Year 1 AC (After Coronavirus)  
Pan India Online Essay Contest 2020

Essay Topic: Science and health: what should we change to be more resilient?

My eyes get moist for my country to witness the coronavirus outbreak.

Why it should not be? This pandemic showed some sad moments, which even my grandparents did not experience in their lifetime. The science and technology is highly advanced but until today, the whole world failed to find a permanent cure for COVID-19, which was first identified in Wuhan, China.

This coronavirus gives us an infectious and acute respiratory disease, more contagious than chicken pox. Unfortunately, those who had this disease are discriminated in the society.

This global pandemic has told us that nature is supreme power. Before this pandemic, I had heard many countries claiming that they are the most authoritative in the world. This epidemic has told the whole world that no country in the world is fully developed in social, economic, scientific and technological terms. They all still need to grow; develop at least until an extent where they would be able to find a cure for COVID-19.

Life stopped during this pandemic not only in China and India, but also across the globe. This is a time for countries not to brawl or quarrel about the origin of this disease. This is a time to stand in solidarity with each other to discover a permanent cure for the pandemic. Still, the divergences of different countries are clear. It seems most comfortable for us humans to impose blame on others, but we should put a halt to this approach.

Is this pandemic extremely painful and life-threatening? Yes, of course it is. This disease, which is said to be disastrous, gave a halt to the world and taught the humans how to be more resilient. It made us realize that life is not a race. It taught us the importance of our families, the importance of life over our ambitions.

Now, the questions are– How to be more resilient? How to be saved from this disease? Nobody had the answer to these questions. The most dangerous thing was that whoever
had the infection from within, would not have known it initially, and by the time it was found out, he would not have known how many more people he had infected by that time.

After the outbreak, many studies revealed that this disease was spreading from human to human but originated from an animal strain yet to be confirmed. To stop the infection many guidelines by the government were laid.

These are:
- Wash your hands for at least 20 seconds after touching any surface
- Cover your mouth while sneezing and coughing
- Maintain social distancing and for this most of the world is locked down

Other thoughts have also surfaced: maybe these types of diseases are caused by eating non-vegetarian food? We were also advised to avoid shaking hands and follow our own Indian greeting, i.e. Namaste. That is why I bow to the culture of my country and always pledge to follow it.

Throughout the world, India’s culture has once again proved that why its ideologies are so important?

So much COVID-19 havoc has taught us.