

Good Morning! I am Sibani Roy, the Hindu member of the Bangor University Team.

We are now in the middle of an extraordinary situation across the world, the Covid-19 lockdown is slowly becoming a way of life for people and giving many of them a food for thought to have a re-think at how to rebuild daily life. We in Wales are no exception.

Lock down has restricted movement but has done many other good things at home for many families for example spending quality time with family and developing a closer bond with kids which otherwise are difficult during busy working life. It might have brought boredom to some but in the same time, might have brought routine in daily life eating timely healthy home cooked food with the family, doing some exercises, going back to hobbies such as music, writing, book reading, painting and so on.

The technology no doubt has helped people stay creative on social media and connect with friends. “I was always critical of it earlier. Now I realise that connectivity on Facebook and WhatsApp with friends and relatives at distant places gives me a feeling of togetherness in isolation,” said Meena Sharma, an

architect, Children’s’ rainbow pictures have become a familiar sight in windows across the UK and have become a symbol of hope, solidarity and peace during the coronavirus crisis.

Rainbows have symbolised many things over the centuries and they also appear in the scriptures of different faiths including Hinduism. the Hindu Scriptures speak of how all creation unites in the service of Krishna with rain and sun co-operating to form the rainbow to delight him.

I would conclude my note today thanking every key workers and all citizens in the world for their unconditional service to the humankind during this unprecedented situation caused by Covid-19.

Stay safe and stay well. God bless you all.