

“Life in Quarantine”

“A momentary stay against the confusion of the world”. I used to wonder what if the world comes to pause. What it would like to be with yourself away from the dust of the fast-moving world. This morbid and unprecedented situation brings this unwanted fantasy into reality. Many small things like waking up in the next morning, having definite tomorrow, family, friends, our freedom of choices etc. suddenly evaporated like early morning dreams. The most important thing in any life form, its freedom, was rummaged from every individual and confiscated by the pandemic. Things have changed dramatically and now previously perceived trifling things in life start mesmerizing us with their newly bestowed luxurious cover in Covid-era. I am sure the list of hardships is overwhelming and omnipresent, and you’re also not interested in that. So now let's move to what I did in pandemic.

Pardon me if it sounds cherry-picking but every coin has two sides and so does this situation. Since I couldn't go outside, I decided to go inside. Yoga is something that adds (Yoga = addition) your body with your inner self. Now you may be wondering, what's the big deal in that. Leave apart the tangible body health benefits, I am talking about emotional and conscious wellbeing. Going inside is like meeting, conversing and of course answering your inner self that knows your every ounce of reality and pretention. Ultimately, the health of relationship between your body and your inner self determines the health of all the other outside relationships. Capitalizing this challenging time, I looked into the past, their lessons and strategized the future. Moreover, I found my interest in Kavya (poetry, a beautiful way of knitting ordinary words to make them in-ordinary collectively). I also accidentally met a photographer and an imaginative lad waiting to be embraced inside after turning inward. I even took steps further and analyzed the social hierarchy and love affairs of chickens in my backyard (had so much free time!). So far, this challenging time has gifted a bigger (not in weight 😊) me but definitely at the cost.