abuzz

with news and images showing nature healing itself. The viral images of Dolphins swimming in the clear waters of Ganges or people from Punjab/Saharanpur being able to see the Himalayan ranges, the drop in the pollution index, or healing of the ozone layer; we have been shown that change is possible. We cannot take nature for granted. Each one of us needs to make a pledge to contribute towards healing the planet and possibly reversing the effects of pollution.





**Within 10 days  
of the lockdown,  
India was  
consuming  
20% less  
power  
than usual**

### **Surviving with Essentials**

COVID - 19 has made us realise that it is possible to curb our extravagance. This seemed impossible in the pre-COVID world. The lockdown has made us avoid luxuries and focus only on the essential items. Many of us have stayed away from junk food for close to 2 months now, and staying healthy by eating healthy food made at home seems to be the new mantra. This shows our vigour to let go of our extravagance and imbue ourselves with the limited options to survive.

### **Spending quality time with family**

Everyone at some point in their busy monotonous routine might have wished to spend quality time with families. This lockdown for sure has enabled us to do so. If anything, then the pandemic has brought families closer. There are many ways to pass the time. Cook for your family, help them with household chores, read books together, play with



kids, tell them stories, teach them new skills, spend time with parents, have conversations and share to

help release the stress. All these things will help in building a stronger relationship with your family.

### **Engaging Oneself**

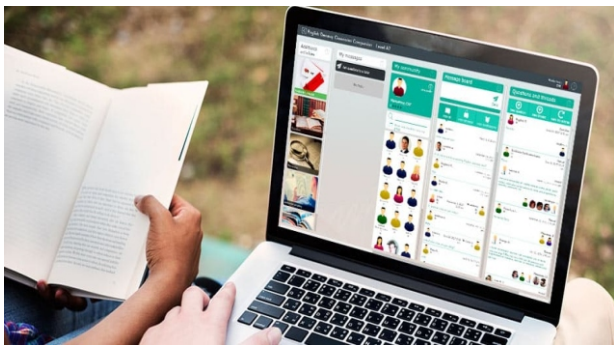
One could utilize this lockdown period in reigniting their passion, and reliving old hobbies. Learn skills like cooking, gardening or stitching. Explore your hidden talents, write that pending novel, paint that scenery, create something; do everything that opens up your creative mind.



### **Learning new skills**

There are many e – platforms that offer online courses in varied subjects. This house arrest scenario could be converted into an opportunity by joining new courses that might be of your interest or help you grow professionally. Some courses also offer an e-certificate on completion of the course that can come in handy professionally. Webinars and virtual events not only help you learning new skills but also enhance your knowledge.





## Earning Opportunity

Many companies have created an earning opportunity via its online programmes that gives a chance to earn while you stay at home. This is also an opportune time to rethink and focus on alternative jobs.

## Working from home

Many companies are considering making 'work from home' a new norm as an option for their employees to improve productivity which otherwise is hampered due to issues like traffic. Experts foresee an era where work is no longer a 9 to 6 chore. Time flexibility can help you become more productive. This could indirectly open a path for sustainability as it would reduce the number of vehicles during the rush hours.



## Sense of Appreciation

The pandemic has adversely affected the lower income groups especially the migrant workers and the daily wagers. Without money and food, these poor souls are struggling to pass the day. While we

can do everything in our power to help them, it also opens our eyes wide, to appreciate and value the little things we have in our lives like our standard of living and having a supportive family.

## Humanity

It is a fact that the pandemic has caused mayhem in the lives of the less fortunate. Many organisations, group of volunteers, celebrities, have come forward to help the needy by offering them food, clothes, medicines, and shelter. It is also our opportunity to make a difference in their lives. It is important to remember that no help is small. One simple gesture can brighten some less fortunate person's day and can bring out the positive vibes in you. Doctors, Police Officers, Health Workers, Janitors, sanitation Workers etc have turned out to be the real warriors who have



relentlessly fought against Corona. We should appreciate their efforts and abide by the instructions laid down by the government and the medical fraternity which would put less pressure on them.

Many are frustrated to have been locked inside their homes for some time now. Many are eager to push life back to normal as it was. Many are desperate to go out and meet their friends and family. This pandemic has surely taught us a lesson in a hard way to appreciate life in its brevity. People are craving to return to the hustle and bustle of everyday life which ironically they used to curse before the pandemic. Let's pray and pledge our gratefulness to the almighty and appreciate every little thing life has to offer.



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