

# The World in COVID – 19, Needs of the Earth and Human to lead a Healthy life

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**Abstract - The earth is a combination of continents and oceans inhabited by different organisms like- plant, animal and human, and they have a long history of their existence. Today, in 21st century we have many countries in seven continents and four oceans. All the countries have their own journey of invention and technology, a journey of fighting with challenges and still have so many challenges in this journey of development. Now a days all human beings in this world are more concerned about the virus called COVID -19.**

**How to survive against this virus? How to remove its intensity of killing people? How to stop it from spreading? And what is earth's reaction to this situation of COVID – 19. This research paper is an attempt to draw the attention of people towards the current environmental situation of the earth to lead a happy and healthy life.**

**Index Terms - Sustainable development, Corona virus**

## INTRODUCTION

The Poor and the rich, the younger and the older, the male and the female all are talking about the virus COVID – 19 and many of us are scared too. This virus started its journey from the Wuhan city of China in the month of December 2019 and still it is spreading. It spreads almost all part of the world within few months.

According to WHO it stands for:

CO - stands for Corona.

VI - stands for Virus.

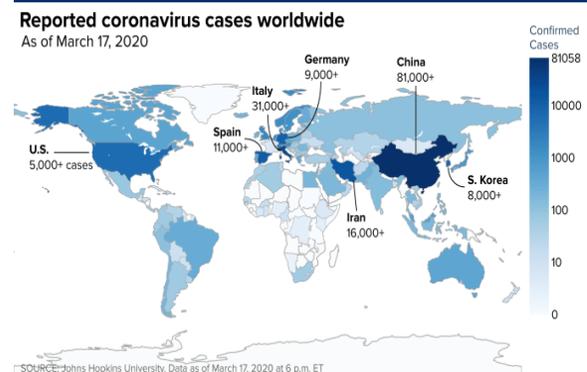
D - stands for disease.

Almost all the countries of the world are combating with the situation and finding solutions to overcome this situation. Human have seen various pandemics throughout the history, and somewhere more disastrous than the others to humans. As of today, 25<sup>th</sup> August 2020 corona virus cases 23,616,372. deaths 813,056. recovered 16,105,294 (Source- ECDC-europa.eu.s)

## LOCKDOWN AND ITS CONSEQUENCES

Pandemic COVID -19 resulted in lockdown in various part of the world to reduce its spreading and human transmission. It was to prevent the people from severe acute respiratory syndrome corona virus. In lockdown people supposed to stay home to stay safe and this is followed by the school, colleges, universities, public and private institutions, and different transport institutions. It was not easy to follow the lockdown, but the spreading of virus forces the people and governments to follow the lockdown.

No doubt lockdown works to stop down the Spreading of virus in some extent and bring some positive and negative impact on the culture, health, employment economy and environment. Increase in unemployment, ban on cultural activities to avoid gathering of people in one place, affects the businesses, reduce the economy of the various countries etc. were some of the adverse effect of the COVID -19. At the same time it also help to improve the environment by improving air quality of big cities, water of many big river is appeared clean as it was earlier and ozone hole is closed Which was the concern of people and many environmentalists from a long time.



How to survive and how to stop spreading of CORONA virus. Today everyone wants to know, how to survive? How to lead a safe and healthy life? How

to stop it from spreading? “The Biggest Monster” is spreading. It is not the corona virus. (Times of India)As it is known to people of all part of the world that the infection prosper in crowds, spreading to people in close reach and it can be stopped by following the guidelines issued by the concern authorities such as washing hands regularly, avoiding crowds, keeping mask and so on.

Comparatively in India the Intensity of killing people is less as compared to other countries of the world. The secret of this may be hidden in Indian kitchen, treasure of spices which helps to boost immunity. People in India adds spices in their food, or it is the part of the Indian traditional food which not only add the taste in dishes but also increases the immunity of people. So, people in every part of the world can improve their immunity by taking good food. Big cities mean high population and high density which results in spreading of virus rapidly. But on the other hand, sparsely populated areas have less risk of spreading. So, villages should be developed to lessen the burden of big cities as well as it will also help in reducing the risk of diseases.

#### CONCLUSION

Nature is the part of all world, or the world exist due to nature or it is the nature who appears first in the life of every living being. After the existence of human, it is modified continuously to fulfill the demands of day to day life. It is true in the quote of Mahatma Gandhi “The world has enough for everyone’s need, but not enough for everyone’s greed.”

Today, when a virus spreads in all part of the world it influences the human and their emotions, we need to think about it and to create a healthy and safe environment to live. Geographically, areas appears close to each other in map we can see all the world in one place but in reality we have differences and involved deeply with each other country on the shake of our earth, busy in making nuclear weapons and other disastrous material to fight against each other.

World is made up of many countries and each one country is in the race of development leaving behind each other but why on the shake of earth? Our existence is in danger, we all are the part of the earth. Man is a product of the earth, this means not merely, he is a child of the earth, dust of her dust; but that the earth has mothered him, fed him, set him tasks, directed his thoughts, confronted him with difficulties

that have strengthened him and given him his problems and at the same time whispered hits for their solution. It means all human are same may be from different part of the world and it is well proved by the virus like COVID -19.

We need to unite as an inhabitant of same planet not as an inhabitant of different countries in the context of environment and development. Development is a beautiful word but for the sake of development we cannot scapegoat our earth. Today we have many challenges to fight, but we cannot tackle even the one if we do not have safe and sound environment to live. Now a day’s people all over the word need to unite as a children of mother earth. We are the inhabitant of one planet, earth is one its seven continents are like the seven sisters and four oceans like four brothers. It is the right time to awake and live a simple life to survive and for sustainable development.

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