

By Gurung Zachry Tshering Raval, 4E (8)

Does the world have clearer visions or continue to suffer from post-pandemic syndrome?

People from all over the world had to endure the storm as the COVID-19 pandemic has dramatically affected the normalities our world used to have. This tragedy jeopardised our economy, overwhelmed our healthcare system, and especially affected the livelihood of children, hard-working adults and elders. Many of us including myself were left in despair and were not able to see the light at the end of the tunnel.

With all that being said, it might be common for all of us to be pessimistic about the future of the world as many of us face post-pandemic syndromes. However, I believe that being optimistic is fundamental to seeking the greater good of our world. It might be crazy of me to say that COVID-19 has actually brought some positive changes to our world, but I believe that it is true. What are the major positive and negative changes that the pandemic has brought us?

One positive change is that it has made the world more accessible to people with physical and mental difficulties. Many people I know with disabilities always have trouble when entering crowded transportation and sometimes even when entering event venues. However, with the rising usage of online meetings, more and more people with disabilities are now able to participate in events which are hosted online. Online meeting platforms have made it an effortless task for people with disabilities to enter social gathering events or even school. From personal experience, my brother who has autism is always annoyed when seeing large crowds, hearing loud honking noises from cars and sensing a lot of other things on the way to school. However, online classes have made him more comfortable and more attentive in classes and I believe millions of other people with mental and physical difficulties would feel more secured and comfortable to attend social meetings through online platforms in the future even after the pandemic.

Another positive change is that it has made us more cautious on our personal hygiene and taught us how to develop good hygienic measures. If it were 5 years ago, a lot of people and myself would've never sanitised my hands frequently and covered my mouth when coughing. Nonetheless, now we always frequently wash our hands, use sanitizer after touching dirty objects and take a shower every day. It has made the whole world more cautious about their personal hygiene as public sanitizers are almost ubiquitous. I believe even when the pandemic is gone, people will still continue to pursue good hygienic measures to overcome new challenges we may face in the future.

However, I believe that COVID-19 has affected an innumerable amount of people around the world. The pandemic has changed so many lives that almost 10 million people were on the edge of the cliff falling into poverty. Most importantly, more than 6 and a half million people have died due to COVID-19 and a lot of brave heroes such as doctors, nurses and everyone in the frontline have also lost their lives when saving the infected ones. What are other major negative changes that the pandemic has brought us?

One change is that the livelihood of children, working adults and elders has not been the same as before. Many children have been distraught as they cannot get a full fun experience of being a sociable child due to the pandemic. Not being able to go to the park or even the school has been a contributing factor for their lack of social life. They might not want to interact with other people in the future due to their lack of experience during childhood. Moreover, the pandemic has caused working parents struggling to make ends meet due to the rise of the unemployment rate and accepting massive pay cuts. It is a daunting task for hardworking parents to provide food on the table and a roof over their heads for their children and family. Elders who are retired are meant to be doing things they find enjoyable, such as social gatherings or travelling around the world. However, the pandemic has made it almost impossible for people to achieve those dreams. The pandemic has really saddened and almost destroyed the livelihood of all people around the world.

Secondly, the Government was left with no choice but to host quarantines for the public. Quarantines and self-isolation have made people more indolent and unproductive. People change their diets from fresh cooked food to instant noodles and crisps. They may carry on these unhealthy eating habits even after the pandemic. Moreover, the pandemic has also caused a lot of mental distress in people because of their lack of routine, as most of them wake up whenever they feel like and never get enough exercise time that they need. This raises their unproductivity levels and makes them feel more insecure about themselves. These indolent habits may carry on in the future as people have developed them during the pandemic, which could jeopardise their mental and physical well-being.

All in all, the pandemic has brought a lot of negative and positive changes to our society. Needless to say, although being optimistic that the future is great, I still firmly believe that we shouldn't simply accept the negative changes and we must all do our best to protect ourselves for the greater good of our society.