



# Moving Forward

Reflections on the COVID Pandemic



©2021 Bhutan Centre for Media and Democracy

All rights reserved

Layout & Design by Karan Bir Urao

A Bhutan Centre for Media and Democracy publication

PO Box 1662, Thimphu, Bhutan

[www.bcmt.bt](http://www.bcmt.bt)

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, microfilming, recording or otherwise without permission from the publisher.



@bhutancmd



@bhutan\_cmd



@TheBcmd



@bcmt.bt

# **Moving Forward**

Reflection on the COVID Pandemic





# Meet The Photographers



Phub Gyeltshen



Chimi Rinzin



Deki Dema



Karma Yangzom



Yeshe Choden



Tenzin Wangda



Ajesh Mongar



Dechen Wangdi



Anju Rai



Pema Selden



Tshering Selden



Tashi Lham



Choezang Ngedrup Lhamo

# NEW NORMAL IN EDUCATION

2020 has been a year of school closures. Before the lockdown, people had become complacent in the responsibility to combat COVID-19 and we saw the full scale of its devastation in December 2020. However, we have learned from this experience as a society and since then we have been better at adhering to the preventative measures put in place for our students. QR codes, hand sanitizing stations, social distancing, hand washing, facemasks, proper cough etiquette, etc. have now become the new normal. Students can now resume their education after a long hiatus and the excitement, sense of responsibility and confidence is in the air.



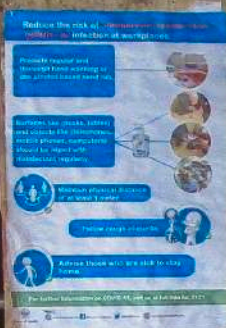








86













# RESILIENCE OF THE HUMAN SPIRIT

The silver lining of COVID-19 has been overlooked. Before the pandemic, social connections were understood only superficially or taken for granted. However, through the pandemic, when we were forced to remain physically apart from our loved ones, we realized how deeply we were connected to each other. Even our elders, who are accustomed to old habits and motions of daily life are doing their part in being responsible citizens. This is especially pronounced as it has severely disrupted their spiritual practices which is a crucial right of passage during old age.

It is by remaining socially connected that we will have the power, strength and support to develop resilience.















































## RETHINKING OUR **ECONOMY**

Various sectors were brought to a halt with the impact of COVID-19, and realities such as the vulnerability of the tourism industry and increasing dependency on imported goods & foreign workers were brought to the limelight. This has been due to the lack of education on the dignity of labour, lack of skills and being unable to realise the potential within the country. This requires us to rethink our approaches to set a different course for the future of the economy.











**TICKET  
COUNTER**





































# CULTIVATING COLLECTIVE RESPONSIBILITY

The COVID-19 pandemic has breathed new life into the often heard saying, 'Think globally, act locally'. The implications of global issues such as food security and waste management have been felt at an individual level with the price of commodities soaring and the volumes of waste mounting. Nevertheless, the answers have been found in travelling back to our roots, where life was more self-sufficient and before waste was a human-driven reality. We can strive towards cultivating better responsible citizens by combining our lived experience with a global awareness.

























PLEASED





NO NOT LITTER

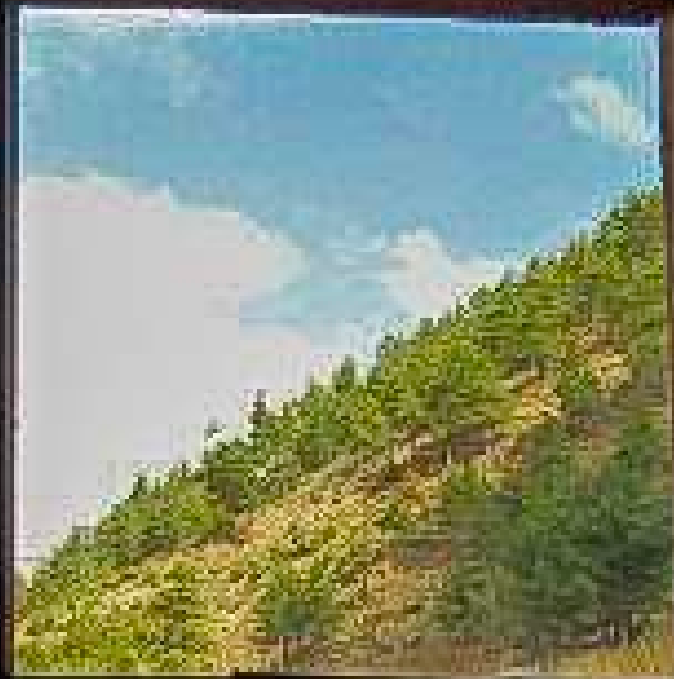


# TOGETHER WE CAN

It was like people had disappeared from the face of the earth. The pandemic was a force to be reckoned with, unlike anything we had ever experienced; it could harm the people we loved and the people who loved us could harm us too. The deafening silence filled the entire country (and the world). All of us felt the fear and loneliness in us.

However, the experience of COVID-19 for Bhutan has been one marked by solidarity, perseverance, collective responsibility and exemplary leadership. It has also been a collective moment of reflection, re-thinking and re-setting of the direction in which we are moving. The pandemic has offered us all a moment of pause in a world that never seems to stop moving forward with a hurried and short-sighted pace. Above all, it helped us all see that, when faced with seemingly insurmountable challenges, we shall find answers in our humanity and the values of compassion, care, empathy and alertness.

















Changangkha lhakhang



Scan Me to Save Us





REGISTER  
HERE

REGISTER  
HERE














Items		
1 Beef Boneless	400	8 Grizzard 170
2 Beef Keema	400	9 Red Sausage (kg) 350
3 Beef Slice	350	10 Pankaj fish 300
4 Frozen Chicken	250	11 Hot Dog 350
5 Local Chicken	300	12 Wings 350
Sausage	600	13 Chae 150
	300	14 Drumstick 230
		15 Kobia 350
Benny we dont sell PORK		

2004/217  
M Chaudhary  
Job Account









During the 5 day  
'Basic Photography Training',  
the participants learnt about the  
fundamentals of photography and  
explored its potential as a tool  
to tell stories.



འབྲུག་བདེ་ཐུན་དང་དམངས་གཙོའི་ཁྱེ་བ།  
BHUTAN CENTRE  
for MEDIA AND DEMOCRACY

THE MEDIA   
giving youth a voice



CISU CIVIL SOCIETY IN  
DEVELOPMENT