

## **HS101 LAB 6**

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The given two pictures rightly depict the drastic and huge change that the covid-19 pandemic has brought in over the past 2 years. No doubt, Technology has virtually connected people across the globe, at a time when meeting even a neighbor physically was not possible. But as the famous saying goes, every coin has two sides. Technology, be it in the form of social media, meeting platforms or otherwise, did help us when we needed it the most; but now, the same technology has become such an inseparable part of almost everyone's life that people have started ignoring the company of their family, friends and colleagues present around them. Even when they have free time, they prefer social media over the company of people around them. Be it some birthday party or any other similar function, or preparing some new delicacy at home, or even buying something new; the very first thing which bothers most people is posting all this on the so called virtual connecting platform – i.e. the social media. Earlier, when people were not used to spending so much time on electronic devices, the frequency of family get-togethers and picnics was high and the person to person direct interactions ensured that all of them stayed mentally and physically healthy. The EQ (emotional quotient) of earlier generations, was also better than that of today's generation, as back then, people spent their time in enjoying the company of the real and physical around them rather than the virtual one.

**Thank you**