

TITLE: Spectrum of life during covid-19 outbreak

Dear Readers,

It's a tough time for me at the outset of lockdown as how to manage free time at home since world has not prepared at all to cope up with this worst situation.

After few days, I realised and said myself this time testing span of life requires to keep your sanity alive despite of all the uncertainty.

I began to obsess this free space with spiritual, social and to improve professional activities. It includes reading of multiple spiritual based books(once I have decided to read these books during retirement days),communication with old friends ,relatives, family members along balancing with jobs, roles and responsibilities(work from home).Of course to listen and crooning good songs and music is a fulcrum of my life every time. I always felt that present situation is freedom in times of uncertainty and unseen fear. But show must go on.

A renowned Saint said "Change is the unchanging law of life". If we are prepared for the unexpected and the unknown, then we can turn any adversity into an opportunity and any failure into success.

It is not a time of dejection, frustration or unproductive worry. Believe your mind(mental health) .It can support in worsen situation and therefore just ensure that our mind should be in sound state and free from prior impression and core contamination.

It is right time to reset and rethinks to make ourselves strong by right thinking, correct and justified move. The present situation like never before has shown us how interconnected we are.

Stay home, Stay secured and Stay healthy.