



PANDEMICS AND
 THE WORLD
 Read more...



MACVISTA

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When we heal the earth, we
 heal ourselves..

— David Orr

Global COVID-19 Pandemic



Hi – The world is still dealing with the COVID-19 pandemic. No doubt, even you have been impacted by it in some way or the other. Remember to stay home, stay safe, follow guidelines being issued by the authorities.

And here are some tips to not feel anxious or stressed; we can fight this pandemic together:





It is normal to feel sad, stressed, confused, scared or angry during a crisis.

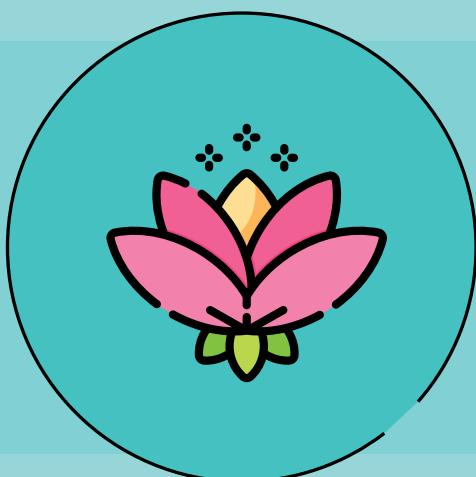
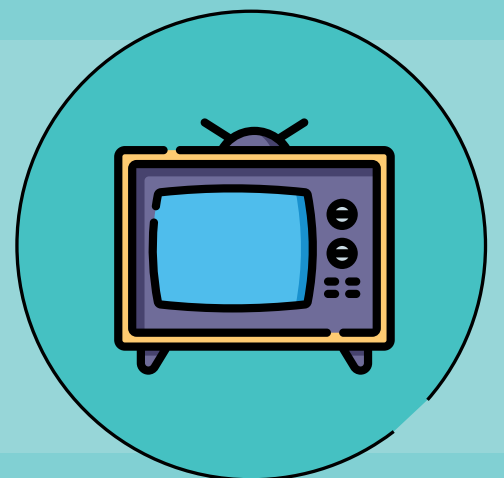
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

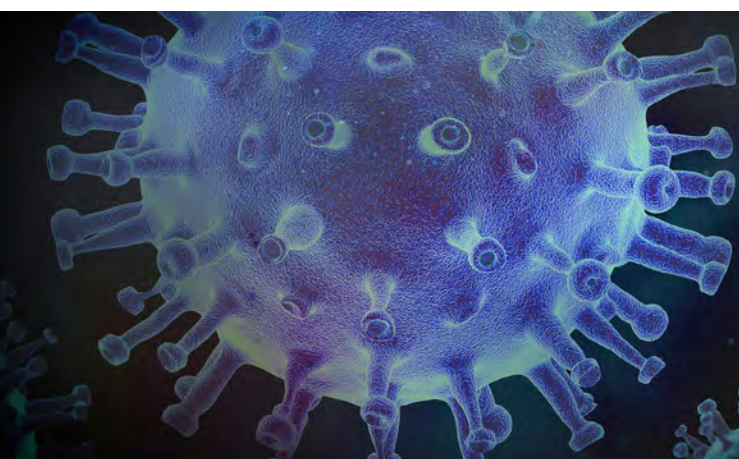
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

For more information and updates, please visit the WHO website.: [WHO website](https://www.who.int).

Even in the face of this virus, we all continue to live our normal lives. And in that spirit, presenting the MACVISTA newsletter with Pandemics & the World as the theme. Start your reading experience now.



PANDEMICS

OF THE PAST

It is but with a heavy heart that one talks about the situation in the current time. The world is facing its worst crisis ever in the form of the epidemic caused by the COVID-19 virus. The impact is so large scale that it has taken the form of a pandemic, an epidemic that spreads across countries and is pan-global. However unfortunate and difficult these times are, it helps to know that this is not the first time that a crisis has hit the whole world together. There have been disasters in the past, and like all such unfortunate happenings, they have not been pretty. However, the reality is that they did happen and we cannot wish them away. What we can do instead is to take lessons from them, understand what happened and be prepared for anything similar in the future.

Black Death (Plague)

This epidemic started in 1346 and continued till 1353, destroying and killing millions of people across Europe, Africa and Asia. The disease was bubonic plague and was brought about by the rats, or rather by the fleas on the rats. The disease spread through ports, which were very important places of industry during the time. This disease resulted in death in as less as 24 hours. Known infamously as the Black Death, it was responsible for wiping out one-third of the world's population at that time. How was it brought under control? Well, it took a long time and improvement in sanitation measures helped, as did quarantine.



Sixth Cholera Pandemic

The sixth cholera pandemic lasted from 1899 to 1923 and was specially devastating in India; it killed approximately 800,000 people here before spreading to the Middle East, North Africa, Eastern Europe and Russia. Cholera has been a constant killer throughout history and while its resurgence has been limited, there were instances when it appeared again in 2010-11 in Haiti, right after the earthquake that hit this nation.

Flu Pandemic

As if the world had not had enough distress in the form of World War I, the flu pandemic that started in 1918 infected almost 500 million people worldwide. It came to be known as the Spanish Flu because Spain was affected the most by it. This pandemic was first observed in Europe and then spread quickly to US, Asia and the rest of the world. The disease started as a typical flu but the strain of the virus intensified soon after. People started dying hours after they displayed the first symptoms! There were no vaccines available till then and even hospitals were not equipped to deal with the flu, given the war situation. The Spanish flu affected even those considered healthy and that was its biggest shock. By the summer of 1919, the pandemic came to an end, because those that were infected either died or others developed immunity.



AIDS

AIDS or Acquired Immunodeficiency Disorder was first discovered in 1981 in the US. It was caused by HIV, the human immunodeficiency virus, and made a person's immune system so weak that they could no longer fight common infections and eventually died. Unfortunately, this disease is contagious and spreads through blood and genital fluid. Till date, approximately 35 million people have died of AIDS and no cure has been found. 2005-2012 saw the peak of this disease. This disease also caused a lot of discrimination in society leading to people with AIDS being asked to leave their jobs and being excluded from society.

SARS

The Severe Acute Respiratory Syndrome (SARS) was first identified in 2003 in China, from where it spread to 26 other countries. SARS infected about 8000 people and saw approximately 800 deaths. SARS is a respiratory problem and spreads through droplets from coughs and sneezes. SARS was considered by global health professionals as a warning to improve outbreak responses, and lessons from this pandemic were helpful in keeping diseases like H1N1, Ebola and Zika under control.



All this tells us that the world has seen bad times together in the form of dreaded diseases. What has worked in the past includes social distancing, closure of entertainment houses and public transportation, limited crowding and use of masks and basic hygiene measures. It is also important to note that whenever such pandemics have occurred, there has been a change in the way the world functions. For example, after the Black Death, sanitation systems improved significantly. There are lessons to be learnt in the face of disasters, and from there the world moves forward.



When Economies Crashed



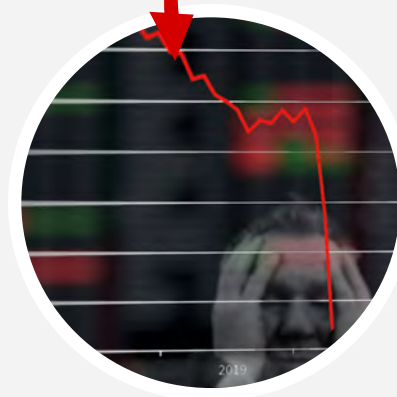
The **Credit Crisis of 1772** started in London and spread to other parts of Europe. The disaster had its roots in the financial power of Britain due to its colonial activities and a sense of overachievement. This led to over credit and debt repayment issues, which had people form long queues at all major British banks to withdraw their money. Many historians claim that this economic calamity had an impact on the American Revolution later on.

The worst ever financial crisis of the 20th century was the **Great Depression**, which started in 1929 and ensued till 1939. It was triggered by the stock exchange crash in USA and led to huge rates of unemployment, loss of livelihood and a complete stop to much industrial production not just in the US but across the globe and specially in industrialized countries.

Economic setbacks hit closer to India in 1997 with the **Asian Crisis**. Countries such as Thailand, Indonesia, Singapore, Malaysia and Hong Kong had attracted capital flow from the western countries, and soon this gave way to over credit and debt accumulation. The wave hit all Asian countries including India and saw lowering of income and unemployment; it took many years to be controlled and the International Monetary Fund (IMF) had to step in with financial packages.

In the more recent past, the world was hit by the **Great Recession** of 2008. This was triggered in the US and the cause was the collapse of the real estate market. This led to the collapse of Lehman Brothers, one of the biggest investment banks of the world. This created a domino effect on several financial institutions all over the world; large and small companies were impacted; millions of jobs were lost. Research says that the negative impact continued for 10 years – just like the Great Depression of 1929.

All these economic crises have a pattern, which looks familiar (in hindsight). The economic slowdown coming into play now as an offshoot of the COVID-19 predicament will also require new, unexplored ways for the world to come together on the financial front.





EDUCATION

The future has begun

One of the biggest impacts of the lockdown made necessary by the spread of COVID-19 has been the closure of schools and colleges – not just in India but all across the globe. Given that this decision was taken with the health of all concerned in mind, it was indeed a welcome step. All educational institutes moved to the online, digital world to continue the education. Learning through digital and online modes has been practiced but mostly related to adult learning



or in corporate set ups. But the use of digital is good for all and while this pandemic pushed it, maybe all too suddenly, into several domains, there is huge potential in it. As it said often, the future is digital. Digital technology can be used to reach more audiences, to provide a standardised approach to teaching and learning, to enable the

students and teachers to learn and practice through group discussions and sharing. Virtual classrooms are being set up and are being followed. While it may be a new concept in India, it has been a practice in other countries. There are many who talk about the lack of connect and how virtual classrooms are more work only for the students. There is nothing further from the truth. Virtual classrooms are collaborative and require the teachers to be even more ready with their class plan and structure to ensure that the students benefit. There is a lot of hard work that goes on to run virtual classrooms and the effort



of teachers, who have taken to it at such a short notice, is commendable. Virtual classrooms ensure equal sharing of knowledge with all students; the responsibility of learning becomes two-way and is not just dependent on the teacher. The asking of questions and ensuring that all feedback gets documented is another big benefit. The onus for learning lies on the students, who become more self-motivated and adding of gamification elements such as contests, quizzes and leader boards helps them stay motivated. The modes that can be brought into play are many as well – video,

audio only, guest lectures, reverse teaching etc. The biggest advantage of leveraging digital for students today is to make them ready for their future, where they can focus on their expert skills and not spend time learning how to be digital.

NEW WORLD



In the past few years, we have seen many things that we took for granted change drastically. There have been natural calamities of huge proportions and a climate crisis has been declared. Now with the pandemic, many people are stating that the end of the world is here. But, we all know, that is not true. The world will continue albeit with a difference. And if we want to make this different new world better, there are many changes that we need to make – as a people. The way we live has to change for us to survive; it is no longer a matter of choice. There is no choice left and this has become even more apparent with the pandemic.

So, where will these changes come in? The use of face masks will become normal for some time because once the lockdowns open, there will be fresh instances of growing air pollution. For travel and transport, green fuel options will need to be considered. Safe, hygienic public transport systems will become necessary. When shopping, it will become necessary to buy local goods so that the carbon footprint is reduced. Use of environment-friendly packaging and bags is a must. The use of technology will increase – to build a better, connected world. And with the rise in technology, it will become important to not forget to stay human. Digital or technology does not mean that human factors can be dispensed with. If anything, the ask is even greater. So, what will you do to contribute to this new world?

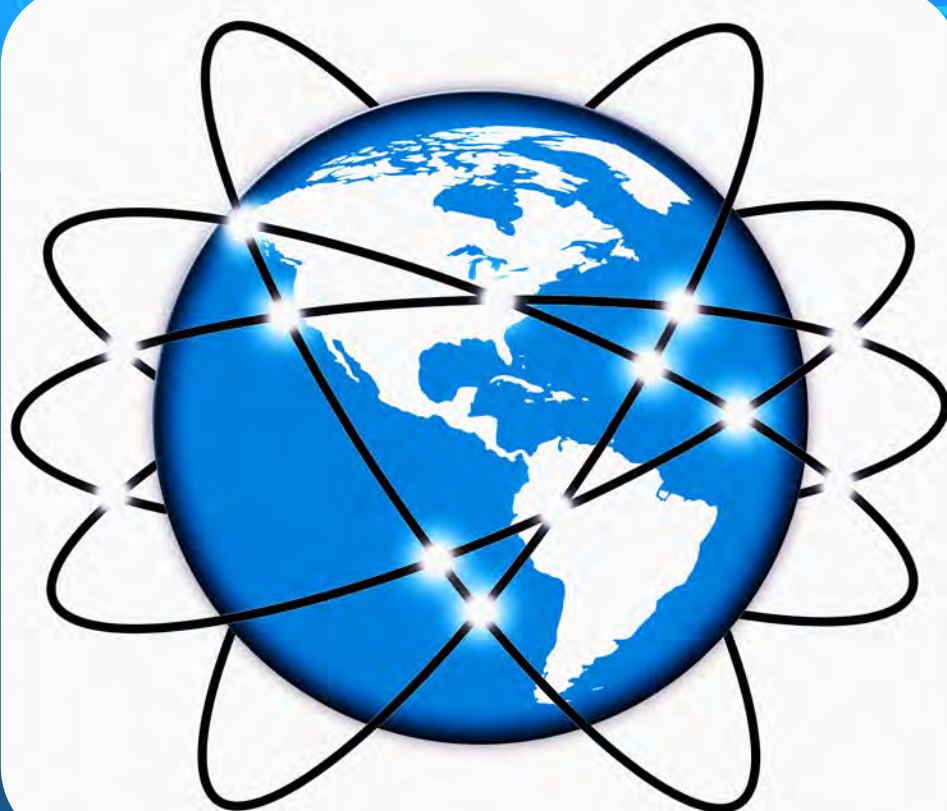


TECHNews



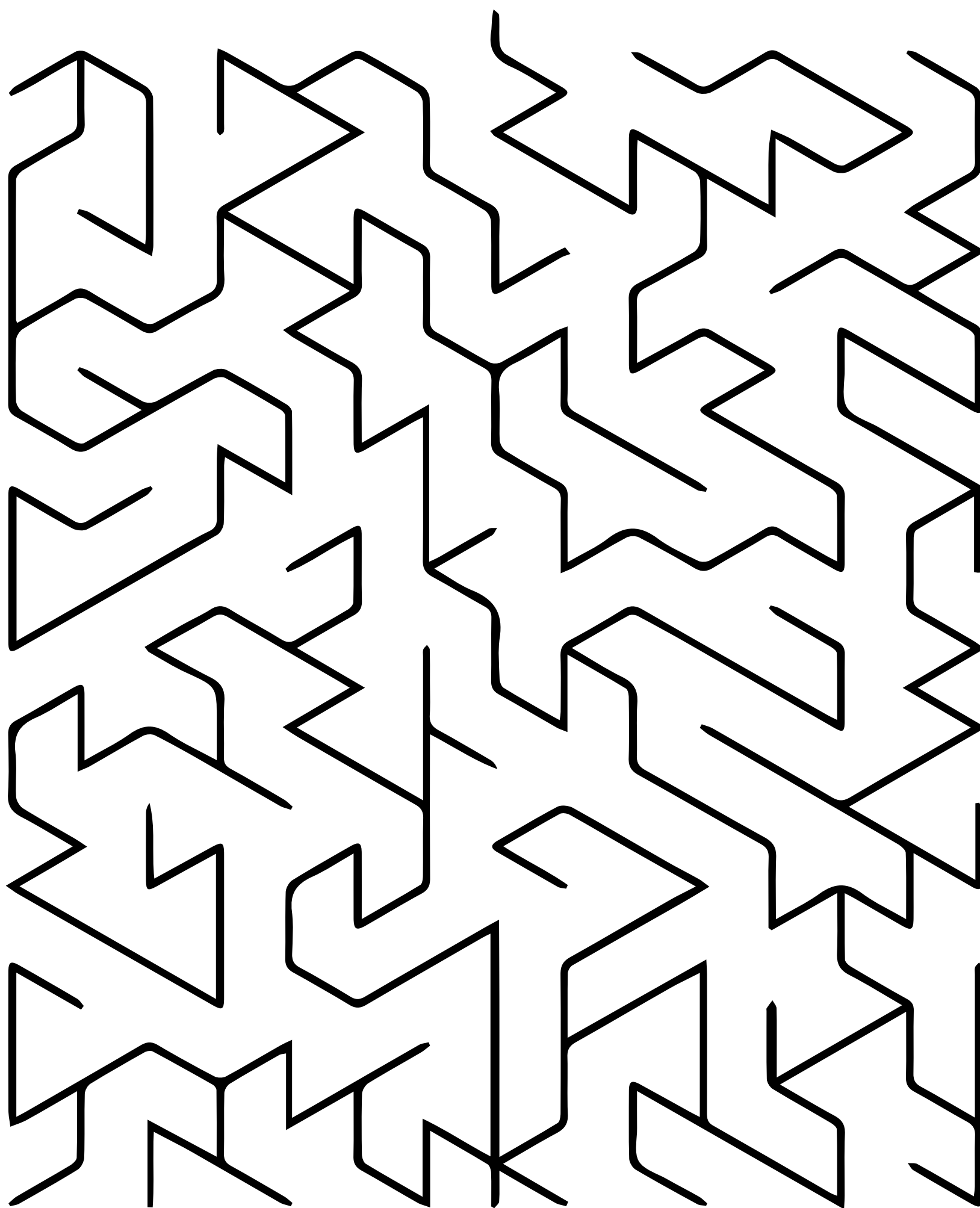
**World Health
Organization**

As news of the COVID-19 pandemic keeps spreading, it has opened up doors for digital collaboration like never before. One of the key beneficiaries of this swift move to adapting technology is the World Health Organisation (WHO). WHO is at the forefront of providing updated information to the entire world about the progress of the virus and any related findings with respect to search for a vaccine, protocols of managing crowds and maintaining social distance. The **WHO Technology for COVID-19 initiative** is a free-of-charge collaboration of technology companies who have come together to do what they do best. Their work can already be seen in disseminating better information about the pandemic, more effective data visualization, being made available on mobile devices. In this fight, having the right information at the right time is critical and technology is surely a saviour.





Try your hand at the maze below. See if you can find your way out.





WORLD VIEW



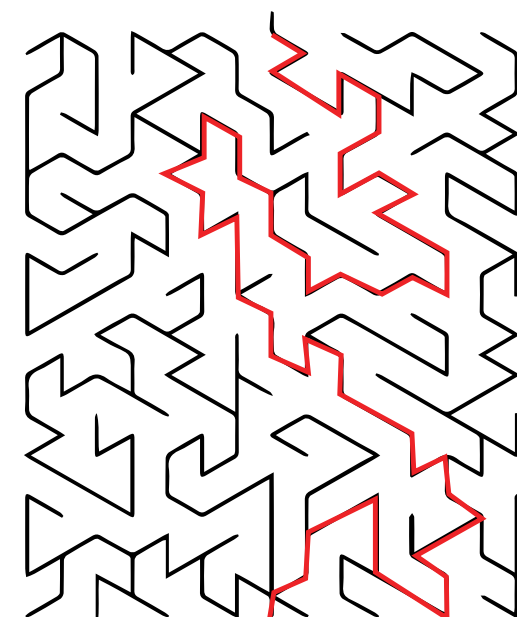
Even though there have been many pandemics in the past, more people are talking about the Spanish Flu of 1918 in the same breath as COVID-19. Here is a view of the world and how it changed after the Spanish Flu. One of the first things researchers noticed is that **life expectancy increased**; this is attributed to the fact that the population that was



left behind after WWI and the flu, was a smaller, healthier group who could reproduce in larger numbers. Another and more significant impact was the change in healthcare. **Healthcare** changed dramatically and in two contrasting ways. In the US, there was a disillusionment with science and people moved towards alternative medicine. Whereas in countries like China and Russia, science took more of a centre stage. **Socialised healthcare systems** started coming up with the realization that pandemics affected everyone and couldn't be solved in

isolation. **Epidemiology** - the branch of medicine dealing with the incidence, distribution, and possible control of diseases and other factors relating to health – started being taken more seriously all around the world. And all of these favourable changes occurred due to the Spanish Flu of 1918.

Maze: Answer



Lighten Up RIDDLES



1. Everyone has it and no one can lose it. What is it?

.....

2. What gets bigger the more you take away?

.....

3. I have no life but I can die. What am I?

.....

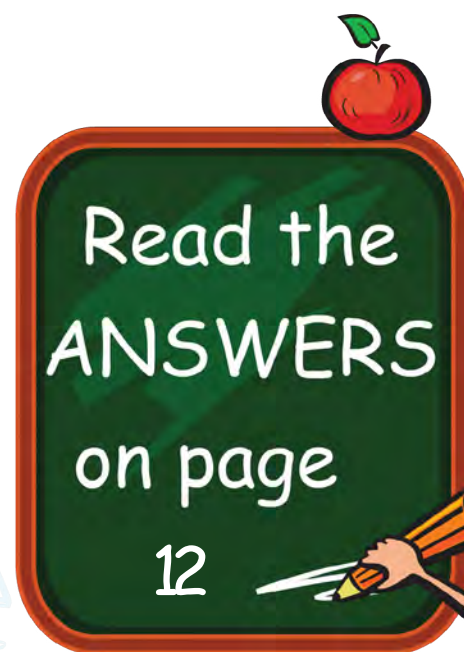
4. What has a bottom at the top?

.....

5. What has cities, markets, streets and monuments but no people?

.....

6. How many months have 28 days?





JOKES



What did the French teacher say to the class?

I don't know I couldn't understand her.

Why couldn't the teacher control her pupils?

She couldn't find her glasses.

What does a judge and an English teacher have in common?

Sentences, lots and lots of sentences.

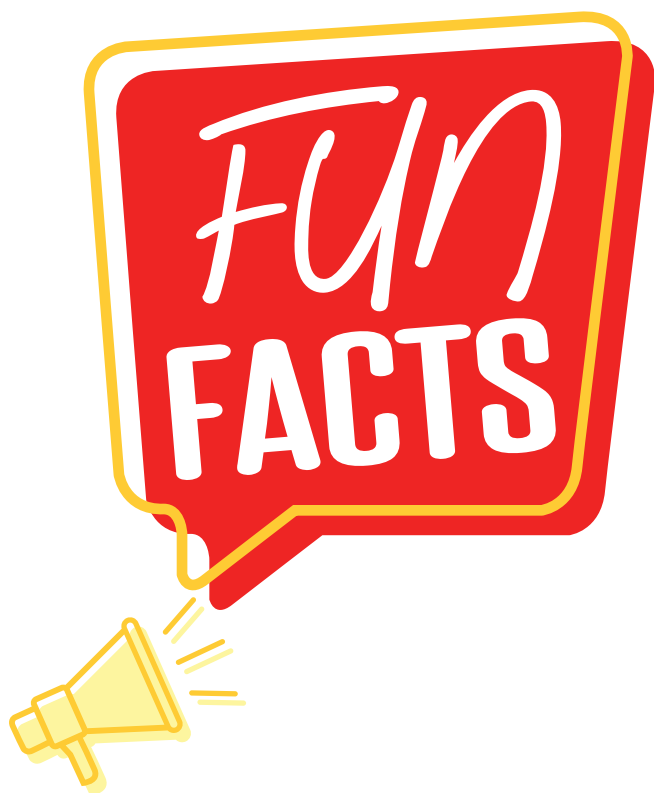
Why don't history teachers want to teach about the Middle Ages?

It takes too many knights.

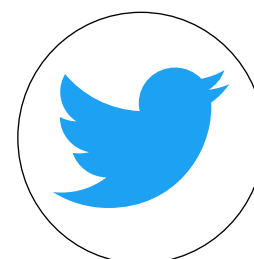
Why did the period tell the comma to stop?

It was the end of the sentence.

Source: <https://teens.lovetoknow.com/>



- The name of the blue bird in the Twitter logo has a name: Larry. The bird was named after basketball player Larry Bird.
- The name of the clown character associated with McDonalds is named Ronald McDonald.
- The name of the girl character in Amul's ads is Butter girl; she was created in 1966 by Eustace Fernandes.



- The woman figurine seen on Rolls-Royce cars is named Spirit of Ecstasy. She is known by other names as well such as Emily, Silver Lady or Flying Lady.
- The name of the mascot for Indian Railways is Bholu; he is an elephant in the guise of a train guard.



1. A shadow
2. A hole
3. A battery
4. Your legs!
5. A map
6. All 12 months!

ACTIVITY SHEET

Activity 1

My Resolve for a Better World

There is no denying that since January 2020, a lot of things have changed. Each one of us has made those changes as well – be it staying home, away from friends and school and sometimes, even family or be it giving up on luxuries like eating out or going for a movie. Some of these changes have felt terrible. And some have actually made us feel better.

Take some time to think how you will make changes so that together, the world we create, is a better one for all. Look at the table below. It asks you to think of your life across four areas and what was the normal and what is it that you have changed already and will continue with even when the lockdown and self-isolation phase is over.

Area	What I did earlier	What will I do differently from now
Environment		
Education		
Entertainment		
Community		

Activity 2

Mindful Me

These are trying times and it is tough for everyone – not just young people but also adults. Nobody has answers for when this pandemic will end and everyone is feeling anxious and scared. While we may not have answers to fight the pandemic, we do have control over what we can do in this situation. Feeling sad or scared is normal but if we stay in that zone for too long, we will just feel worse. So, let's do this simple exercise to feel better. Ready?



Become Superman: Stand with feet apart, just a bit wider than the hip width. Clench your fists, stretch both arms out, and fully lengthen the body. Feel your muscles and bones expand and feel a sense of opening up. This posture will help you feel strong. And your brain will feel pride and positivity will flow through.

Become Wonder Woman: Stand with feet apart, just a bit wider than the hip width. Put your hands on your hips and feel yourself growing taller by pulling yourself towards the sky with your feet firmly planted on the ground. This posture will help you feel tall and strong and invincible. And your brain will respond by sending you good vibes.



You can practice these exercises at home with your family and also share with your friends.

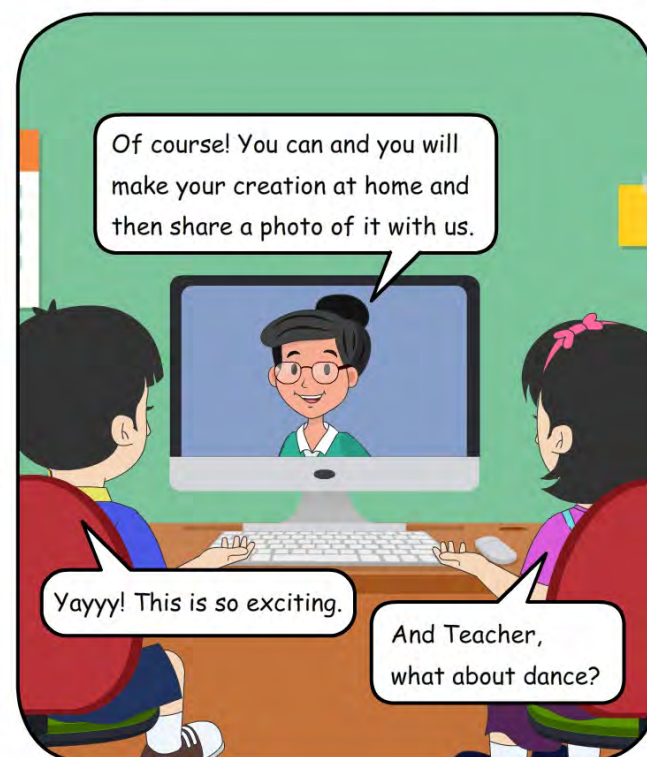
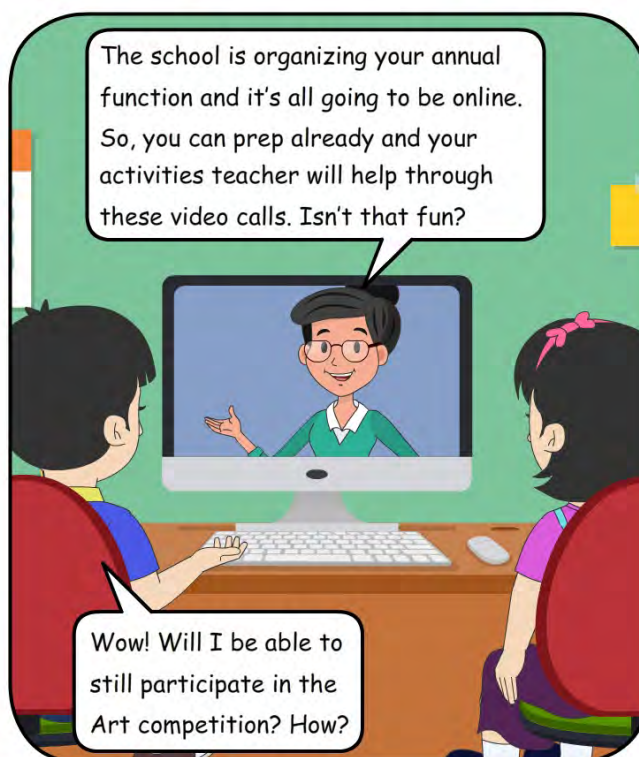
Source: <https://www.heysigmund.com/mindfulness-for-children-fun-effective-ways-to-strengthen-mind-body-spirit/>



Comic Strip



BAIRA AND BELA



CURRENT EVENTS UPDATES

April 2020

April 2

The number of confirmed cases of COVID-19 reaches the one million mark across the globe.

April 3

Tony Lewis, the co-inventor of the Duckworth-Lewis method dies, aged 78. This method was first used in the match between Zimbabwe and England in 1997 and was later adopted by International Cricket Council (ICC) in 1999

April 8

China ends the 76-days lockdown in Wuhan, which was the epicenter of the COVID-19 outbreak.

April 9

Bernie Sanders drops out of the US Presidential elections race, paving the way for former Vice President, Joe Biden, to become the nominee of the Democratic Party in the US elections.



April 13

The OPEC+ alliance, the world's top oil producers, come to a deal to cut global crude output by 9.7 million barrels a day. This deal is aimed at bringing an end to the oil price war that has gripped the world due to the COVID-19 pandemic.

April 14

US President, Donald Trump, announced a halt to funding the World Health Organization (WHO) accusing the organization of "covering up" the spread of COVID-19.

April 2020

April 18

Canada saw one of its deadliest shooting ever after a man began a shooting spree in Nova Scotia; the final count of fatalities was at 22 people.

April 21

Academy Award winning animated filmmaker and director of the hugely popular Tom and Jerry series, Gene Deitch, passed away.

April 27

Scientists confirmed that the largest hole – approximately 1 million square kilometers wide – in Earth's ozone layer over the Arctic healed itself and closed.

April 29

Irrfan Khan, considered one of the finest and nuanced actors of Indian cinema, passed away at the age of 53; he was suffering from a rare form of cancer.



April 30

Much loved Indian cinema actor, Rishi Kapoor, passes away at the age of 67; he had been undergoing treatment for cancer..



May 2020

May 1

Prime Minister Justin Trudeau announces an assault rifle ban in Canada, making it illegal to make, sell, or purchase over 1500 types of assault rifles. This follows one of the worst ever mass shooting in Canada in April 2020.

May 2

India extends its lockdown as a response to the COVID-19 pandemic till May 17; this is the third in the series of lockdowns to prevent the spread of the disease.

May 6

Three photojournalists from Jammu & Kashmir won the Pulitzer Prize 2020 in feature photography. Yasin Dar, Mukhtar Khan and Channi Anand who won the top honours have been working with Associated Press (AP).



May 7

Styrene gas leak from the LG Polymers plant in Visakhapatnam causes the death of 8 people and affects many.

Mustafa Al Kadhimi becomes Iraq's first proper Prime Minister after Adel Abdul Mahdi resigned in November 2019 due to massive anti-government protests.



CURRENT EVENTS UPDATES

May 2020

May 11

India launches Mission Sagar to provide assistance to five island nations amid the ongoing COVID-19 crisis. The five island nations include Mauritius, Maldives, Madagascar, Seychelles and Comoros.

May 14

Prime Minister Narendra Modi announces the Aatma Nirbhar Bharat Abhiyan economic package worth Rs 20 lakh crore to make India self-reliant.

May 17

Benjamin Netanyahu-led government is sworn into office in Israel on ending almost a year and half of divisive politics that saw three deadlocked elections. Benny Gantz takes oath of office as the alternate prime minister.

May 20

Cyclone Amphan makes landfall in West Bengal; causes widespread damage in Bangladesh as well.

May 23

India saw the start of the migrant crisis, with many migrants wanting to return to their native states of Bihar, Uttar Pradesh and Madhya Pradesh, in the face of the pandemic and lockdown. Several measures were taken including providing food and transport arrangements.

May 25

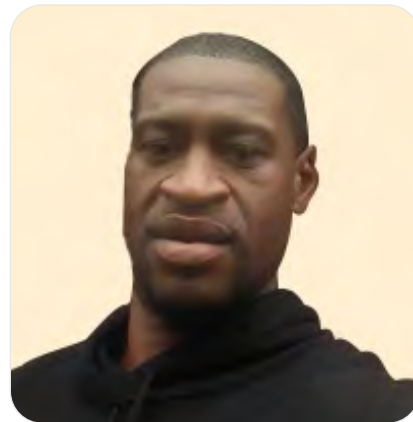
Balbir Singh Sr., a three-time Olympic-medal winning hockey legend and the iconic centre-forward, passes away. He was the only Indian chosen by the International Olympic Committee across the modern Olympic history.



June 2020

June 1

Violent protests engulf United States against the death of George Floyd. 40 cities impose curfew.



June 4

Legendary Indian filmmaker Basu Chatterjee passes away.

June 5

Black Lives Matter protests enter 11th day; the protest spreads to other countries such as Canada and Australia as well.

**BLACK
LIVES
MATTER**

June 6

Russia declares a state of emergency after a massive fuel spill in the Arctic Circle.

June 8

New Zealand declares itself COVID-free and lifts all restrictions except border controls.

June 2020

June 12

Louisville, Kentucky in the US bans “no knock” warrants after Breonna Taylor, a young Black American was killed by police shots while she was sleeping, months ago.

June 14

Young and promising Indian cinema actor, Sushant Singh Rajput, dies by suicide at the age of 34; he was reportedly suffering from depression. His death sparks discussion on mental health awareness and steps.



June 19

India is elected as a non-permanent member of the United Nations Security Council (UNSC) and will serve as president in August 2021 for a one-month period, as per the norms.

June 21

The world witnesses a rare ‘Ring of Fire’ solar eclipse on the Summer Solstice day, after 19 years.

June 26

Liverpool is crowned Premier League champions as Chelsea’s 2-1 win over Manchester City ended their 30-year wait to win the English title.

June 28

The FIFA Council voted in favour of the joint bid by Australia and New Zealand to jointly host the 2023 FIFA Women’s World Cup.