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## **LESSON LEARNED FROM COVID-19**

Everyone knows the whole world is been dominated by the deadly virus covid-19 which no man would have dreamt. The world is lockdown, quiet, and everyone is protecting and preventing themselves from this virus. Covid-19 have made all of us to stop and think to take a positive U turn to changes our life for a better future. Let's challenge, March towards a safety, healthy, life style.



Positive valuable lessons Covid-19 have taught me and my family.

1. Practice all aspects of health hygiene.
2. Daily physical and mental exercise.
3. Learned to live within the limit.
4. Spending valuable time with my family.
5. Home gardening.
6. Listening to news.
7. Learnt new communication skills.

### **PRACTICE HEALTH HYGINE.**

My family followed the medical health hygiene practice. Even though we were a family we used individual Soaps, towels for ourselves which protected us from any infections. We will continue this practice as a part of our life style and a culture. Always maintaining social distancing is a valuable practice in our life for health prevention.



### **DAILY PHYSICAL AND MENTAL EXERCISE**

With my daily busy life never had time for exercise COVID -19 has relaxed my life to look after my physical and mental health. I exercise daily for 25 to 30 minutes. Walking around my home and garden, breathing fresh air, and enjoying the environment eating fresh healthy food is a blessing and the best way to be healthy.

### **SPENDING TIME WITH MY FAMILY.**

My daily working routine starts 6.30 am to 5.00 pm. I hardly spent time with my 3-year-old son and my wife. My life is committed to my work. I am always grateful to God that I have a job to support my family to have a basic comfortable life. It was a sudden shock to my system not going to work, and couldn't accept the changes during covid-19. Still we were given the opportunity to work from home, communicate with staff, and continue via phone with field workers. Staying at home I was able to support my family with house work, spend valuable time with my son. COVID -19 had taught me "you can always get another job but not your family". I have decided to spend more time with my family whenever I can. We as a family will always will remember these happy times together.





### **LIVE WITHIN THE LIMIT.**

Covid-19 has taught me and my family to live with what we got, and save our income. I really enjoyed eating the left-over rice from night, soaked in water and eat as breakfast for the next day. Which was our ancestors' healthy breakfast. (palaya soru). We cooked vegetables which are in season. Saved money in unwanted electricity, telephone, and other communications and unnecessary outing

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### **HOME GARDNING**

MY front garden was neglected due to other commitments, and time was very limited with my working hours, and my wife caring my son's daily routine. It was a sudden inspiration looking at my neglected garden, staying at home with plenty of time in my hands started my garden during the covid-19 curfew. We as a family put in positive effort and started home garden with verities of vegetable seedlings.

Every morning my son is up before me checking the garden and the happiness on his face seeing the seedlings growing up day by day sharing his excitement with me. Its really a pleasure watching the plants grow. I am able to share the same happiness with our beneficiaries and staff with their gardening over the phone.



### **LISTENING TO NEWS**

I never sit and listen to the local or world news at home. Since Covid-19 it was necessary to know what's happening around the world, for our self-protection. I was able to share the news with our field staff and beneficiaries



### **COMMUNICATION**

I was able to gain knowledge in different ways of communication. It was an exciting experience to work from home. Able to connect staff for weekly meeting, Daily prayers, sharing the thoughts of the day and any emergency contacts. This has enabled me to upgrade my communication skills during Covid-19.

