



Chapter

## Spirituality in Garo Women

By [Alice Chacko](#), [Robin Thomas](#)

Book [COVID-19 and India's Northeast](#)

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### ABSTRACT

To be happy, in spite of the situation, is a basic desire of human beings everywhere. What is observed generally is that a person's happiness tends to depend on positive life situations. To be happy and feel satisfied with life in negative situations is a gift, a grace, and a spiritual strength. The COVID-19 pandemic which shook the world left many with negative experiences like the demise of dear ones, poverty, loss of job and livelihood, and isolation. A conscious connectivity to a higher being/consciousness is spirituality. It plays



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