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From the Editor's Desk

Dear readers,

Today I reach out to you from the strictest lockdown the world has ever observed. The world has come to a complete standstill. Some might be locked in with their parents, some with their spouses and in-laws; some might not have been able to travel back to their home towns and thus might be locked in with their roommates or flat mates. Some might be locked alone, with pets or plants or in complete solitude. We all are locked in with love, care and time for one's own self. But on the downside, we all are also locked in with our anxieties, fears, loneliness, ever deprecating self worth and confidence. The pandemic is indeed an extremely tough situation that we all are facing. With the doctors and nurses waging war against this deadly virus, there are another set of corona warriors who have locked themselves in their homes and everything problematic so that the chain of this virus can be broken. A shout out to all the extroverts who have so valiantly curbed their desires to meet people and socialize! A shout out to all the introverts who even after realizing how difficult it is to isolate oneself for an indefinite time continued to do so! A big thank you to the working new mothers whose work has tripled with the baby in their arms and laptops opened in front of them. Sincerest appreciation to all those fathers, husbands, sons and men who are breaking the stereotype of a patriarchal man and putting in an effort to recognize the gender divide in familial chores. A warm hug and solidarity with all those brave souls who have locked themselves in with abusive parents, children or partners and have chosen to subject themselves to toxicity and violence instead of stepping out of the house for a breather. A salute to our house helpers whose absence is making us realize the sheer enormity of their work and our dependency on them.

We shall overcome. This too shall pass.

Shambhavi Mishra.

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PANDEMIC AND WORLD: A CRITICAL ANALYSIS

Are we playing with the fire-arms?

- Prof. (Dr.) Ravikant Swami

Amid allegations on China for hiding facts about COVID-19, we are watchful about the disease spreading right in our neighbourhoods. By now, everyone's locality, if not the next door, seems to be infected & sealed. Discussions about the geographical zones switching colors, casualty figures in different countries, especially the US, migrant labour waiting in camps for reaching their home districts, mad rush at the liquor shops blatantly ignoring all warnings are dominating our lives during the lockdown days. Little analysis will make us know why our country and the entire world are so helpless in fighting this disease. Have we ever been clear on prioritizing our needs? Have we ever prioritized "life" over other areas? The answer is an obvious "NO". The priorities of India, like majority developing nations are not clear. Like most of the nations, India has been caught "Playing with the Ammunitions". I opine so because India's health sector has been prioritized quite low during the past few years. Rather, expenditures on arms & ammunitions or the "materials of destruction" are our priorities.

For every 1 spent on health, India has spent 5 - 6.5 on fire arms during the most recent decade. Blame it on our belligerent neighbours, or the insurgencies or whatever; the data is corroborating what we are doing. And the situation is equally grim in almost all nations existing on this planet. Health is nowhere our priority! Rather than taking the disease head on, restricting the 130 crore Indians to their homes is the only option left. Dates of ending the lockdown are moving away each time and the "writing on the wall" is clear: Adopt the e-way faster before your competitor does it.

The legal fraternity is busy preparing a case against China for reparation. But the harsh reality is that the legal actions in the international context are wobbly when it comes to penalizing the mighty. Believe it or not, might is right. Did the Britons or the French or the Portuguese or any of the colonizers even think of paying reparations for systematically devastating the economies of their captures colonies? Did the mighty USA even permit a case to be built up against it for decimating nations like Iraq, Syria & Afghanistan? Then what is the moral or ethical or legal locus standi for preparing a case against China for reparations? Work from home has been a huge learning exercise for all of us. We have learnt it the harder way. The travel time saved is now more than consumed by the working hours spill over. The clock striking 1645 is no more a matter of happiness since we have to serve our students round the clock. To conclude, it is a matter of satisfaction that the teachers of DME have been able to teach, test & evaluate the students the e-way. I trust that the world will soon come over this unprecedented situation with flying colors.



- Mr. Kush Kalra
Assistant Professor

Access to justice is fundamental to preserve the Rule of law in the democracy envisaged by the Constitution of India. The challenges occasioned by the outbreak of COVID-19 have to be addressed while preserving the constitutional commitment to ensuring the delivery of and access to justice to those who seek it.

Modern technology has enabled courts to enhance the quality and effectiveness of the administration of justice. Technology has facilitated advances in speed, accessibility and connectivity which enable the dispensation of justice to take place in diverse settings and situations without compromising the core legal principles of adjudication. Indian courts have been proactive in embracing advancement in technology in judicial proceedings. The Indian judiciary has incorporated Information and Communication Technology systems through the e-Courts Integrated Mission Mode Project (e-Courts Project) as part of the National e-Governance Plan (NeGP). The robust infrastructure in place has reduced conventional impediments and legal uncertainty surrounding the use of virtual courts. ICT enabled infrastructure is available across all courts including the district judiciary which constitutes the initial interface of the court system with the citizen.

The use of technology found judicial recognition in precedent of Supreme Court in State of Maharashtra v. Praful Desai. Supreme Court held that the term 'evidence' includes electronic evidence and that video conferencing may be used to record evidence. It observed that developments in technology have opened up the possibility of virtual courts which are similar to physical courts. The Court held:

Advances in science and technology have now, so to say, shrunk the world. They now enable one to see and hear events, taking place far away, as they are actually taking place... Video conferencing is an advancement in science and technology which permits one to see, hear and talk with someone far away, with the same facility and ease as if he is present before you i.e. in your presence... In fact he/she is present before you on a screen. Except for touching one can see, hear and observe as if the party is in the same room. In video conferencing both parties are in presence of each other... Recording of such evidence would be as per "procedure established by law".

Recording the evidence by video conferencing also satisfies the object of providing, in Section 273, that evidence be recorded in the presence of the Accused. The Accused and his pleader can see the witness as clearly as if the witness was actually sitting before them. In fact the Accused may be able to see the witness better than he may have been able to if he was sitting in the dock in a crowded Court room. They can observe his or her demeanour. In fact the facility to play back would enable better observation of demeanour. They can hear and rehear the deposition of the witness. The Accused would be able to instruct his pleader immediately and thus cross-examination of the witness is as effective if not better. The facility of play back would give an added advantage whilst cross-examining the witness. The witness can be confronted with documents or other material or statement in the same manner as if he/she was in Court. All these objects would be fully met when evidence is recorded by video conferencing.

Faced with the unprecedented and extraordinary outbreak of a pandemic, it is necessary that Courts at all levels respond to the call of social distancing and ensure that court premises do not contribute to the spread of virus. This is not a matter of discretion but of duty. Indeed, Courts throughout the country particularly at the level of the Supreme Court and the High Courts have employed video conferencing for dispensation of Justice and as guardians of the Constitution and as protectors of individual liberty governed by the Rule of law.

Supreme Court in exercise of the powers conferred by Article 142 of the Constitution of India made guidelines in case of Appellants: In Re: Guidelines for Court Functioning through Video Conferencing and held that:

i. The functioning of courts in consonance with social distancing guidelines and best public health practices shall be deemed to be lawful;

ii. The Supreme Court of India and all High Courts are authorized to adopt measures required to ensure the robust functioning of the judicial system through the use of video conferencing technologies; and

iii. Every High Court is authorised to determine the modalities which are suitable to the temporary transition to the use of video conferencing technologies;

iv. The concerned courts shall maintain a helpline to ensure that any complaint in regard to the quality or audibility of feed shall be communicated during the proceeding or immediately after its conclusion failing which no grievance in regard to it shall be entertained thereafter.

v. The District Courts in each State shall adopt the mode of Video Conferencing prescribed by the concerned High Court.

vi. The Court shall duly notify and make available the facilities for video conferencing for such litigants who do not have the means or access to video conferencing facilities. If necessary, in appropriate cases courts may appoint an amicus-curiae and make video conferencing facilities available to such an advocate.

vii. Until appropriate Rules are framed by the High Courts, video conferencing shall be mainly employed for hearing arguments whether at the trial stage or at the appellate stage. In no case shall evidence be recorded without the mutual consent of both the parties by video conferencing. If it is necessary to record evidence in a Court room the presiding officer shall ensure that appropriate distance is maintained between any two individuals in the Court.

viii. The presiding officer shall have the power to restrict entry of persons into the court room or the points from which the arguments are addressed by the advocates. No presiding officer shall prevent the entry of a party to the case unless such party is suffering from any infectious illness. However, where the number of litigants are many the presiding officer shall have the power to restrict the numbers. The presiding officer shall in his discretion adjourn the proceedings where it is not possible to restrict the number.

The above directions by Supreme Court of India are issued in furtherance of the commitment to the delivery of justice.

Appellants: In Re: Guidelines for Court Functioning through Video Conferencing during COVID-19 Pandemic

Hon'ble Judges/Coram:

S.A. Bobde, C.J.I., D.Y. Chandrachud and L. Nageswara Rao, JJ.
(06.04.2020 - SC) : MANU/SC/0361/2020 (2003) 4 SCC 601

A CORNER TO SOOTH THE OVERTHINKING BRAIN: DEAR MENTAL HEALTH, UP YOUR IMMUNITY AND SURVIVE!



- Ms. Sakshi Aggarwal
Assistant Professor

Mental Health and Lockdown

While the world is fighting the deadly pandemic, it has affected all aspects of our life including mental health in a profound manner. Constant negative media coverage and stressful life challenges have resulted in a negative psychological impact on majority of the population. With widespread unemployment or salary reductions in addition to deprivation of the company of loved ones and constant fear for their safety; stress and despair have reached new heights which calls for active measures to inculcate good mental health. It needs to be understood that while globally efforts are being done to eliminate the virus it will take time and good mental health is the key to cope effectively with the various challenges being posed these days. Self-care by proper relaxation and taking the opportunity to develop new skills and knowledge can significantly help.

As has been emphasized by experts, distinction between physical distancing and emotional isolation has to be understood. Fostering a sense of social togetherness by maintaining healthy and positive interaction with the family can help in maintaining a positive outlook. Avoiding constant barrage of negative news and keeping engaged in activities such as – reading, playing games or any other hobby which is therapeutic for the mind can help in avoiding unnecessary stress.

World Health Organization recommends focusing on positive news can also help in inculcating hope. Just like earth is recuperating, now is the time we can do the same because one doesn't have to be ill to suffer in these difficult times.

'COVID Crisis – “A MOMENT OF TRUTH FOR HUMANITY”



- Ms. Shivani Bhadauria
Assistant Professor

First and foremost, let us understand, the Covid 19 crisis is not about Lockdown (these are employed to manage outbreak before ramping up testing and response capabilities), and as such, is more a Global humanitarian challenge as much as a 'Med-Tech' issue which has yet to find a medical cure for this disease. Till such time a cure or/and vaccine is made available, what is most important is to talk about our individual and collective response to this humanitarian aspect of the crisis and what has it taught us...??...This is clearly seen in three stages:

1. Fear: Immediate response of lockdown announcement from all of us was that of fear, where many of us rushed to grab food, toilet paper, face masks, hand sanitizers and several other medicines whether we needed them or not. We spread emotions related to fear, anxiety and anger. We would forward all messages we received indiscriminately. 2. Learnings: Gradually we all realised, we need to give up what we cannot control and came to terms with the reality and became mature to stop compulsively consuming whatever hurts us-from junk food (we had started thinking that perhaps we could not live without it), to fake news (which was being spread in the initial phase). We all started evaluating information before spreading something false. We started recognising that the medical staff/ the government and various socially responsible groups were trying their best and needed our whole hearted support and appreciation to come out of the morass in which we have all got enmeshed. We learnt, that the lockdown, was an essential first step to support managing the Covid crisis. Lockdown was the most potent mechanism to buy that precious time, till our capacity to respond to Covid itself, matures. It was in this phase that the best, more than the worst, in us, came forward....helping the poor with food and other means of support became apparent when we would go to the grocery shops and find poor people crowding outside without money to buy even the basic food. Most of us started to realize that the

street dogs too (amongst others) also wanted our care, concern and compassion. We have all in our own different ways did our bit in response to these realisations. We all had to pause and reflect on the first principles of life. We all became philosophers in our own intellectual and emotional spheres. As such, we all could move as a result, to the next level of realisation...developing our Maturity and growth mindset.

3. Growth Zone: Suddenly, we all grew up..!Started thinking of others profoundly and find means to help those who would need-emotional, mental as also financial as much as even bare existential support in certain cases. We all became empathetic to ourselves as much as with others. We start to look for creative (on-line, as also a more meaningful off-line)ways to adapt to the 'new normal' which will now become a way of life even post lockdown for quite some time in the near future. Perhaps, this lockdown has taught us all (to varying degrees) to practice quietude, patience, relationships and creativity. Hope we internalize this new found realisation and make it a part of our future existence wherein, involving the larger good of the society at large does not get consumed within our 'self-obsessive depravity'. Besides I, me and myself, we continue to thank and appreciate' others' as much, if not more. The sad thing is that we needed a crisis as big and malicious as the one like Covid 19 to bring out the best in us...!!.. hope we humans have learnt our lessons for the last time, this time...!!...let's wait and watch....something in me tells me that while some human endeavours may have failed us, but ultimately Humanism will triumph ...we have long looked towards the outside to find purpose and meaning of life. The forced lockdown gave us an opportunity to look inside ourselves !!.. thereby reconnected the 'outer Self' to 'the self' within each one of us..



- Mr. Aditya Verma
Assistant Professor

With much prudence we have decorated human civilisation with the identity of social animals. We shouldn't have wondered how we'd have behaved once you deny the social animal it's society. Being on the go since I first left my hometown for law school, I have had temporary sense of belongingness in several cities and my concept of home ended up losing it's fundamental meaning in my eyes. This pandemic infused isolation very patiently stripped the layers of my comfort zone, to the point that I got mind numbingly bored in my home away from hometown. I was precisely surrounded by everything that I told myself I shall be doing once I get a vacation. Yet, I was more disinterested than ever. Boredom transcended into gloom and gloom paved way for introspection.

Man has the convenience of choosing perspectives. As Charlie Chaplin said it, "tragedy is a close up, comedy is a wide angle shot". I compared my gifts against the ones which were denied to many economically underprivileged people. My tragedy paled in comparison. Then I talked to those individuals who had the fortune of being with their families in isolation and I felt sad about my own loneliness. Being

with family in isolation is one fulfilling paradox. There are multiple people who root themselves off from their cities, families and a lifestyles in the pursuit of ambition or alternative. Everyone of them gains differently but loses identically.

Few profound discussions with self and I concluded that I can't make myself feel peaceful. That settled calmness isn't an action but a reaction. we are located within ourselves and nowhere else. Comfort isn't an alternative to peace. Relaxation isn't synonymous to joy. So, the home is inside you, if only you dissolve inwards enough. If only we acknowledge our individual calling more often. More than anything else, I ended up realising that you can't run away from yourself. Hence, if you need to confess something to yourself or you have few conflicts to resolve with your being, do that on priority basis. We all deserve our own respective companies after all.

Eat Healthy, Eat Wisely, Eat Timely!

It is said that the lockdown has made life become a little more sedentary recently but for me it actually turned out as an opportunity for me to eat healthy at home, and build up natural immunity against infections and other diseases. Being a pancreatic patient Low fat diet is what I am supposed to take. So, I started cooking food which was healthy and also yummy. I tried to find substitutes which were healthy and nutritious. I substituted sugar with jaggery and honey. Made homemade Paneer and curd from low fat milk. Started using wheat bread instead of white. All dishes made by me were guilt free. So, along with me my family also enjoyed and did not compromise on taste by staying fit. I cooked variety of dished like Malai Kofta by steaming the Koftas and not frying them, Palak Paneer, Shahi Paneer, Paneer Bhurji and Kadai Paneer using homemade paneer made from low fat Milk, I cooked evening snacks like Bread Pakora, Paneer Pakora, Chilli Potato, Shami Kabab, Hara Bhara Kabab which were made using Air fryer/ Non-Stick Tawa and by not frying in oil, Manchurian (Air fried) with steam rice, Wheat Noodles, Dhokla, Paneer Tikka with use of low fat curd and home made Fresh Paneer, Wheat Burger with Air fried Tikki, Upma and Dahi Bhalle. In Desserts, without compromising on sweet tooth I prepared Banana Peanut butter Ice cream and Strawberry Ice cream without sugar and cream, made Suji Gulab Jamun with no use of Maida, Mango Pudding with no cream and sugar, low fat milk Rabri, Homemade Banana Custard, Mango chutney and Murabba and baked Banana

cake and cake made from digestive Biscuits which are low in calorie without sugar, cream or butter. I substituted canned drinks or drinks containing preservatives with homemade watermelon mint cooler, cucumber cooler, mango shake and cold coffee in low fat milk without sugar and also Bel Sharbat, that naturally fights viral and bacterial infections, can reduce inflammation, and is considered a good cure for a number of diseases. In times like these, managing our food and exercise habits can be a challenge but nothing is impossible if we decide to change our life style. So, basically, I discovered and is continuing to discover substitutes in my recipes towards eating healthy by not compromising on my taste. Apart from cooking and eating healthy, it is equally important to exercise and eat and sleep on time. Believe me once you start shifting towards the healthy life style you will start loving yourself and will feel alive which I am experiencing right now. So, the next time you step out to buy your daily rations, remember to stock up on these easily available items, and ensure that your daily regimen also includes at least half an hour of exercise. And instead of cursing the virus and the lockdown, use this opportunity to build up your body's natural resistance, and to inculcate habits which will stand in you good stead for the rest of your life. So, stay safe, and stay healthy.





- Mr. Mukesh Kalwani
Assistant Professor

सारे पाठकों को स्नेह भरा नमस्कार। सबसे पहले हिंदी में लिखने का कारण आप सबसे साझा करने का प्रयास करूँगा। इसके पीछे हिंदी हमारी मातृभाषा होना, या हिन्दी भाषी राज्य से मेरा सम्बंधित होना, या हिन्दी से मेरा अटूट प्रेम होने जैसी भारी भरकम बात करने का मेरा कोई इरादा नहीं है। बल्कि सिर्फ इतना कि अपनी भावना को प्रकट करना हिंदी में सरल और सहज है। बस समझ लीजिये की “It's natural to express in Hindi”

अब इस Lockdown Period के बारे में अपने अनुभव प्रकट करने के विषय में सबसे पहले ये बताना अत्यंत ज़रूरी है कि मैं उन व्यक्तियों में हूँ जो घर पर २ घंटे भी समय बिताने में कष्ट महसूस करते हैं। Work Place से घर आने के बाद किसी न किसी बहाने से घर से निकल कर आम तौर पर मित्रों के साथ समय बिता कर डिनर के टाइम पर लौटने का normal routine follow हुआ करता था।

वह थी आम ज़िन्दगी। लेकिन जब से lockdown ने अपने पाँव पसारे हैं तब से जीवन में आक्समिक पूर्ण परिवर्तन आ गया है या ऐसा समझिये कि बलपूर्वक लाया गया है। जो कि शुरुआत में अत्यंत कष्टदायी था।

शुरू के एक हफ्ते मानिये ऐसा लगता था जैसे लाइफ एक Domestic Pet के जैसी हो गयी है। शायद कुछ मामलों में उससे भी बदतर। क्यूँकि उन्हें कम से कम दिन में दो बार उनके मालिक, घर से बाहर ले जाने की तत्परता तो दिखाते हैं। पर फिलहाल के हालातों में तो “सबका मालिक” सिर्फ एक था। कुछ लोग उन्हें सरकार का वो चेहरा समझ सकते हैं जो रात में ८ या ९ बजे या फिर कभी सवेरे १० बजे टीवी में दर्शन देकर “Extreme Anxiety Issues” को उत्पन्न करने का दुर्लभ कार्य करते थे। बाकी कुछ लोग “मालिक” शब्द को अपने देवता या आराध्य से जोड़कर समझ सकते हैं जिनके ऊपर इस चुनौतीपूर्ण स्थिति में सबकी आस टिकी हुई है। इस लेख का इरादा ज़रा भी पाठकों की कल्पना को सीमित करना नहीं, बल्कि उसका विस्तार करने का है।

अब उन कठिनाइयों का सामना करने के लिए जो प्रमुख शस्त्र मेरे पास उपलब्ध दिखाई पड़ रहा था, वो था मेरा स्मार्ट फ़ोन। जो आजकल सबका “Best Friend” है जिसके बिना जीवन यापन करना आज के आधुनिक काल में असंभव है। जब whatsapp check किया तो देखा कि अचानक से कई साल पुराने Dead Group भी Reactivate हो गए थे। ऐसा लगता था जैसे उस में नयी दैवीय ऊर्जा आ गयी हो। वजह जानने के लिए न तो कड़ा प्रयास मुझे करना पड़ा, ना ही आपको करना पड़ेगा। पुराने कई मित्र भी जुड़ने लगे थे। कुछ शिकायतें, कुछ differences भी दूर होने लगे। और ये Temporary Relief मिलने पर थोड़ा सुकून ज़रूर मिला। पारिवारिक ग्रुप में उम्मीद पलने लगी कि जो शख्स आमतौर पे उनकी गतिविधियों से दूर रहता है, शायद अब यहाँ Active हो जाएगा क्यूँकि अब काफी फुर्सत होगी।

Social Media से ज्यादा जुड़ने के ऐसे कुछ Side Effects भी हैं। ऐसे में ये Message में कतई नहीं देना चाहता कि मेरे पास काफी समय उपलब्ध रहता था या फिर है। ये बताना अत्यंत ज़रूरी है कि हमारे कार्य क्षेत्र में Senior Authorities ने हम अध्यापकों के लिए विस्तृत तौर पर रोज़ के लिए कार्ययोजना बनायी थी। और उसकी Daily Reporting भी गहन और प्रभावी हुआ करती थी। हालाँकि अभी भी है। यह कह देना कोई Overstatement नहीं माना जायेगा कि अक्सर Work From Home, Conventional Work from Office से ज्यादा कठोर लगने लगता था। इस बात से मेरे Authorities भी Light Communication के दौरान हल्की सहमति दर्ज करा चुके थे।

इस दौरान बहुत अच्छा लगता था जब किसी छात्र का call आता था और हालचाल लेने के बहाने वो पूछते थे कि आजकल आप समय कैसे व्यतीत करते हैं। Netflix, Amazon, Hotstar पर Available दर्जनों Series को देखने के सुझाव मिलते थे। जिनको मैंने follow करने का प्रयास किया और उनके इस योगदान को अतुलनीय की उच्च श्रेणी में स्थापित कर दिया।

कुछ बच्चों से इतना स्नेह और प्यार मिलता रहा कि उनसे बात करके एक नवीन ऊर्जा का अनुभव होता था। जैसे एक Fantastic Family का अभिन्न हिस्सा बन चुके थे वो कुछ political किस्सों से और रोज़ की महामारी की खबरों से अक्सर दिल पसीज जाता था और मैं depress हो जाता था।

लेकिन मेरे एक अच्छे मित्र जो अपने अनुभव और भय को मुझसे शेयर किया करते थे, जिसको मैं Genuine Concern ही मान सकता हूँ क्यूँकि और कोई

विकल्प मेरे पास है नहीं। वो जब मुझसे बात करते तो उनको सलाह देते हुए मुझे अपनी कठिनाइयों का भी समाधान मिल जाया करता था। इसके लिए वो मुझे धन्यवाद करते आये हैं पर मैं भी उनका शुक्रगुज़ार हूँ।

आखिर में दिन का सबसे सुहाना और सुकून का पल तब आता था जब हम ४ मित्र रोज़ वीडियो कॉल पर गपशप करके रोज़ की दिनचर्या और अनेक मुद्दों पर बात करके एक दूसरे को इस संकट भरे काल में उपलब्ध रहने का एहसास दिलाते थे। उस पल का मानिये हर दिन इंतज़ार होता था।

हालाँकि इस दौरान खाना बनाना या व्यायाम करने जैसे महान कार्यों से मैं वंचित रहा। कारण ये कि मेरे माता पिता का आशिर्वाद है तो मुझे ज़रूरत नहीं पड़ी और मैं प्रभु से मनाता हूँ कि ज़रूरत न पड़े तो बड़ा अच्छा होगा। लेकिन खाना पकाना नहीं आता ऐसा बिलकुल मतलब नहीं निकला जाना चाहिए इस बात का। बस परिस्थिति पे निर्भर करता है।

इस समय कुछ मित्रों से मैं अपनी हज़ार कोशिशों के बाद भी संपर्क साधने में असफल हुआ। बिना पता लगाए मैंने Conveniently मान लेना ठीक समझा कि शायद उनका घर किसी गुफा में Temporarily Shift हो गया है। Public Platform पे लिखने की मज़बूरी से उनका नाम नहीं ले पा रहा। पर मन बहुत है। कुछ अच्छे और कुछ बुरे एहसासों का मिलाजुला सफर रहा है ये Lockdown। सबसे बुरा experience तब था जब कुछ बॉलीवुड कलाकारों की मृत्यु की खबर और सरकार द्वारा एक बड़ी जनसंख्या की अनदेखी और असंवेदनशीलता दिखाई पड़ती थी। इन बातों से मन अनेक बार विचलित हुआ।

पर इस घड़ी में कुछ दोस्त, Colleagues, साथ जुड़े रहे और हमेशा available रहे तो बहुत अच्छा लगा। ये सब देखकर Positive ये feel हुआ कि अपने किसी को ज़रूरत पड़ी तो जो संभव मदद की जा सके वो ज़रूर करेंगे। कुछ मित्र हमेशा जुड़े रहे और कुछ Airplane Mode में रहे। कुछ शायद दूर ही चले गए। इस दौरान कुछ मित्र मेरे प्रेरणा स्रोत रहे। बिलकुल अकेले रहकर हर परिस्थिति का डट कर सहनशीलता के साथ सामना करके उन्होंने ये आभास कराया कि समस्या कितनी भी बड़ी हो पर अगर हम ठान लें तो वो हमसे बड़ी नहीं होती। हम ज़्यादातर सिर्फ बात करते या लिखते रहे।
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उन्होंने ग्रांड लेवल पर देश के अनेक शहरों व ग्रामीण इलाकों में ज़रूरतमंद लोगों के लिए हर संभव सहायता उपलब्ध कराई। हालात ऊंच नीच होने पर भी उनके निरंतर प्रयासों के बाद ही हम सब एक कड़ी में प्रति दिन बंधे रहे।

सबसे चुनौतीपूर्ण समय था जब मुद्दा आया Haircutting का। खुद को इंसान रुपी बनाये रखने के लिए अंदर से शर्म और दूसरों की आँखों में धिक्कार की भावना ने रोज़ Pressurise किया कि इस मामले में कुछ Seriously लिया जाये। भगवान ने सुन ली और किस्मत ने साथ दिया कि पास में रहने वाले एक दयालु शख्स जो किसी Reputed Salon में बतौर Hairstylist कार्यरत थे उन्होंने ये जीवन दान देने का आग्रह स्वीकार किया। क्यूँकि बिना Respect जीवन कैसा। “Right to Life and Dignity” के अंतर्गत, मैं lockdown खुलने के बाद ये category भी Include करने की Urgent Application सुप्रीम कोर्ट में Letter लिख कर डालना चाहूँगा। वैसे एक Specialist होने के नाते Trained होने की वजह से उन्होंने Precautions की कोई कमी नहीं होने दी और मुझे वापस इंसान बनाने का महान कार्य किया।

उनको इसके लिए मैं Corona Warrior की श्रेणी से बाहर नहीं मानूँगा और किसी ने Dispute किया तो मतभेद निश्चित होगा। Lockdown एक तरह का आत्मविश्लेषण करने का समय था जो शायद दोबारा कभी नहीं मिलेगा। सब ने इस समय से कुछ सीख ली होगी और मेरी सीख ये है की अकेले रहना कोई विकार या मज़बूरी नहीं बल्कि एक सम्भावना है। पर मन ये रोज़ मनाता है कि जल्दी से ये सब कुछ ठीक हो जाए और वापस Normal Life शुरू हो जाए और फिर से बेहिक हम लोग Public Place में जा सकें। अंत में आप सब सबके स्वस्थ और सुखी रहने की मंगल कामना के साथ मेरा नमन।

धन्यवाद
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