



## **Hope or Panic: The Choice is ours**



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“Wishing you a very happy new year 2022, dear readers!! Every year the new year begins with this lovely message from our family members, friends, and colleagues. Vibes of goodwill and prosperity is spread in the form of joyous celebrations across the globe. People try to show the disappointments, failures and suffering of the past and begin the new year with efforts to steer one's own life towards a path of a better future. It is very curious to think about the mysterious energy that keeps us moving forward despite several forces trying to halt us. I guess the axle which drives our "life" is nothing but a similar four-letter word called "HOPE". This ray of hope has become essential in recent times, where the world is battling a severe health crisis in the form of a covid pandemic. The virus continues to challenge

us with the emergence of new variants unleashing panic and dismay among the public. A sense of fear and uncertainty has again started gripping with the rapid surge of omicron strain, reminding us of the dreaded scenes of the last two waves where people were just dying in ambulances and streets due to overwhelmed health care systems. No one could easily forget the pain and untold sufferings of previous lockdowns. The pandemic has shaken people's mental health in an unprecedented way, and before we can retrieve ourselves, we are once again looming at a daunting scenario. History tells us humanity has sustained adversities and challenges to emerge strongly in every problematic situation. Natural disasters, infectious diseases, geopolitical catastrophes, and environmental changes have tested the roots of human survival across centuries. But what holds us strong is the perseverance to fight, adapt, learn, and look forward, aiming for a bright future. The decision to fall or rise, grow weaker or more vital, stay or perish could be a dilemma in many challenging situations during this pandemic. Still, ultimately, each of us has a choice to make, 'Hope' or 'Panic'. As a famous quote says, "When the going gets tough, the tough get going", we can overcome this intimidating crisis at the earliest possible. It is time we start believing more in ourselves, leaving our differences behind, stay together and work harder holding on to the string of optimism as strong as possible. Hopefully, the coming days will bring us closer as better individuals in all senses and prepare us to strive harder for a promising way of life.