



IMPACT OF COVID – 19 ON INDIVIDUAL LIFESTYLE

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ABSTRACT

In this paper is focused the impact of COVID – 19 on individual lifestyle. The COVID - 19 was one of the virulent diseases where it blowout all over the world during the period of 2019 – 2021. The COVID –19 was a hectic period of every individual life because it affected all the aspects of a human creature's lifestyle. In simple terms the COVID – 19 is also stated as corona. The virulent disease spread from person to person without any limitations. The COVID – 19 was the primary reason to announce pandemic lockdown in every country. The aim of the study is to analyze individual's lifestyle during COVID – 19 and post COVID – 19 including their meal pattern, regular activities, food intake and other daily routine during their pandemic lockdown. The data were collected from 250 respondents who were impacted by COVID – 19. The tools used for the study were Percentage analysis and Factor analysis. The study concludes that the folks During COVID – 19 and After COVID – 19 had dramatic changes over in food pattern.

Keywords: *lifestyle, COVID – 19, Pandemic, Daily routine activities.*