

# **During and Post COVID19 Era**

## **A Perspective to Deal**

We are passing through a unique (I will not say it difficult) phase of life, as we are experiencing things we have never felt in our lifetime. Suddenly we have plenty of free time for which we were longing / craving since inception of our professional life. Fear of death is looming over everyone's head throughout world and all of us are homebound and unable to move out anywhere due to lockdown announced by government. All our hectic schedules have come to a standstill, all due dates have lost their meaning, there is no anxiety for performance to meet the deadlines, only objective in everyone's life is be at home be safe.

Although so much of ease and relaxation was there but everyone in the society was haunted by an invisible horror, apart from fear of infection by Corona Virus, a fear of uncertainty was occupying the minds of majority. This was due to the fact that people were thrown out of slumber of certainty falsehood.

First question faced by all of us was how to keep ourselves busy because we are not accustomed to be sitting idle or free at home. Various ideas from friends and family came to our rescue, some of us learnt household jobs and got occupied, watching old movies of golden era, listening to our favourite music, playing indoor games were few other time pass ideas. Social media and technology played a major role in giving us much needed respite. We started learning new skills and updating our professional knowledge by attending and participating in webinars organised by various professional bodies. Although we kept ourselves busy and mentally occupied, I would like to examine a question here, "are we not in a state of fear and anxiety due to uncertainty for future of our business / profession or economic conditions in the country?"

I have asked this question to many of my friends and acquaintances and got a mixed response, some people are really scared and anxious and few are busy in blame game towards authorities, few others are cool and composed. Situation being same for all but response was different. It means there is something inside us that determines the response being generated. Let's now examine this difference in the following paragraphs.

A human being comprises of two elements / systems, one is the human body (Physical being) and the other is human mind. These two systems are so well knitted by our creator that these work in perfect coordination with each other that we hardly notice their independent existence. Till the time these two systems are in harmony human beings enjoy a healthy life for which this body is designed, and the very moment this harmony is disrupted one can see and feel illness. Most of illness in modern times is due to lifestyle disorders, which is the result of stressful

and sedentary lifestyle. Actually our body is designed for activity and movement, and we can verify this fact by simply looking at our body structure. So many muscles, bones, various types of joints, numerous ligaments to join bones and muscles and on top of it a huge length of arteries and veins for blood supply to all body parts and a huge network of nerves for transmission of messages within various body parts and our brain. All this infrastructure is created to keep our body active and in movement.

Above is the design and architecture of a human body in broader sense, but at a micro level our body is a perfectly compiled most complex machine developed by our creator that works perfectly till we as human beings interfere with it to the extreme levels in the name of development and modernisation, by discussing all this our purpose is not to understand this complex human body but to understand that the movement is the very essence of human body and its existence. A small but synchronised movement in heart muscles is the sign of life; this small movement gives life to the human body.

Now let's move back to the initial point of our discussion, at one part there is human body which is designed for movement and on other part there is human mind which is the controller of this complex machine called human body. Human mind is further divided into two parts. One: Conscious Mind and Two: Subconscious Mind. These two parts are assigned with their respective duties for control of our body systems. Conscious mind perform all those functions which we intend to perform consciously like moving our body parts, picking up a glass of water from table, moving from one place to another with movement of our legs and so many similar tasks that we perform in our day to day routine. Subconscious mind keeps performing all those functions which are essential for our survival but are beyond our conscious control like managing our heart beat, controlling functions of our internal organs, managing body's natural defence mechanism etc. Our subconscious mind is a powerful slave and we are the master of this slave even without our consciously knowing this fact. And for a slave, commitment to his master is "YOUR WISH MY COMMAND"

Here comes the role of our thoughts. Our thoughts become our wish and either we accomplish this wish through our conscious mind else that gets registered with our subconscious mind and our subconscious mind being an obedient slave gathers all its power to fulfil our wish. That is why there is so much emphasis on positive thoughts or positive thinking.

It is a well known fact by the agriculturists that when a farm land is left unattended and an intended crop is not sown after preparation of ground and soil for cultivation, nature fills that farm with weeds (Undesired plants). Secondly if a farmer sows the seeds without preparation and conditioning of soil for a particular

crop, he never gets a good quality crop. Same analogy applies to our mind. If we leave our mind unattended then it will be filled with all type of negativity which is in abundance in our surroundings being spread by mass media and social media for their vested interests. Our subconscious mind will take it as it is and considering it as our wish, perform every possible negative impact to our body. Hence it is very important that in addition to taking every possible precaution to protect ourselves from getting infected by this virus, we shall make conscious attempt to protect our mind to be filled with fear of getting infected by the virus and fill our mind with all kind of positivity by specific efforts.

In the concluding part of this article I will try to bring out the possible solution to achieve this objective of conditioning our mind to be receptive to the positive and constructive thoughts. I would like to share my personal experience here that how I conquered worry while keeping myself physically fit and mentally balanced. This was obtained through a daily Yoga routine of around one hour in the morning. This routine has been crafted consciously by combining physical exercises with pranayam. Thanks to my Yoga instructor for his guidance. Yoga means adding or joining and here it refers to Body and Mind in perfect coordination. With physical exercise we keep our body fit and prepared for movements and Pranayam conditions our mind to be receptive to positive energy available in this universe. Sequence of the yoga exercises has been created in a very simple and easy to do movements which can be followed by almost all of every age group, although this was created by keeping in mind people of middle age. This daily yoga practice has been captured in small videos in five parts and the same has been uploaded on the web. By following this yoga routine I got immense benefit and if you feel and follow the routine you may also get benefit for yourselves. I am sharing a link here [https://www.youtube.com/playlist?list=PLeay2Y3qPAdF7XABTSgatv\\_X882N9vncr](https://www.youtube.com/playlist?list=PLeay2Y3qPAdF7XABTSgatv_X882N9vncr) for all these uploaded videos for the benefit of all, through sharing of my personal experience.

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