

## Life in Quarantine – Highs and Lows

### Quarantine period – the highs

- Perhaps the best way to celebrate all the hard work I had put in my Ph.D. for the last 4 years and take a real-long break; a break from almost everything – work, outing, daily schedule...
- I enjoyed binge-watching of movies and web-series, something that I had not done for a long time! Felt the adrenaline rush while watching action movies, goose-bump during horror series, and also had an emotional breakdown during romantic/family movies.
- Mastered the art of cooking – tried many new dishes! Experimented with ingredients, their combinations, and proportions... came out like a charm...delicious food. Don't you believe me? I gained 3kgs in the quarantine period 😊.
- Catching up with friends over zoom/WhatsApp has been amazing...spoke to some friends after maybe 1 to 2 decades... the 'connect' was intact...felt very good about it.
- Have started trekking...made new friends (housemates)...

### The not so good about quarantine life!

- Been thinking what a great time to finish the Ph.D. and start the job hunt! No jobs anywhere... the tutoring / casual work hours reduced big time... struggled even to pay rent!
- The Covid-19 dashboard makes me gloomy. Every news from the home country has been scary. With parents alone at hometown, I felt pretty helpless and sad. I had been talking to my parents, relatives, and family on a regular basis to find out their wellbeing status. Getting to know about their stress and struggle makes you think about life differently...
- While sulked about life and complained about the lockdown, my misery is nothing compared to some of the friends I have known for so long. One of my friends lost his brother-in-law in the USA during lockdown...he broke down while narrating the horrific story of his call with sister while paramedics tried unsuccessfully to save his brother-in-law's life!!! His sister managed everything alone...I tried connecting with another friend in the USA to seek his help in supporting the 'sister'. He said, he lost his father in India and could not pay him last visit due to lockdown....what a show of bravery!

However good or bad the life had been through the quarantine, I'm sure it has changed my perspectives towards life. I think it would be the case for many of us... Hopefully for the better. Amen!