

**Abstract :**

*COVID19 crisis has changed the global scenario: health and hygiene, work from home, migration of labors, economic crisis, unemployment etc. are some of the major issues tearing the world apart. The unlock down process i.e. 'mission begin again' started which added more to the trouble of the already beaten and confused masses, again to be attacked by second wave of COVID19, and the third wave is in anticipation. Vaccine is launched as a proof against COVID19, but there is a large scale of mismanagement regarding its successful completion, that only God knows. We cannot stay at home due to constant psychological fear and cannot go outside because of the fear of infection. So this dilemma is causing much psychological pressure on the common man's mind. This COVID19 pandemic is sure to change and affect human psychology in all areas of life: may it be social, familial, educational, economical or personal. Children, elderly persons, pregnant women, people with serious physical and mental disorders are at high risk and exposed to life threatening situations. Mass as well as individual psychology has immensely changed; there is suspicion, fear, faithlessness and a sense of distrust. People are practicing less physical distancing and more mental distancing. Due to lockdown people have lost their freedom and happiness which they enjoyed earlier without any fear. People are maintaining distance with everybody that has caused communication gap and a morbid feeling of insecurity and loss of love and care. Traditional social, religious, educational, economical scenario has changed completely to heighten people's feeling of loneliness and depression. We need to follow some simple rules to minimize the adverse psychological effects of the COVID19 pandemic and deal with it more with composure of serenity and peace than making an unnecessary hue and cry over the present medical, social, economical, educational and psychological scenario. We need to fear the 'FEAR' within us; we should mind our 'MINDS'. This would be a very welcoming way of just response and a bold answer to the challenges posed before us by the pandemic of COVID19.*

**Keywords :** COVID19, Pandemic, Psychology, Fear

We are in a very different world today: a world of fear, worry, and uncertainty. Covid19 pandemic has caused us to stay within the four walls which has severely affected all facets of our lives; social, financial, educational, medical and psychological. It has further imposed us to social distancing outside our homes, which further has caused much chaos and trouble. Everybody is undergoing an uncanny sense of panic and fear. Peoples' health, both physical and psychological, is at a stake due to lockdowns and fear of contagion. COVID19 crisis has changed the whole scenario: health and hygiene, work from home, migration of labors, economic crisis, unemployment etc. are some of the major issues tearing the world apart. The government had to impose lockdown to control the spread of the disease and the people felt restless and irritated at their homes since they had never imagined CORONA to be such destructive and widespread. This manmade? virus is an attempt to spread fear and panic among people to serve personal ends of the involved nations, although this cannot presently be said on assurance, but people know the



truth : the worldwide rising ambition of claiming superiority over others; to become superpowers at the cost of innocent people's lives; this thirst for power and pelf . This is amazingly sick psychology of the very sick people. The progression and spread of the virus itself is ambiguous, while the news channels are spreading less truth and facts and more rumors and fear. The unlock down process i.e. 'mission begin again' has started which has added more to the trouble of the already beaten and confused masses: people are not strictly following the rules of social distancing due to lack of knowledge and ignorance or carelessness. We cannot stay at home due to constant psychological fear and cannot go outside because of the fear of infection. So this