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IMPROVING OUR HAPPINESS INDEX VS CORONA CRISIS

There is no point in feeling depressed and helpless about the threat and restrictions imposed on all of us in the wake of CORONA VIRUS OUTBREAK. It is rightly said that we should gracefully accept what we cannot change. 21 days of lockdown can be a blessing in disguise if we change our lifestyle for the better! Let's see how we can spend an ideal day with the cooperation of all concerned.

1) Fit India

Getting up at six in the morning taking fresh air by opening our windows and if possible taking the sunshine. Most of us have access to TV or radio. These channels can help us learn yoga pranayama and other stationary exercises to keep us healthy and calm. They can also organize phone in consultation for virtual discussion with the specialists toward any fear about health issues.

2) Clean India

All of us have to take different responsibilities to clean our house as domestic help will not be available. This will surely develop dignity of labor in our minds.

3) Healthy India

Men and boys should help the women in preparing good nutritious food at home as door delivery may not be possible at times. As the food supplies may be limited, we should switch over to 2 meals a day and use food as medicine and not medicine as food

4) Skill India

Various skill trainers should provide online skill courses through internet or TV and radio etc. We are particularly in need of soft skills training specially

English speaking courses, confidence building, public speaking etc which is required by one and all, particularly for the girls and women.

5) Teach India

Our children should be given distance education using internet or TV and radio classes so that they do not lag behind with the schools being closed. Else elder child should teach the younger ones. In addition for self study free digital library facilities on www.karnatakadigitalpubliclibrary.org should be widely made use of, as we lost the habit of reading!

6) Digital India

After demonetization most of us were forced to learn the online payment systems. Now being confined at home we should learn to use various online services available both from Government and Private sector. We can emerge as biggest digitally literate country of the world.

7) Ethical India

With the elderly people around, the younger people should look after them while the elders would provide lot of moral education through folk tales and stories. The values of being truthful, helpful, cooperative, non-violent and respectful towards girls in particular can be really strengthened in each family. Who knows that this can become a game changer in reversing the crime rate of the country!

8) Help India

Many of our young and fit volunteers should be given an opportunity to offer their services to the society to supplement the overburdened government employees as per their capacity. This would infuse people's participation in governance in the long run.

9) Pray India

It is often said that when "dawa doesn't work dua works ." During the evenings the family should sit together and pray to the God Almighty to bring peace and health back to the society as soon as possible. This time should also be used for introspection as to how best can we conserve our resources protect our Nature for the times to come. They should also take the pledge to save Mother Nature for Sustainable Growth of Humanity.

10) Cooperate India

It is very common in the cities to be unfamiliar with your neighbours. Now is the time to make whatsapp groups of our immediate neighbours and get to know each other better while maintaining social distance we can also seek each other's help when an emergency arises.

11) Startup India

The lockdown has created many challenges for the essential services' staff to commute from home to work. In the absence of public transport E- scooters will have to be promoted as a viable option. Further, data analytics involving the location of their houses and their work places to find most efficient and shortest travel time could give us many more insightful solutions. The startup entrepreneurs can have their hands full on this issue.

12) Enjoy India

We always wanted more time to relax in view of our hectic activities. We missed our TV shows, serials, movies etc. Now is the time to have your fill!

13) Create India

Our biggest resource is our man power. While sitting at home we can indulge in lot of creative activities. We can start our own YouTube channels and share with people at large. It's could be healthy and delicious recipes, or using scrap items into decorative stuff etc. Thankfully there is no dearth of digital platforms available to us.

As an incorrigible optimist, I feel that each one of us CAN derive the best advantage of the lockdown period and help INDIA become healthier, wealthier and wiser in the comity of NATIONS!

Your suggestions and feedback are welcome shalinirajneesh.sr@gmail.com