

## Essay on Life in Pandemic Era

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Introduction: When it comes to the coronavirus pandemic, I keep repeating baseball player and philosopher Yogi Berra's wise advice that "It's tough to make predictions, especially about the future." The Covid-19 outbreak has brought our lives to a standstill and has confronted the entire world with a crisis like never before, redefining the way we exist. On 31st December, 2019, reports of a cluster of patients from Wuhan, China with a pneumonic fever of unknown origin reached the district level office of the World Health Organization (WHO). Within 10 days, WHO declared the infectious agent to be ~~an~~ <sup>an</sup> RNA virus of the family Coronaviridae, a close relative of the viruses which caused the Severe Acute Respiratory Syndrome (SARS) ~~is~~ outbreak in 2002-04 and Middle East Respiratory Syndrome (MERS) in 2012. So infectious ~~was~~ this disease that within days, it spread like a wildfire in China and affecting millions through out the world.

The pandemic has for many, put the purpose and meaning of life front and centre, reconfiguring priorities and needs. As years infected months drift by. Being kind to oneself is especially important during this time where every aspect of human life has been reshaped and there is a little control over what's next. With almost 7.3 billion people staying inside their homes to mitigate the spread of this virus, ~~there~~ there is little for outdoor recreation but to spend more time with themselves. Along the way, ~~the~~ the era has reshaped and broadened the way many think about and prioritize how they treat themselves - what has come to be called self-care. It is this daunting reality of 2020 that skyrocketed the importance of "me-time". Rod Little, CEO of Edgewell Personal Care, says that people are social beings and while the social fabric has been torn down, and one cannot be a normal social person, but to be more focussed on ~~th~~ himself. People soon found themselves <sup>doing</sup> stress busting activities like recreating ~~the~~ latest social media trends,



tending to a garden, learning a new skill and of course getting dressed like they are about to go outside - just to feel some semblance of normalcy. But, self care being one dimensional way of coping during stressful times, a sharp increase in anxiety and disorders has been studied by social scientists around the world.

Amidst extended nationwide lockdowns, social distancing has emerged as the new way norm. However, in the wake of this unprecedented calamity, the medical community including doctors, nurses and the medical staff are the true warriors who have donned the role of a brave medical army fighting against the coronavirus, even at the cost of cutting themselves off from their families and loved ones. Although most doctors have experienced the gratification of healing patients, and saving their lives, many battles have also been lost along the way, with several doctors going to the extent of even sacrificing their own lives in the line of duty. The role of police is acknowledgeable. Their authoritative power and the sheer determination to enforce lockdown in every locality has played a crucial part in slowing down the spread of virus. In few months since the outbreak of the virus, researchers around the world have embarked upon an almost undeclared joint venture to ascertain the characteristics. Bio scientists have worked round the clock in devising a potential cure for Covid-19.

With numerous businesses around the world having had to pull their shutters, and most countries being under lockdown, the economy has taken a severe hit, forcing everyone to fight the pandemic in the best way they can. With public construction coming to a stand-still and almost all public transport suspended, the plight of migrant workers walking back to their native places from major cities can be felt and seen on television.



channels by everyone. Earlier, they walked on highways but when police at some places started harassing them, they took to walking along railway tracks. This had resulted in a tragedy of a train running over 16 migrant workers <sup>in first week of May</sup>. The problems faced by them is due to pandemic is natural, because a majority of them have not only lost their jobs but also they are not even getting two <sup>square</sup> meals a day. Many of them have lost lives while walking under the scorching sun without food or water. On the other side, the major tech companies and businesses have taken a major blow ~~during~~ due to this pandemic. With small <sup>scale</sup> businesses almost at their ~~last~~ brink of extinction, the global companies like Microsoft, Google, Uber had to lay off ~~thow~~ hundreds of employees ~~prematurely~~. Those who ~~at~~ remained at the remaining had to do the work-from-home with ~~so~~ their salaries of ~~most~~ reduced. To provide the basic necessities, people have resorted to less paying jobs. Food supply chains have demonstrated a remarkable resilience in the face of these stresses. Grocery store shelves have been replenished over time, as stockpiling behaviour disappeared and supply chains responded to the increased demand. An increase in the recruitment of food delivery agents have been ~~studied~~ <sup>seen</sup> as thousands of people ordered food online in pandemic era.

Celebrities around the world have harnessed their star power to try and raise spirits online, dubbing ~~it~~ illness as a great unifier. Some 200 <sup>odd</sup> celebrities and politicians - including billionaire Oprah, superstar ~~actress~~ <sup>actors</sup> Julia Roberts and US president George W Bush participated in a 24 hour long 'Call to Unite' livestream event to encourage donating to Covid-19 relief efforts. Many Indian actors have deployed their wealth including entertainment mogul Sonu Sood who ~~stad~~ stood beside the migrant workers.



The worldwide disruption caused by the Covid-19 pandemic has resulted in numerous effects on the environment and climate. This unprecedented disruption has also brought about a previously unimaginable opportunity. <sup>due to</sup> With public transport <sup>being</sup> shut down, schools, universities and workplaces being closed, and people <sup>being</sup> confined to their homes, the streets have become silent and air pollution plummeted. Satellites data has revealed that the nitrogen dioxide had fallen by as much as 70% across the globe with some parts seeing drops of upto 93%. As the virus swept around the world and other countries imposed their own version of lockdown, the atmosphere <sup>has</sup> responded, with smog being replaced by blue skies in New Delhi. It has also been reported that people are able to see the Himalayan mountain range from parts of northern India for the first time in 30 years.

Conclusion:- A pandemic is not new in human history. But <sup>has</sup> what makes Covid-19 pandemic special is that it taken place in an unprecedented backdrop when the interconnectivity and interdependence between people, between countries and between continents are <sup>intense</sup> so deep. (This has brought about a new change in the way we live.) This pandemic has caused devastation, pain and loss, with no corner of the globe untouched, but on the flipside, it has also shown us a new change in the way we live — new normal.

Debanghya Barik  
RA2011026010022