



Vilas Gharat

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New Normal Life

Nature is kind enough to extend new opportunity to Human beings as New Normal Life in 2020 by creating fear of life through COVID-19. It is a wakeup call for all human race across the Globe to correct all habits towards self-awareness & self-safety. The fear of infection is from Human to Human with no medicine available till date. Mortality rate is 5% means 95% chances of survival only by keeping yourself clean & maintaining physical distancing form Human being. It is truly unimaginable phenomena of human life till today or may be for long time. Hence, I personally feel that we should keep our Ego / Position / Bank Balance etc materialistic decorations away & start New Normal Life by adopting following habits.

- *Be honest to yourself & create transparent relations.*
- *Be happy with whatever available & enjoy every moment of life with smiling face. Do not take tension of things which are not in our control.*
- *Be prepared to face all challenges positively without excepting anyone's help.*
- *Be self-protective & take care of kids & elders. Support them to be independent for self-care.*

- *Be honest to your job & work for success with your own efforts.*
- *Be helpful to others without complaint & expectation.*
- *Be safe & keep others safe. Exercise regularly to keep you fit & eat nutritious food to enhance your immunity.*
- *Listen only authentic guidelines & follow strictly.*
- *Enjoy memories & live your day with full enthusiasm.*
- *Do what you love & Love what you do. Create New India with your Active support & Initiative.*
- *Be Happy & create pleasant atmosphere at Work place & Home.*
- *Be calm with peace of mind by avoiding unnecessary arguments with others. If possible, do meditation or spend some time with your soul at your convenient time / place.*
- *Accept COVID -19 as Corrector not Disaster.*
- *Realise Humanity & Equality.*
- *Believe that All Human Race is One religion -Humanity created by Almighty.*