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## Corona virus: In India

Divya

**Abstract:** This research paper talks about corona virus, its origin, how it spread and from whom it was spread. It includes the precautions which we have to follow and these precautions are related with the Indian culture and tradition. It also includes symptoms and causes of this corona virus. It also focuses on how and when it spread in India. The steps and initiatives taken by the government of India, why it was declared as pandemic? We will discuss all about COVID-19. This paper was reviewed and explained with the help of secondary data available through recent news and by WHO (World Health Organization).

### Objective

The objective of this study is to make awareness.

### Methodology

I have used descriptive method for this research paper.

### Introduction

The other name of corona virus is COVID-19 which came in 2019.

CO – corona

VI – virus

D – Disease

19 – 2019

COVID-19 is the formal or we can say scientific name of corona virus. Corona virus first came in china and in the whole world spread from china. This virus detect in December 2019 in china. Many researchers and scientist said that the virus was found in the bat after that this virus spread in the human. This virus passes from human – to- human. But in India, the first case detect in February month, 2020. The first case in china was found around the seafood market in the Chinese city of Wuhan, Hubei province in late December. The first individual, on whom corona virus found was 55 years old, lived in Hubei province, china. Wuhan is the capital of Hubei. It is the largest city of Hubei with more than 11 million populations. WHO designated corona virus on 11<sup>th</sup> February, 2020 as corona virus disease and officially declared it as a pandemic on March 11, 2020. By December 31, 2019, there had been a lot of cases in china which started spreading very fast. On December 2019, the first case was detected in china. The cases were found outside china on January 13, 2020 in Thailand. On 20 January, the first case was detected in the Pacific Northwest state of Washington, USA. The man to whom the virus detected in Pacific Northwest state of Washington, USA returned from the Wuhan on January 15. The first case in India was detected in Thrissur, Kerala on January 30, and gradually two cases are revealed on 3 February. These cases were found in the students who returned from china for holidays. In India, on March 10, 13 states and union territories were affected. There was at least one COVID-19 case in every state. The names of these states are: Kerala, Tamil Nadu, Telangana, Karnataka, Maharashtra, Uttar Pradesh, Delhi, Haryana, Rajasthan, Punjab, Jammu & Kashmir, Ladakh.

This human virus spread very quickly in India. The fear of this human virus is increased day-by-day in people. Because of this people's health began to deteriorate. The fear of this virus was affecting the physical and mental health of the people, due to which stress level of people's going up. When we are in stress, it increases the hormones cortisol and adrenal and they decrease the immune system. Due to the stress many diseases grip the human body i.e. heart attack and strokes, narrow blood vessels, make the blood stickier and thicker and increase the likelihood of blood clotting. Due to the COVID-19 people lost their life. Gradually the virus spread globally and it is declared as pandemic by the World Health Organization (WHO).

It became uncontrollable in Italy after china. After this, it started spreading in the Spain, America etc. and gradually started spreading in India. In view of this, the Government of India took some steps like lockdown which was already done by other countries like china, Italy, France, America, etc. But Government of India took that step at initial stage so that; it does not spread too much in India like other countries. The Government of India took this step so that the situation would not be out of control. Because of this step, the cases in India detected in a very less number or we can say with minor numbers compared to other countries.

The Indian government imposed a lockdown of just 1 day, which was a trial that Indian public would follow it or not? This lockdown was voluntary i.e. if anybody wants to follow he / she can follow or if not they can. This one day voluntary lockdown imposed in whole India on March 22. The result of this voluntary lockdown was positive. After this government imposed twenty one days lockdown which is compulsory in whole India from 24 March – 14 April. Before one day of the last day of this lockdown the honorable Prime Minister of India Mr. Narendra Modi announced the extended date of lockdown which was 14 April – 3 May for 19 days and this date of lockdown was extended by PM of India till May 31.

But now the situation was for how long should the country be closed? Because if this is solution for the one problem then it arises many other problems. It impact the economy of the country, system and normal routine of the common peoples etc. Gradually the lockdown began to open and the virus also starting spreading. At first cases reaches to 100, then 500 and it started increasing the number of infected persons , 1000, 5000, 10,000, 20,000, 25000etc. day-by-day these numbers were increasing or reached to millions. As a result India moved up-to third place in the COVID-19 cases in overall world. As the case started increasing, people lost their life accordingly, but the death rate in India was less with comparison of other countries.

What is COVID-19?

It was said that corona virus are a large family of viruses that are known to causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Corona virus disease 2019 (COVID-19) is a critical infectious respiratory diseases a newly discovered virus (SARS – COV - 2) which infected the respiratory system.

Why it is Declared Pandemic or Epidemic?

People who were getting infected from this virus, it was found that they have a symptom of fever. It was a deadly virus (uncontrollable virus), but people who lost their life are those who is senior citizen or super senior citizen (age above 60 or above 80) and secondly, who have already any disease (already have medical health issue). Also in India the reason or case of dead people is same only those people lost their life who already suffering from any disease or having low immunity system and senior citizen or super senior citizen.

If we look at the whole world data on 10 July, 2020 there are 12.3 million confirmed cases, deaths was 555 K and 6.74 million people recovered. If we talk about India for same day there was 794 K confirmed cases, 496 K patient recovered and 21604 deaths. According to this data, we can see that in few months how many people infected (spread in whole world).This virus is untreatable and people afraid, if they will infected from this virus they will die. There is no vaccine for this virus. That is why, WHO officially announced it as pandemic on 11 March 2020. Every country tries for preparing vaccine but fail. In India, a doctor who lives in Jaipur and tries on a patient with the mixture of some drugs/medicines. In the starting phase the patient becomes well but few days later that person also died. Because of this type of news and not available of vaccine, stress among people at their peak. Patanjali is an Indian company which produces ayurvedic products. This company started by Baba Ramdev and Acharya Balkrishna in January 2006. Acharya Balkrishna is the CEO of this company. During this pandemic situation, Patanjali launch “Divya Swasari Coronil Kit”. This kit also proved to be effective for the immunity system but not as effective as it should have been in respect of this virus.

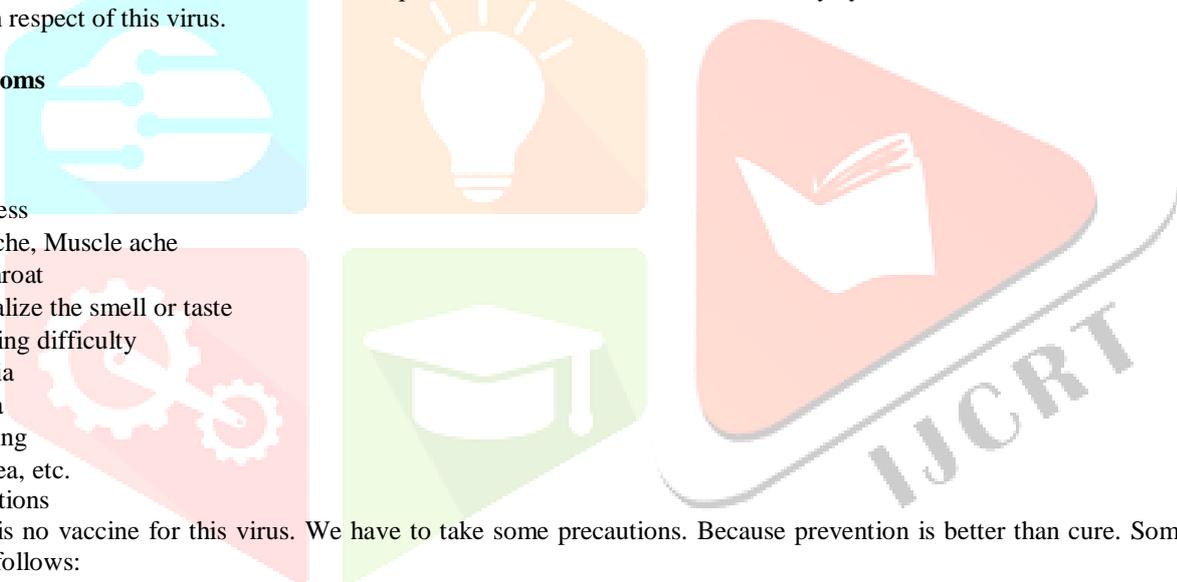
### Symptoms

- Fever
- Chills
- Cough
- Tiredness
- Headache, Muscle ache
- Sore throat
- Not realize the smell or taste
- Breathing difficulty
- Myalgia
- Nausea
- Vomiting
- Diarrhea, etc.

### Precautions

There is no vaccine for this virus. We have to take some precautions. Because prevention is better than cure. Some precautions are as follows:

- Hand wash after touching any object or after doing any work.
- Use vegetables fruits or any other packing items etc. only by washing and sanitizing them.
- Proper use of mask and wear it with a right way. In India who cannot afford those expensive masks use “GAMCHA” which is less costly. ”GAMCHA” is a soft cotton cloth. In other countries it is known as scarf.
- Less interaction with one another.
- Maintain social distancing.
- Avoid fast food, junk food, street food, restaurant food, etc. and all this type of food.
- Stay in your home if does not have any work.
- Increase your immunity.
- Eat only healthy and homemade food.
- Do NAMESTE with joint hands instead of hand shake.
- Cover your cough.
- If you feel any symptom in yourself or in doubt then contact to your nearer government hospital.
- Avoid non-vegetarian food or animal market.
- Do not touch your face again and again.
- If you are caring for a sick person then try to maintain a distance of 6 feet from that person.
- If you are sick, stay at home and try to stay in quarantine.
- Avoid crowded places.



### Are these Precautions are Followed in India?

This data has been collected about 300 persons. At the initial stage of pandemic COVID-19, people follow all precautions. Fear was the reason for following all the precautions. Because as time passed, people stopped following the precautions. The one reason for not following the precautions is that people starting overcome from that fear. According to the data, nearly 15% people left with the seriousness of follow the precautions. Most of the woman had the same reason for not follow the precautions. They said that their work is such that all the precautions automatically became following.

If we talk about first precaution that is hand wash, the hands of woman kept on waning all day because of their work. A woman wash their hand after house cleaning, before preparing food, after preparing food, at the time of washing utensils or dishes, at the time of washing cloth etc.

Second foremost precaution was wearing mask, they said that they have their dupattas due to which they does not need any mask. And also they said that they already prepare food after washing vegetables etc.

On the other hand if we talk about males or working females, they said that they have a lot of work, they do their work or follow the precautions. Due to their work, they forget to apply mask and it is very hectic for them to wash the hand after touching any object. A very small number of people left who follow all the precautions. About 67% people follow social distancing.

There is one more thing in India, if any person suffer from fever or any symptom of COVID-19 they do not getting the test done. They are playing with their own health and with their family member's health. If someone (who has symptoms of COVID-19) reaches the test centre or someone takes them to the test centre and their report was positive then they run away from there, they put themselves in trouble, but along with their families and all those who come in contact with them, are putting them in trouble. Those people do not understand that if they participate for getting his treatment done and take care of him, they can escape from this. By running from the treatment they can only increase the number of infected peoples. In India, it is observed that about 67% infected people was getting well and nearly 2% people died. Death rate in India was much less as compared to other countries.

#### Precautions Related with Indian Tradition

Indian tradition is very great. Indian tradition is liked by all whether it is Indian or not. When foreigners come to visit India, they take the experience of India's culture with them. India a country where people of different caste and religions live together without any discrimination. Every place has its own language, different culture, different style of clothing tradition, different food and different way of living etc. The tradition of India is the most different thing about India "Unity in Diversity". If we observe and understand carefully, every problem has a solution in Indian tradition and culture, mythology and by following them we can get out of any problem. In the situation of pandemic covid-19, most of the precautions are associated with the Indian culture which is being adopted everywhere in India and outside India. When we detect covid-19 and after researching it, it was found that it was spread from human – to – human. It was found in china and spread throughout the world. When it spread everywhere, fear also spread among the people because there is no medicine or vaccine for this. It was a new virus and people dying from it. Some measures are taken by government to get out of this situation which relates somewhere from Indian culture.

To avoid the virus, it was said to follow social distancing, maintaining a distance of at least 2 feet, but other than India, there is a tradition of handshake. When we meet someone, we do handshake. But India is a country where the tradition of NAMESTE has been going on since ancient times. When we meet someone, we greet out elders with Namaste. When a guest comes, he is also greeted with Namaste. Like in other countries, after waking up in the morning called good morning at the same time, in India, the morning is started by greeting the elders from their loved ones and talking their blessings. Now this tradition of Namaste is being adopted all over the world as a remedy.

Secondly use of mask – every person has his own income, he spend accordingly. At the time of this covid-19 situation the items such as – sanitizer, mask, gloves, hand wash etc. are expensive which everyone cannot afford who have low income. In India, people started using "GAMCHA" instead of mask. Gamcha is a soft cotton cloth which is used by Indians for remove sweat, this going on since ancient times. India is called the country of farmers. When farmer's, laborer's, etc. work in the farm in sun, summer at that time it is used by them to clean their mouth or hand. In the modern era, it has also been used as a fashion. In this pandemic situation India's honorable Prime Minister Narendra Modi also used hi Gamcha instead of wearing mask and at use his picture with Gamcha with his twitter profile and it become popular among public. In India, it is easily available in INR. 40 – INR 50 but in other countries its cost starts from INR 30000 or available at amount of lakhs. There it is called scarf and youngsters wear it as a fashion with almost all kinds of dresses.

When we talk about non-vegetarian food, then in Indian culture, killing of animals is called a sin and eating non-vegetarian food like green vegetables, lentils etc. If we talk about different parts of India, it is said that in –

HARYANA: Dudh Dahi ka Desi Khana

PUNJAB: Makke Di Roti Naal Saag

If rice is served with fish it means it is South – Indian food whereas in northern India wheat are eaten with chapatti, paratha, puri, etc. At the same time south food is incomplete without Sāmbhar, rasam, idli, dosa, etc. But this food is found everywhere it does not mean that south food only found in southern area or north food only found in northern area. In relation to food, India has a tradition to eat food by hands. Firstly there is difference in taste of food when we eat by hands instead of knife and forks. Secondly, food digests easily and keeps the digestion process right. Indian food is that food which has different type of spices and various taste as well as healthy. This increase the immunity because it gives us a lot of proteins vitamins, iron etc. and keeps our body healthy and increase the ability to find against diseases.

When we pay a attention to previous pandemic situations we get to know that almost all diseases arises out of India. Let's discuss with some examples of diseases.

Diseases	Origin
Typhoid	America (1869)
Common cold	Spain (1918)
HIV	Kinshasa, in the democratic republic of congo (1981)
AIDS	Western Africa (1986)
Cancer	Egypt
Plague of Justinian	African
Third Plague Pandemic	China
Cholera	Ganges delta in India
Chicken pox	Africa
T.B. (Tuberculosis)	Israel
Chikungunya	Tanzania
Dengu	Africa and South Asia

Here, we have 12 diseases out of which only 1 disease (cholera) is described as origin from India. If we look at the history of India, we came to know that all pandemic situations came from outside boundary of India. After reading the information about all these, it is known that all these diseases spread from animal to human, but Indian disease cholera was spread from polluted water.

According to this we can say that Indian tradition, food, culture, tradition of living etc. is like which does not allow any disease to arise in India. Pandemic covid-19 is also spread across the country through Chinese city Wuhan province of Hubei and the disease spread from bat to humans.

### Impact of COVID-19

- Impact on economy
- Impact on education
- Impact on livelihood of common people
- Impact on labors, wages, workers, etc.
- Impact on FDI policies, etc.

### Initiatives Taken by Government of India

Wherever the virus spread, all those countries took some initiative. Similarly, when this virus started spreading in India, the Government of India also took some initiatives. The initiatives taken by the Government of India to stop the virus from spreading and to help the Indian people are as follows:

- Lockdown
- Relief packages
- Vocal for Local
- Online education
- Interest free loan
- Late e-filing or return

### ➤ Lockdown

Lockdown is a protocol in which people are prohibited from exiting their building to protect them. Full lockdown means that the person will stay where he is or he cannot enter any other building and can't exit from where he is. Essential goods and services will be provided in this. Non-essential activities, supplies of goods and services are stopped or shut down for the entire lockdown period. In India, first case of pandemic covid-19 case detect on January 30, 2020 Kerala and there was many cases on the March month. It had already spread rapidly in many countries such as America, France, Spain, Italy, Brazil, etc. before India. Keeping the close watch on the condition of other countries, our Prime Minister Narendra Modi had decided to lockdown at the initial stage of this disease. India's PM announced for the one day lockdown on 22 March, 2020 which was full voluntary. And the result of this voluntary lockdown was quite positive. Then there was some people who came out of the house who had an emergency or had important work, the whole country remained in their home. After this the lockdown was extended by honorable PM Modi for 21 days (24 March – 14 April) after this extended to 3 May, after this for 17 May and at last 31 May. At this time only the services of essential goods and services activate.

There were also some side effects of this lockdown. As soon as lockdown announced people started putting a long line outside the grocery stores, shops and collecting a lot of grocery or goods at their home. This is also because when people were called for the lockdown full information was not given or it was told later that essential services will remain open like Dairy milk, fruits and vegetables, grocery stores, ATM, insurance offices etc. This environment was not only in India but also seen in other countries. In some states it was done that the grocery stores, medical stores etc. would be opened only for 3 hours which led to the gathering of people and they came in contact with each other instead of following social distancing.

Unlock process was announced from 1 June, 2020. The process of unlocking was started in 3 phases. Containment zones will remain under lockdown. The unlock process started from June 8.

Unlock 1.O (8 June): Mall, religious places, hotels, restaurant etc. with some restrictions

Unlock 2.O (2 July): School, college, coaching institutions, training centre

Unlock 3.O: International flights, metro, theater, gym, swimming pool

### ➤ Relief Packages

- A. **Rs. 1.7 lakh crores:** This package was for poor's. The aim of this package was to exit from the situation of the corona crisis. This package was for poor people, migrant worker, labors, woman who need welfare and concern and for those who need immediate help.
- Prime Minister Garib Kalyan Scheme** expected to cash transfer and food security, so that no one can starve.
  - Pradhan Mantri Garib Kalyan Anna Yojana** announced by the Government of India in March 2020 for a food security welfare scheme, during the covid-19 pandemic situation in India. In this scheme 80 crore people which is 2/3 of our population meeting the need of starves. Extra 5 kg of wheat/rice per person per month free for 3 months.
  - Ujjwala scheme** for providing free gas cylinders for next 3 months poorer to BPL families.
  - Self – help woman group** impact on 7 crore households. 27 lakh amount of collateral free loans doubled for woman self – help groups.
  - Organised sector**
    - Government will pay full EPF contribution for 3 months for certain firms
    - Relates to their own money the EPFO schemes amended to allow non- refundable advance, 3 month wages, 75% of the amount standing to the credit of the person whichever is less.
- B. **Central Government** announces relief packages for MSME sector. Thus package was announced by Finance Minister Nirmala Sitaraman. She clear and forward proposal to government is 20,000 k crore relief package for MSME's. This package aim to address cash flow, salary trouble in MSME.
- C. The GoI had made a provision for 15000 crore, personal protective facilities equipment will be provided for this. The number of testing facilities, ICU bed, ventilators and other means had been increased rapidly. Along with this, medical and paramedical work was also done.

### ➤ Vocal for Local

It is also known as “Atma Nirbhar Bharat”. It was announced by the India's honorable PM Modi during the lockdown. In this, local people sell their local products in their streets and also other persons have to purchase that local product. This has many benefits such as-

- It helps in reducing import.
- It helps in balancing BoP.
- It helps in promote local products.
- It helps in increase employment.
- It helps in increase production in their own country.

### ➤ Online Education

Online education in India has increased due to covid-19 and also awareness increases among the people about online education. When the schools and colleges were closed, education was made available to students through online classes. In this regard, government of India took many steps for those students who were not able to take online classes whether it was unavailability of smart phones or there was network issue.

### ➤ Interest free loan

Union government announces Rs. 5,000 crore credit facility for street vendors as well as for hawkers as a part of economic stimulus so that they can buy their products for sells. An interest – subvention scheme on shishu mudra loans also announced. 2% interest subvention on prompt payment for 12 months on loans below or equal to Rs. 50,000.

### ➤ Late e-filing or return

The government extends the last date for the return or e-filing for F.Y. 2018 – 2019 to June 30, 2020. For delayed payment interest rate reduces to 9 %. No extension but on the delayed deposit of TDS only reduced to 9 %. That time prevailing rate was 18% for delayed deposit on TDS.

### Conclusion

The corona virus also known as covid-19 is a dangerous disease. It was also declared as pandemic. Due to this a lot of fear created in the people. For this a lot of precautions were taken which we have discussed above. These precautions somewhere related with the Indian tradition and culture. This proves that how strong is Indian culture and we has to follow it. Covid-19 originates from china; only cholera is a disease which originates from India due to polluted water.