

# LOCKDOWN DIARIES

The world is suffering from COVID-19 pandemic. On 24 March 2020, The Government of India, under Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days as a preventive measure against the COVID-19 pandemic in India. Before this a 14 hour public curfew was ordered on 22<sup>nd</sup> March 2020. It was called the 'Janta Curfew' and it was observed between 7AM to 9PM. The whole nation came to a standstill. During Janta Curfew as per the directions of the Prime Minister of India, all Indians came out of their houses, stood in their balcony or window exactly at 5pm to clap/ring a bell to salute the people who were serving the nation tirelessly in fight against COVID-19. During the lockdown the following was ordered:-

- (a) Ban of people coming out of their homes.
- (b) All Shops and markets were closed except medical shops, hospitals, grocery shops & essential services.
- (c) All offices government & private were closed and people were asked to work from home.
- (d) All schools and colleges were closed.
- (e) All exams were suspended.
- (f) All places of worships.
- (g) All types of transport was suspended except for essential services.

The Prime Minister requested all Indians to switch off their lights of the house on 5<sup>th</sup> April at 9PM for 9 minutes and just light a candle, diya or mobile flash lights to mark our

fight against coronavirus. I too along with my mother lighted a candle in our balcony. On 14<sup>th</sup> April the Prime Minister Sri Narendra Modi extended the lockdown till 3<sup>rd</sup> May. On 1<sup>st</sup> May 2020 the Government of India further extended the lockdown for two weeks till 17<sup>th</sup> May. The Districts were divided into 3 zones Green, Red & Orange. On 17<sup>th</sup> May the lockdown was extended till 31<sup>st</sup> May.

During the Lockdown we were just sitting at home. I was getting bored since the schools were also closed. My father is working in Nagaland and I stay with my mother here. To keep myself busy I used to help my mother in the house. I learnt basic cooking from her. I also tried my hands on baking a cake. Since then on Sundays I cook breakfast for myself and my mother.

Due to lockdown restrictions I could not go out to play or to exercise. To keep myself busy and fit I started working out at home for an hour in the morning and an hour in the evening seeing the YouTube videos. Since I have enrolled in NIOS for my 12<sup>th</sup> class, I used to study for my exams. To entertain myself I used to watch movies for some time and play games on PlayStation. I speak to one of my friend in Bhopal every day.

I have been following all the precautions laid out by the health department to stay safe at home. Whenever I step out of the house, I wear a mask and on coming back I wash my hands and take bath and put all the clothes for washing. To build my immunity my mother gives me an Ayurvedic drink called 'kadha'. The drink is not tasty but I

drink as a medicine to build my immunity. At night she gives me turmeric milk also to keep me away from infections.

I am missing going out and eating out. My mother is the one who goes out once a week to get groceries and vegetables. I don't want to trouble my mother by asking things of my choice. I know she tries to get whatever is available in the market. She also tries to cook food of my choice to keep me happy. I also celebrated my 19<sup>th</sup> Birthday during this lockdown. Since we could not go out to celebrate my birthday, my mother tried to cook some of my favourite food and called my friend from the same building to celebrate my birthday. I have asked for a pair of 10-12kg dumbbells as my birthday gift for my home workout. My mother's friend has gifted me a pack of Himalaya Quista Pro Whey Protein. My cousins have also sent me a birthday gift online. This birthday has been a very different birthday due to lockdown restrictions. This is going to be a very memorable birthday for me.

In first week of June the 1<sup>st</sup> phase of unlock down in India was started when the country opened offices in India. With offices resuming work, public transport was also started at some places with limited passengers to ensure social distancing. Some of the restaurants were also started for home delivery. The markets started opening with odd and even scheme and after following sanitising procedures. All the States are trying to create more covid related facilities

in their hospitals to accommodate more covid patients since the numbers are increasing day by day.

The orientation program for online classes were started by my school from 10<sup>th</sup> June for 3 days. The regular teaching started from 15<sup>th</sup> June from 9:30AM to 12:30PM for 5 days a week. It is a new kind of experience for all of us to study online with the help of a laptop or on mobile. Our teachers are trying their best to find new ways to teach us our subjects. The sports teacher also plans some kind of small games to keep us entertained. We have a yoga class once a week. Then on Fridays a fun activity is organized like making lemonade, making a potato chaat and last week we were taught to make a vegetable sandwich. We are also given notes to study on our own and also the homework to keep us busy.

As per the news today, India is having 15 lakh covid patients. So many people are dying everyday due to coronavirus infection. So many countries are trying to invent the vaccination for coronavirus. I am also desperately waiting for this coronavirus to go away so that we can go back to living our lives normally .I miss my father. He could not come home due to this corona virus situation and restriction. I am waiting for him to come on leave to home so that I can play with him. Till the time the vaccination or the treatment to fight covid-19 is not found we have to take all possible precautions like wearing masks, social distancing and frequent washing of hands to keep ourselves safe.

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