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65th Year – No. 3559 – An Independent Weekly

"A pandemic will lead to permanent social, economic, and cultural changes. The key is to create good from a bad situation." -- Wayne Gerard Trotman

Friday 20 to Thursday 26 March 2020 - Rs 15.00

Trying Times

These are trying times for the country. It has been late coming for us after wreaking havoc and distress in most of the countries after it started and been contained in one country but went on to spread all over the world. That the Covid-19 was bound to reach Mauritian shores was a certainty to scientists and medical men given our highly interconnected and globalised world, where people, products and services move across borders with ease, but we were mistaken to believe that our insularity would protect us from the pandemic.

It is said that a common response in trying times is to look to people in authority for help in creating meaning and providing direction in favour of the common good.

M.K.
• Cont. on page 9

Post-Corona: Back to basics and...

It is all about what individuals do – it is they, people singly or collectively, adopting what is recommended to first protect themselves and then others too

Dr R. Neerunjun Gopee

Like other pandemics that came before it, the current Covid-19 episode will also come to pass. When, not even the best experts can say at the moment, but based on the past experience of the evolution of disease patterns over time, the most reasonable estimate is that it will be a few months at least. In course of time, viruses circulate among the population as a normal phenomenon, and produce diseases when the conditions are conducive – like the influenza virus which attacks during the cold weather, and then we talk about the 'flu season'.

• Cont. on page 8



Singfat Chu - Professor of Analytics, National University of Singapore

"Discipline is a key feature to combat Covid-19. This is not authoritarianism"

• 'Leadership must be visible, decisive, exemplar and, above all, caring in times of crisis'



At a supermarket. Some popular brands require re-stocking but otherwise supplies are ample

Interview:

Dr Vinaye Ancharaz - Economist

"The economic situation will get worse before it starts improving"



• 'We can only hope for the best, but we must be prepared for the worst'

Colonial politics and the Spanish Influenza of 1919: Lessons to Learn

Epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island

Sada Reddi

Epidemics are never mere physiological phenomena - they are invariably shaped by social, economic and political processes they collide with. The epidemic influenza of 1919 was the worst epidemic that the world had faced. In Mauritius too, the epidemic caused brought about 12,000 deaths, but the worst happened in 1867 when the malaria epidemic killed about 40,000 people. In 1919, it was the political, economic and social factors that significantly affected the course of the epidemic and impacted the population.

Breakout of the Spanish epidemic

The Spanish epidemic itself broke out in northern France in the military camps in April 1918. On their way back to their homelands, the soldiers carried the epidemic into their respective countries. It initially spread in two waves and was followed by a third one;

• Cont. on page 9



Clayton Apparatus disinfecting a street in Port Louis during the plague epidemic. Photo: Balfour report 1921

War on Covid-19

More than ever before, the country needs to be together as a nation and harness all our resources and men and women of goodwill to define the most apt crisis management strategies

Mrinal Roy

The Covid-19 pandemic has put in focus and exposed the crisis management acumen of the Prime Ministers, Presidents and governments of affected countries across the world. Updated statistics show that there were more than 219,000 cases of Covid-19 in the

world spread over 176 countries to date. The death toll has already crossed 8,900 persons. As Covid-19 is uncharted territory, governments, health authorities and epidemiologists are drawing lessons from the experience of and potent actions taken by China (which was the first country to be infected) to contain the spread of the coronavirus outbreak.

• Cont. on page 7



Contrôle des dépenses publiques

Les gaspillages de fonds publics sont-ils inévitables?

Le rapport du directeur de l'Audit scandalise l'opinion publique pendant un certain temps et puis tombe dans les oubliettes. Et vogue la galère!

Aditya Narayan

C'est devenu un rite lassant au mois de mars chaque année. Le directeur de l'Audit dépose son rapport sur les comptes du gouvernement pour l'année financière précédente avec des révélations sur les gaspillages de fonds publics, les fraudes alléguées, les lacunes dans les appels d'offres et autres détournements de procédures.

La presse accorde une large couverture aux irrégularités financières relevées dans le rapport. L'Opposition pousse des cris de putois. Le gouvernement s'en défend maladroitement s'il ne garde pas un silence radio. Et la page est tournée jusqu'au prochain rapport dans un an.

• Suite en page 6



Singfat Chu - Professor of Analytics, National University of Singapore

"Discipline is a key feature to combat Covid-19. This is not authoritarianism"

A native of Vacoas, Singfat Chu has been a Professor of Analytics at the Business School, National University of Singapore since 1991. He has penned many articles in the local media on the analytics of electoral reform in Mauritius. Here he shares how Singapore is presently combating the Covid-19 virus and how it plans to revitalize its battered economy thereafter. Read on:

* Despite being hit early on by the coronavirus pandemic and with dozens cases of infection within a few weeks of the first official notice of "Wuhan flu", Singapore has become the model to the rest of the world about how to manage the pandemic. How did the Singaporean authorities make that happen despite being one of China's key trading partners and the close interconnections that this entails and with direct flights to Wuhan, the outbreak's epicentre?

The deadly consequences of SARS in 2003 and the H1N1 swine flu pandemic in 2009 have forced Singapore to be on a combat-ready mode. It recorded 238 SARS cases and 33 deaths. Most touching among the frontline casualties was a young doctor who lost his life fighting the mysterious virus. In 2009, H1N1 affected some 1200 and resulted in about 20 deaths.

Learning from these experiences, Singapore has gone on to devise stringent protocols to contain infectious diseases like the current COVID-19. For instance, Singapore banned visitors from the province of Hubei (whose capital is Wuhan) as of 29 January and it was among the first countries to do so.

"Les réalités du terrain" have dictated different strategies across countries to contain Covid-19. With about 4 million residents living atop each other over an area only one third that of Mauritius, Singapore has opted for the resource-intensive tracing of the whereabouts and contacts of each case. This has beneficially identified clusters infected at business, religious and social meetings. These have been critical findings in containing further transmissions by monitoring and, if necessary, isolating contacts who showed signs of infection.

* "Epidemic preparedness starts years before an outbreak," Emanuele Capobianco, director of health and care at the International Federation of Red Cross and Red Crescent Societies, stated to *Time* magazine recently, adding that "if the number of beds or doctors were cut over the years, for example, it will be very difficult to compensate in a short period of time." Would Singapore's level of preparedness also explain its success in its handling of the pandemic?

"Gouverner, c'est prévoir". The Singapore government views its primary job as identifying future challenges and outlining ways to manage them. Thus, after the SARS and H1N1 experiences, it committed funds and resources towards the opening of the 330-bed National Centre for Infectious Diseases (NCID) in September 2019. Covid-19 cases are treated there as well as in 9 acute hospitals.

Singapore has also strategically developed into a leading biomedical hub. As of 6 March 2020, it has been using its own Covid-19 test kits developed through a collaboration of public and private agencies and which deliver results within 3 hours!

In short, Singapore has detection and treatment capabilities "on call" to combat pandemics like Covid-19.

* A study by Harvard University's Center for Communicable Disease Dynamics estimates Singapore detects almost three times more cases than the global average due to its strong disease surveillance and fastidious contact tracing. But that comes at a cost, and Singapore can afford that level of health prevention and care, isn't it?

Indeed, Singapore has also been lauded by the World Health Organisation (WHO) for the efficacy of its contact tracing. This was primarily developed and proven to be effective during the SARS episode in 2003. Clearly, tracing is very resource-intensive and involves several departments such as the Ministry of Health, the Police, etc.

Each case is asked to provide details on the places and people encountered in previous days. Strong deterrence like fines and jail time are in place for those who lie! There is actually no rationale to lie as complementary information is sourced from CCTV cameras, ATM, Electronic Road Pricing and transit card records, etc.

The analysis of tracing data and information has beneficially identified COVID-19 clusters as I mentioned earlier, and this has enabled their containment. This website is very revealing of the efforts put into contact tracing and the wealth of information amassed - <https://www.gov.sg/article/covid-19-cases-in-singapore>

While some may be uncomfortable with tracing on privacy concerns, this Covid-19 situation is one where the good of society has to prevail over the individual.

* There is also the view that 'Singapore's response may not be directly translatable elsewhere' with quarantine and isolation protocols strictly enforced and anybody who breaches quarantine rules or providing false information about their travel history as charged in court. The authoritarian nature of the regime helps,

“ Thanks to its culture of thrift, Singapore has accumulated reserves conservatively estimated at about S\$500b (the exact amount is a state secret so as to discourage currency manipulation) to help it ride out occasional vagaries like Covid-19 from a position of strength. I cannot but admire that financial depth and dignity...”

"To its credit, Singapore is endowed to bear the short- to medium-term dire straits. This is because, according to its Constitution, a government cannot record a net budgetary deficit by the end of its maximum 5-year mandate unless in exceptional circumstances like the 2008 financial crisis. Then the government had to draw down just shy of S\$5b from past reserves in order to shore up the economy..."

"As the economy is headed for a downturn, just like it did after SARS in 2003 and the financial crisis in 2008, political and business leaders have already volunteered a one-month or thereabout salary pay cut. In sheer contrast and rightly so, the efforts of the frontline fighters against Covid-19 will be rewarded with a bonus payment. Leaders have led by example in taking the initiative to prepare the society mentally for the consequences of COVID-19..."

isn't it?

I lived through SARS in 2003. It has been the most stressful period of my life. I had actually called my family in Mauritius to prepare for the worst as about 1 in every 7 cases was fatal. We learnt that we could beat SARS by simply washing our hands thoroughly, avoid touching our faces, adopt social distancing, etc. Repeating these to combat COVID-19 is plain sense and a duty to ourselves.

At the National University of Singapore where I work, we have been asked since 17 February to record our temperature and to state if we have respiratory symptoms like cough, sore throat or runny nose twice a day on an online platform. When I came back to Singapore in early February after spending two weeks in Mauritius, my travel history was also recorded. *Ces exigences ne sont certainement pas la mer à boire.*

Failures to respect regulations are severely punished as they can jeopardise societal well-being in the current Covid-19 situation. At least 2 exchange students and 2 Permanent Residents who failed to stay at home as required when they returned to Singapore were deported *illico presto*.

Discipline is a key feature to combat Covid-19. This is not authoritarianism. The high death rate from Covid-19 in countries such as Italy, France, etc., illustrates the consequence of not being disciplined.

* Could it be said that it's a mix of carrots and sticks that have so far helped Singapore?

Isn't it wasteful to provide immense resources, which I spoke about earlier, to fight Covid-19 and wasting or overpowering them if the people do not play their part? Singapore systematically applies a "carrots and sticks" philosophy in its policies. And this underlies a large portion of its successes.

Take for example transport. To wean people from cars, it is committing a S\$60b "carrot" to double the reach of its Rapid Transit System by 2030. It is planning that 9 out of 10 households will live within a 10-minute walk to a station. Notice the importance of "walk" here: Singapore plan things holistically as it also wants its people to exercise despite the muggy weather! Simultaneously, it has implemented "sticks" requiring the need to bid for car licences and it has further imposed zero percent growth in their numbers. On this note, I firmly believe that some form of "carrots and sticks" strategy is necessary for Mauritius to recoup its investment in Metro Express.

* What about the response of the political leadership of the country to the pandemic and the people's trust in the government? Have these also played in Singapore's favour?

Leadership must be visible, decisive, exemplar and, above all, caring in times of crisis. With the increasing and perverse effects of misinformation,



Reflection of public housing buildings on the glass panes of an empty Catholic Church where gatherings have been suspended since 15 February

we must acknowledge that leaders face daunting tasks in relaying the facts and information to the people while simultaneously countering and debasing infodemics.

So far in Singapore, the political leaders have had to step twice to the front to mitigate generalised rushes in supermarkets. Pictures of Singapore's strategic stockpiles of essential goods have been posted to convince the public. With many buying goods in volumes to last for months, quotas have also been imposed in the leading supermarket chain.

As the economy is headed for a downturn, just like it did after SARS in 2003 and the financial crisis in 2008, political and business leaders have already volunteered a one-month or thereabout salary pay cut. In sheer contrast and rightly so, the efforts of the frontline fighters against Covid-19 will be rewarded with a bonus payment. Leaders have led by example in taking the initiative to prepare the society mentally for the consequences of COVID-19.

* The Covid-19 pandemic will have profound economic effects on all countries around the world and global uncertainties are likely to persist for a long time. How is Singapore bracing for the challenges ahead?

As an open economy, Singapore will be amongst the hardest hit from the consequences of Covid-19. Its well-being rests on its trading partners recovering well and fast.

To its credit, Singapore is endowed to bear the short- to medium-term dire straits. This is because, according to its Constitution, a government cannot record a net budgetary deficit by the end of its maximum 5-year mandate unless in exceptional circumstances like the 2008 financial crisis. Then the government had to draw down just shy of S\$5b from past reserves in order to shore up the economy.

The current government has accumulated an amazing S\$19b in budget surpluses since its term started in 2015. About S\$11b of that will be used to cover the shortfall in the current budget which was presented on 18 February. Of that sum, S\$6b is earmarked for short-term measures necessary to support cash flows and employees at affected firms and pay for additional expenses incurred by agencies involved in the management of Covid-19.

A second stimulus package is already in the works. The President of Singapore, who is one of two office bearers (the other being the Prime Minister) who can simultaneously open the vault of past reserves, has already stated that she will "turn the key" if the outstanding S\$8b cumulative budget surplus does not suffice to revitalise the economy.

Thanks to its culture of thrift, Singapore has accumulated reserves conservatively estimated at about S\$500b (the exact amount is a state secret so as to discourage currency manipulation) to help it ride out occasional vagaries like Covid-19 from a position of strength. I cannot but admire that financial depth and dignity.

* Lee Kuan Yew, the founding Prime Minister of Singapore, is credited with having created 'the playbook for modern Singapore, including among other things a commitment to transparency, a belief in the power of reason over superstition, and a love of cleanliness'. These elements are said to have largely contributed to 'Singapore's world-leading response to the coronavirus'. What else could also be attributed to its economic success?

#SGUnited is the hashtag of the moment as Singapore combats Covid-19. A family or nation unites to share both good and bad times. Trust primes especially in bad times. As stated earlier, the political and business leaders have displayed visibility and have voluntarily cut their pay to demonstrate concern and the need for sacrifices in order for the country to bounce back. If the better-off are asked to take a pay cut as it has happened in

“ At the National University of Singapore where I work, we have been asked since 17 February to record our temperature and to state if we have respiratory symptoms like cough, sore throat or runny nose twice a day on an online platform. When I came back to Singapore in early February after spending two weeks in Mauritius, my travel history was also recorded. *Ces exigences ne sont certainement pas la mer à boire...*”

"I lived through SARS in 2003. It has been the most stressful period of my life. I had actually called my family in Mauritius to prepare for the worst as about 1 in every 7 cases was fatal. We learnt that we could beat SARS by simply washing our hands thoroughly, avoid touching our faces, adopt social distancing, etc. Repeating these to combat COVID-19 is plain sense and a duty to ourselves..."

"Why are Mauritius and Singapore, which were on a par when they achieved Independence at about the same time, so far apart now? It simply comes down to ethos like Nation, Vision, Efforts, Sacrifices, Meritocracy, Ethics, Excellence, Service... If Mauritius can accord itself at least 5 credits among these, then it is on the right path..."

past shocks, they are likely to comply as they have gained handsome dividends from this "one step back, two steps forward" strategy.

* Are these factors present or directly translatable to the Mauritian context for its success, according to you?

I am often asked this. Despite living in Singapore for almost 30 years, I have chosen to remain a Permanent Resident in order to keep my Mauritian passport. This is the only one that I hold. As a child growing up, I had big dreams for my future in Mauritius. Then life realities sank in. My family sacrificed so much to send me to University and it was my duty to contribute to its social mobility thereafter. I opted to go to Singapore to see to that. Livelihood quickly became a life after I launched my career, got married and started a family.

In Singapore, I have been privileged to witness the greatest ever progress of a country in the history of mankind. In my 30 years here, I have seen its population almost double while its per capita GDP on a PPP basis shot up by 5 times. Today, Singapore appears in the topmost bracket of any world ranking of national wealth. It has zero debt technically despite being often cited as among the most indebted. This is because Singapore views the pension contributions from each paycheck as a debt. This "debt" is in fact backed by assets such as the social houses, industrial parks, etc., which together are worth more than 100 times as much! This is why Singapore is among the rare countries with AAA credit ratings.

Why then are Mauritius and Singapore, which were on a par when they achieved Independence at about the same time, so far apart now? It simply comes down to ethos like Nation, Vision, Efforts, Sacrifices, Meritocracy, Ethics, Excellence, Service... If Mauritius can accord itself at least 5 credits among these, then it is on the right path.

Pour un Renouveau Spirituel et Social

B. Jugoo

On assiste de plus en plus à une recrudescence de drames menant à des violences domestiques inouïes dans une société pourtant 'civilisée' et à des crimes barbares qui choquent la nation et laissent des familles entières dans la détresse et la précarité avec des souffrances morales extrêmes et des séquelles sociales.

Comment a-t-on pu arriver à ce degré de déchéance malgré l'évolution qui a sorti le pays d'un sous-développement économique et a donné un peu plus de bien-être à ceux au bas de l'échelle ? Est-ce une question d'éducation, de culture ou de manque d'assistance psychologique et sociologique ou d'organisation sociale de nos communautés ?

Pourtant il existe un ministère de la Sécurité sociale qui gère un budget en milliards et les fonds de pensions de retraites et d'assistance sociale aux veuves, handicapés, et invalides.

Même si l'éducation a été rendue accessible et gratuite pour tous depuis déjà plus de 40 ans, il existe encore un certain pourcentage d'illettrisme et d'échec scolaire aux niveaux primaire et secondaire qui est à l'origine d'inégalités sociales historiques et d'appauvrissement. Ce fléau doit être éradiqué dans une société d'opulence des autres classes bien loties.

Le processus de la famille désunie et l'indépendance économique avec l'accès à un emploi pour tous a aussi influé sur un autre style de vie, plus matérialiste et égoïste, et a donné naissance à plus d'incompréhension, de manque de dialogue à la table familiale et de solidarité, ce qui a engendré frustration et réclusion dans un autre univers existentiel et a augmenté considérablement les laissés pour compte.

Ajoutez à cela comme loisirs et pour passer le temps, des films d'un contenu sans grandes valeurs morales, des jeux vidéo violents et la téléphonie mobile avec toutes sortes de réseaux qui occupent l'esprit en tout temps et lieu.

Dans le couple s'y installent des attitudes antagonistes, d'infidélités cachées et de désamour qui ébranlent l'harmonie familiale et le tissu social. L'alcool et la drogue continuent aussi à faire des ravages dans la société.

Voilà où le mal-vivre prend sa source et des propos indésirables difficiles à digérer débordent et prennent des allures de comportement violents. Tout cela débouche sur des actes malheureux qui coûtent la vie aux plus faibles sans armes ni défense.

Les autorités enquêtent, condamnent, sanctionnent, réhabilitent. Mais prévenir, c'est beaucoup mieux que punir et guérir. Il suffit d'analyser les cas les plus atroces pour savoir où le bât blesse.

Il faut un renouveau spirituel, et c'est la société elle-même qui doit prendre le relais. Toutes les confessions et les fédérations religieuses doivent préparer la communauté dans le respect de la vie et les enseignements des valeurs de leur religion.

Beaucoup le font depuis l'établissement de leurs institutions religieuses et culturelles. Saluons leur vocation et leur travail paroissial comme l'aménagement des centres et des parcs spirituels, et l'organisation des retraites. Les chefs religieux et les prêtres ont leur rôle à jouer



du haut de leur prétoire et au sein de leur(s) communauté(s) car ils sont les bergers de leurs ouailles.

Faut-il que chaque communauté organise des sessions de formation pour jeunes, adultes, couples, travailleurs, employés afin de mieux les éduquer dans le comportement humain sur des thèmes choisis ?

Commençons à la base, dans un effort national afin de limiter les cas de violence par une approche psychologique, sociologique et spirituelle. L'église et les temples sont là depuis des millénaires pour la sauvegarde de la vie et l'évangélisation de la société dans les préceptes de vie sociale.

On doit inculquer, dès le jeune âge, l'éducation civique, le scoutisme (avec l'association de girls guide, par exemple), les valeurs des religions, la socialisation et la santé mentale, le sens de la famille, la préparation au mariage et l'éducation parentale, la fréquentation des églises et des temples sur un autre niveau que la seule dimension rituelle dans des salles d'œuvre, le respect des personnes âgées et âgées, la culture et la philosophie universelle, des actions communautaires et le bon vivre ensemble.

L'heure n'est plus à la constatation des fléaux mais à leur éradication et à l'investissement conséquent dans l'humain, et l'organisation sociale dans les prochains budgets du gouvernement. Le ministère des Affaires sociales doit être la tutelle pour intégrer tous les services sous un même toit. Le social doit devenir une priorité comme celui de l'environnement et doit être superposé sur l'économique.

Faut-il repenser les activités des centres communautaires et leurs gestion et les convertir en des Centres de Loisirs et de Cultures à l'exemple du complexe " Centre de Loisirs et de Culture " à Mont Plaisir à Rodrigues pour services spécialisés d'encadrement dans divers domaines, l'organisation des activités culturelles avec ateliers d'arts et de musique classique et moderne, des salles de théâtre et de danses, des bibliothèques et autres salles de conférences, d'informatique, des espaces de méditation, de lecture et d'écriture, des séminaires, des cours d'alphabetisation et de nutrition, comment élever son enfant et comment bien vieillir, la thérapie de groupe et allouer une grosse part du budget national pour financer ces activités.

Il y a eu assez d'investissements dans des infrastructures physiques des routes, du trans-

port routier et de complexes sportifs qui ont englouti des milliards chaque année. Il s'agit bien aujourd'hui de rehausser le niveau culturel de tous et d'engager la société dans son ensemble, gouvernement, religions et associations civiles et bénévoles pour promouvoir un développement social intégral à un plus haut niveau.

En conclusion, ces quelques propositions devraient aider à quitter la zone de confort habituel pour se tourner vers ce qui devient de plus en plus urgent à implémenter.

1. Tous les services sociaux doivent être intégrés sous un seul toit en un ministère de Sécurité et des Affaires sociales.
2. Un personnel spécialisé en sociologie, psychologie, gérontologie, de conseillers sociaux et des agents de terrain doivent être engagés en sus des officiers administratifs répartis dans des centres sociaux et les bureaux de la Sécurité sociale pour consultation de proximité.
3. Un index de développement social doit être établi pour chaque agglomération et quartier pour cibler les services d'accompagnement nécessaire.
4. Les activités des centres communautaires doivent être revues et ces derniers transformés en complexe de loisirs et de cultures avec calendrier de causeries et de consultations dans divers domaines pour améliorer le niveau de connaissance des lois, des délits, de la culture générale et lutter contre les fléaux sociaux comme l'alcoolisme, l'addiction aux drogues et à leurs effets, les causes des accidents de la route, la conduite responsable, la violence domestique.
5. Les églises, temples et associations religieuses, et leurs comités doivent aussi organiser des sessions d'éducation en valeurs humaines et promouvoir l'unité de la famille comme cellule de développement social et pour un renouveau spirituel.
6. Le gouvernement doit prévoir et consacrer des budgets importants et mobiliser toutes les ressources pour le développement social avec des objectifs bien définis et des stratégies concrètes pour éradiquer la pauvreté sous toutes ses formes et, en premier, la construction de logements sociaux gratuits comme base pour tout développement et le bien-être des populations défavorisées.

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- Great knowledge, if it be without vanity, is the most severe bridle of the tongue. - Jeremy Taylor

All Quiet on The Colonial Front!

By Somduth Bhuckory

Considering the success which Mr Lennox-Boyd had with the delegation from Mauritius. One would say that the Secretary of State must be living in the best of worlds and that all must be quiet on the colonial front. But how misleading!

Any student of colonial affairs knows that these days Mr Lennox-Boyd is like a cat on hot bricks. When, therefore, the special correspondent of *Advance* cabled from London on the 2nd of April that the Secretary of State was contemplating resignation, we found nothing unusually striking. It must have dawned upon Mr Lennox-Boyd that running the British colonial empire is no joke.

Had every colonial territory been as humble and docile and easy-going as Mauritius, the Secretary of State could have stayed in office for eternity. Unfortunately for him, Mauritius is but an exception -- a quiet crown colony in a troubled colonial empire.

Mr Lennox-Boyd is feeling the pinch because he is wearing shoes that are getting tighter and tighter every day. Oh, how must he be cherishing that pair of comfortable slippers offered by our delegation!

Is it too late for Mauritius to assert its true self? Whatever blunder may have been committed it will reflect only upon a few. They cannot lead the country to the dogs if the masses resist them. Public opinion has to be formed in such a way as will demand that Mauritius be worthy of emulating the rest of the active colonial world. To take the path of the least resistance is also to take the path of prostituting principles for political expediency. Yielding to a temptation is not the only way of getting rid of it -- no matter what the temptation is and no matter what Oscar Wilde thinks.

One has only to cast a glance on the colonial world to see into what a discreditable position we have been put.

Take the colonies in the Mediterranean. Leaving Gibraltar aside, we have Malta and Cyprus. In Malta the watchword is integration and in Cyprus enosis. Malta wants to integrate with Great Britain and Cyprus with Greece. Dom Mintoff and Archbishop Makarios are indomitable leaders who know what they want. They are not to be cajoled, threatened, frightened or to be sent home satisfied with a pat on their backs.

Turning our attention towards the West Indies, we find the Caribbean islands getting together in a Caribbean Federation. That is an achievement of no mean importance. The Federation did not come to Manley, Adams and Williams on a silver platter from Whitehall. In British Guiana, Dr Jagan is not a man to be trifled with. We have seen lately that his shooting star has not set yet. In British Honduras, by winning all the nine seats in the election, the People's United Party has asserted its superiority over the Honduras Independent Party, a party formed after a split in the PUP last year. The victory of George Price, the leader of the PUP is being interpreted as the decision of large number of British Honduras to seek their future in South America rather than in the Caribbean.

Coming to West Africa, we find the face of the Gold Coast completely changed: it's free Ghana now. Dr Nkrumah, leader of the People's Convention Party and Prime Minister of Ghana, knows what the struggle for independence means. To him goes the credit and honour of shaping the first African country to become a member of the Commonwealth. Nigeria is following in the footsteps of Ghana. Already there is talk of its becoming independent in 1959. Gambia and Sierra Leone, the other two colonies of West Africa, will surely not remain unmoved at the sight of what is going on in Ghana and Nigeria.

In Central and East Africa, there is no less activity. In the Federation of Rhodesia and Nyasaland, the demand for Dominion status and the resurgence of African political consciousness are conspicuous. East Africa brings Kenya first to our mind: the uprising of the Mau Mau has riveted the attention of the world on it. It's another fight against oppression. It's another heroic struggle. Uganda & Tanganyika, the two other territories of East Africa, are also busy struggling in their own ways. For example, Julius Nyerere, President of the Tanganyika African National Union, recently made a scathing attack at Lake Success on British policy in his country.

Other important territories to be considered are Malaya and Singapore. We know that the Malayan Federation will be a certainty before the end of this year. Tungku Abdul Rahman has won the admiration of one and all by his success. And Singapore has just won self-government by the efforts of Lim Yew Hock. What a rousing reception will he be given when he goes back home from London!

It's impossible to do justice to the awakening taking place in the British colonial empire in a short article. But even a sketch can show how the colonial world is moving.

After reviewing the colonies in the Mediterranean, the West Indies, West Africa, Central and East Africa and Malaya, it remains only to have a look at the island outposts in the Atlantic, the Indian Ocean and the Pacific. Here two names stand out: Mauritius in the Indian Ocean, and Fiji in the Pacific. Leaving alone Fiji which is not much in the news, we are left with our lovely little island home.

What is in store for Mauritius? Who is going to voice the feelings of the people? Who is going to be that man of vision who will be the captain of our destiny? Who will take Mauritius out of the political and constitutional chaos in which it finds itself?

These questions arise because the natural order of things appears to have been completely upset. Old parliamentary hands, in whom we had faith and confidence, have sorely disappointed us. We have to start all over again. We are sick of talks -- big, empty, persuasive and patronizing. We want a lively spirit to reign in the place of the grim and drab political atmosphere around us. We want nothing less than to be in step and in tune with the rest of the colonial world.

Mauritius was the "star and key of the Indian Ocean". We don't want it to degenerate into a land of sugar and... carrots.

Everywhere the strong will of the people is challenging the Secretary of State to the point of disturbing him. In this hour of trial, Mr Lennox-Boyd can fortunately look towards Mauritius with a sigh of relief because here he has no resistance but the wholehearted co-operation of grateful friends!

Social distancing can make you lonely

Here's how to stay connected when you're in lockdown

Covid-19, the disease caused by the novel coronavirus, is a challenge for everyone.

We know positive social support can improve our capacity to cope with stress. But right now we're being asked to keep our distance from others to minimise the spread of the virus.

Many people are facing periods of enforced isolation if they are believed to have Covid-19 or have been in contact with someone who has.

Even those of us who appear to be healthy are being directed to practise social distancing, a range of strategies designed to slow the spread of a disease and protect vulnerable groups from becoming infected.

Among other things, this means when we're around others, we shouldn't get too close, and should avoid things like kissing and shaking hands.

This advice has seen the cancellation of large events of more than 500 people, while smaller groups and organisations have also moved to cancel events and regular activities. Many workplaces with the capacity to do so have asked their staff to work from home.

While it's crucial to slowing the spread of Covid-19, practising social distancing will result in fewer face-to-face social interactions, potentially increasing the risk of loneliness.

Humans are social beings

Social distancing and self-isolation will be a challenge for many people. This is because humans are innately social. From history to the modern day we've lived in groups - in villages, communities and family units.

While we know social isolation has a negative impact on health, we don't really know much about what the effects of compulsory (and possibly prolonged) social isolation could be.

But we expect it could increase the risk of loneliness in the community. Loneliness is the feeling of being socially isolated.

Recent reports have indicated loneliness is already a significant issue for Australians, including young people.



Loneliness and social isolation are associated with a similar increased risk of earlier death: 26% and 29% respectively compared to someone who is not lonely or socially isolated.

People who are socially vulnerable, such as older people, are likely to struggle more through this uncertain period.

If older adults are forced to self-isolate, we don't have contingency plans to help those who are lonely and/or have complex health problems.

While we can't replace the value of face-to-face interactions, we need to be flexible and think creatively in these circumstances.

Can we equip older people with technology if they don't already have access, or teach them how to use their devices if they are unsure? For those still living at home, can we engage a neighbour to check in on them? Can we show our support by finding the time to write letters, notes, or make phone calls?

Supporting each other

Research shows a period of uncertainty and a lack of control in our daily lives can lead to increased anxiety.

In times like this, it's essential we support one another and show compassion to those who need it. This is a shared experience that's stressful for everyone - and we don't know how long it's going to go on for.

Fortunately, positive social support can improve our resilience for coping with stress. So use the phone and if you can, and gather a group of people to stay in touch with.

Further, positive social interactions - even remotely - can help reduce loneliness. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Staying connected

Here are some tips to remain connected when you're practising social distancing or in quarantine:

1. think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbours from over a fence or across balconies? We've seen this in Italy
2. if you have access to it, use technology to stay in touch. If you have a smartphone, use the video capabilities (seeing someone's facial expressions can help increase connection)
3. check in with your friends, family, and neighbours regularly. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the internet or who cannot easily use the internet to shop online)
4. spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships
5. manage your stress levels. Exercise, meditate, and keep to a daily routine as much as you can
6. it's not just family and friends who require support, but others in your community. Showing kindness to others not only helps them but can also increase your sense of purpose and value, improving your own well-being.
7. So get thinking, take considered action, and be creative to see how you can help to minimise not only the spread of COVID-19, but its social and psychological effects too.

Michelle H Lim

Swinburne University of Technology

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University of Western Australia

INDIA DIARY

Cipla, CSIR-IICT join hands for COVID-19 drugs

'It could take about six to 10 weeks to make two of the three chemical compounds'.

Indian Pharmaceutical giant Cipla has voluntarily come forward to immediately manufacture three promising chemical compounds with anti-viral properties to treat COVID-19 and has sought the help of Council of Scientific & Industrial Research (CSIR)-Indian Institute of Chemical Technology (IICT) to make the Active Pharma Ingredients (APIs) for the same.

IICT director S. Chandrasekhar and principal scientist Prathama S. Mainkar on Tuesday told presspersons that Cipla chairman Y.K. Hamied has requested them to start preparing the chemical compounds — Favipiravir, Remdesivir and Bolaxavir — so that his pharma-biotech firm can start the next phase of trials, regulatory authority approvals and subsequent mass production of the anti-viral drugs "at any cost", reports The Hindu.com.

Dr Chandrasekhar and Dr Mainkar said several anti-viral drugs were discovered in the past few years but were halted after clinical trails due to lack of demand. IICT scientists had narrowed down to about 15 such compounds which had passed toxicology reports and the above three are in that category.

"Favipiravir and Remdesivir have already undergone clinical trials and hence, we will not require much time to make them as the raw materials are readily available. It could take about six to 10 weeks to make them. We had proactively started making the molecules in our modern Kilo lab with scientists working in two shifts. Process to start Bolaxavir molecule will begin now," they said.

The director explained that due to artificial intelligence, deep data mining and advanced computa-



tional and mathematical models, it is not that difficult to narrow down to the chemical compounds required. "We will be making about 100gm each to begin. Cipla will follow it up with bio-equivalence tests, on dogs and human trials before approaching the regulatory authority to manufacture the drug to cure coronavirus," he said.

"Cipla will be investing substantial resources into the making of the drug which should be in the market

in the next six months. We will get royalty and this is not the first time we are collaborating with the pharma giant as we had helped them make drugs for AIDS, cancer and others," said Dr Chandrasekhar.

The institute is ready to supply Reverse Transcriptase PCR or RT-PCR enzyme used for COVID-19 testing kits with 40,000 units ready and the process is on to make more of them on demand.

'India constitutionally secular, CAA doesn't violate fundamental rights'

The Indian government, in a preliminary affidavit, responded point-by-point to the criticism against the Citizenship Amendment Act (CAA), saying that India is constitutionally secular, and also told the Supreme Court that the act does not violate any fundamental right provisions of the Constitution and therefore, the question of violation of constitutional morality does not arise, reports sify.com.

The amended law seeks to grant citizenship to non-Muslim migrants belonging to the Hindu, Sikh, Buddhist, Christian, Jain and Parsi communities who came to the country from Pakistan, Bangladesh and Afghanistan on or before December 31, 2014 due to religious persecution.



The affidavit filed by B.C. Joshi, Director in Ministry of Home Affairs, said that CAA is a narrowly tailored legislation seeking to address the specific problem which awaited a solution since several decades, and it does not affect the legal, democratic or secular rights of any Indian citizen.

The Centre said that equal protection of the laws guaranteed by Article 14 of the Constitution does not mean that all laws must be general in character and universal in application and that the legislature no longer has the power of distinguishing and classifying persons or things for the purposes of legislation.

"It is humbly submitted that the only requirement prior to making a particular classification or a special legislation (as is in the CAA) is that the legislative classification must not be based on any arbitrary classification and should be based

on an intelligible differentia having a reasonable relation to the object which the legislature seeks to attain," it said.

The Centre insisted unlike the particular neighbouring countries, "India is a constitutionally secular country and further has a large population of persons belonging to the classified communities already residing as Indian citizens".

It contended that the CAA is a "benign piece" of legislation which seeks to provide a relaxation, in the nature of an amnesty, to specific communities from the specified countries with a clear cut-off date.

After considering the totality of factors, including factors of international geopolitics, the demographic profile of nations surrounding the particular neighbouring countries, the situation of or the presence of other persons of classified communities in other nations surrounding the neighbouring classified countries and the presence of state religions/theocratic regimes in other countries surrounding the neighbouring classified countries, the Centre said it "makes it amply clear that India represents the sole rational and logically feasible place to seek shelter for the said communities".

The Centre's affidavit said: "It is submitted that constitutional morality is not an unruly horse and cannot become an independent basis for challenging the constitutionality of validly enacted legislations."

It maintained that the CAA, 2019 does not confer any arbitrary or unguided powers upon the executive. "Under Section 6B(1) the Central Government or a specified authority would grant citizenship only in a manner where certain conditions & restrictions would be satisfied by the applicant. Appropriate rules under Section 6B are being framed to clearly lay down these conditions, restrictions and manner of grant of citizenship."

"It is submitted that the CAA is a specific amendment which seeks to tackle a specific problem prevalent in the specified countries i.e. persecution on the ground of religion in light of the undisputable theocratic constitutional position in the specified countries, the systematic functioning of such States and the perception of fear that may be prevalent amongst minorities as per the de facto situation in the said countries."

Addressing the issue of citizenship for Rohingyas, the Centre said that thousands of Rohingyas have come into India, mainly through Bangladesh, in search of better economic opportunities. "It is submitted that the Rohingyas are not on the same footing as the religiously persecuted minorities who have fled into India from the particular neighbouring countries," said the Centre.

Seeking to keep out CAA out of judicial review, it said: "It is submitted that by the very nature of the question regarding citizenship of the country and issues pertaining thereto, the said subject matter may not be within the scope of judicial review and may not be justiciable."

SC clears permanent commission for women in Navy



A division bench of justices DY Chandrachud and Ajay Rastogi said denying permanent commission for women amount to miscarriage of justice.

The Supreme Court on Tuesday granted permanent commission for women officers in the Navy, saying "women can sail with same efficiency as male officers and there should be no discrimination."

A permanent commission entitles an officer to serve in the Navy till he/she retires unlike short service commission (SSC), which is currently for 10 years and can be extended by four more years, or a total of 14

years, reports Indian Express.com.

A division bench of justices DY Chandrachud and Ajay Rastogi said denying permanent commission for women amount to miscarriage of justice.

It said there cannot be gender discrimination in granting permanent commission to women officers in the Navy after the statutory bar was lifted by the Centre to allow entry of women.

"Once statutory bar was lifted to allow entry of women officers then male and female officers are to be treated equally in granting permanent commission," the court said.

The bench rejected the Centre's stand that women officers in Navy can't be granted sea duties because its Russian vessels don't have washrooms for them. There is enough documentary evidence to suggest women officers in Navy brought accolades to force, it said.

The verdict also grants pension benefits to women officers in Navy who have retired and not granted permanent commission.

India bans entry from Afghanistan, Philippines, Malaysia

The government on Tuesday banned the entry of passengers from Afghanistan, Philippines and Malaysia to India with immediate effect, according to an additional travel advisory.

In continuation of the travel advisory issued on March 11 and March 16, the following additional advisory has been issued, reports sify.com.

"Travel of passengers from Afghanistan, Philippines and Malaysia to India is prohibited with immediate effect," it said.

No flight shall take off from these countries to India after 1500 hours Indian Standard Time (IST). The airline shall enforce this at the port of initial departure, according to the advisory.

This instruction is a temporary measure and shall be in force till March 31 and will be reviewed subsequently.

With coronavirus cases swelling in the country, the government banned the entry of passengers from European Union countries, Turkey and the United Kingdom from March 18 till March 31 on Monday.

Compiled by D. Ramlallah

Letter from New Delhi

During the virus pandemic...

Nowhere to Go, But In

In this lockdown when you cannot travel, cannot go out of your home, cannot party, cannot dance, how long can you read? Or watch TV? To counter inactivity and boredom, you can easily create a meditative situation for yourself and your friends, writes Swami Anand Kul Bhushan.

In this time of global lockdown, you can't go out. So, go in. Yes, take a trip into your inner space and discover new galaxies of your soul. Just sit silently and if you like, play soft music and let your mind wander. It is like a naughty child.

This will take you to many places and people. Let it go but watch it carefully. Tell yourself, "Now my mind is talking about this person. OK." Then your mind will come back to here and now.

Again, your mind travels to faraway places you have visited before. Monitor its travels and remind yourself, "Now my mind is visiting this place. Never mind, come back." And play this game with yourself.



It is like watching a road crossing with traffic lights. In the morning rush hours, you see cars coming bumper to bumper at the traffic lights. There is hardly any distance between one car and the next. Once the rush hour is over, the cars are less and the distance between them is much more. Just replace the various cars of different makes and colours with your thoughts and the distance between them as a space, and you can get close to meditation. How? By focusing on that empty space when your mind is not. When you are in this no-thought period, you are in meditation.

From the Alone to the Alone

Now you are alone. With plenty of nothing all around you. And yet you are not lonely. You are very aware of yourself, your surroundings and your being. This thoughtless awareness is one of the definitions of meditation by the enlightened master, Osho. When you do this meditation regularly, you will find that you are more relaxed, more centered and more peaceful. With regular practice, it grows on you.

"The first thing to be remembered about meditation is that it is not something that can be done," says Osho in his book, *Flight of the Alone to the Alone*, "Throughout the world people have the notion that meditation means doing something. It is not a doing, it is not an act, it is something that happens. It is not that YOU go to it; it comes to you and penetrates you. It destroys you in one way and recreates you in another. It is something so vital and so infinite that it cannot be a part of your doing. Then what is to be done? You can only create the situation in which it happens. All that you can do is to be vulnerable and open to existence from all sides."

In this lockdown when you cannot travel, cannot go out of your home, cannot party, cannot dance, how long can you read? Or watch TV? To counter inactivity and boredom, you can easily create this meditative situation for yourself and your friends.

Just invite them on social media to join you in meditation, and set a time for meditation. Exchange a message, just an image that you are starting to meditate with music and then go inwards. After all, Osho has said that if his followers gather at 7 pm and sit silently to meditate, he will be present among them. Who knows, you too may get enlightened.

Kul Bhushan worked as a newspaper Editor in Nairobi for over three decades and now lives in New Delhi

Interview: Dr Vinay Ancharaz - Economist

"The economic situation will get worse before it starts improving"

In the pandemic situation which has taken us by storm, the question is how prepared are we to face the consequences in both the health and the economic sectors? Dr Ancharaz, economist, thinks that the government should be investing more to protect the health of the population, and should be mindful about not repeating the outcomes of the bail-out or economic stimulus packages that were dished out during the financial crisis of 2008-09, which left workers out in the cold, whereas the 'patrons' made good for themselves. This would involve revisiting the 'Plan de Soutien' so that those who are genuinely vulnerable get the support that they are the ones who deserve the most.

*** Do you think we are sufficiently alive to the threat posed by the Covid-19 pandemic - that's currently hitting all our major trade, export and tourism markets - to the Mauritian economy?**

I think we're very much alive to the threat, especially following the announcement of the three cases in Mauritius on the night of March 18th. Before this, there was a feeling that we were immune to the virus, that it wouldn't hit us. We're now waking up to the realization that the threat is very real and, as a small country, we are particularly vulnerable to the pandemic. The whole country is in a state of panic, but I believe this will subside as the news sinks in.

Conversely, we've been aware that the pandemic is already affecting different facets of the economy, with some businesses hit more than others. With the sealing off of frontiers, tourist flow to the island has been severed. And both exports and imports are bearing the brunt of the global economic slowdown. But the economic crisis will impact other sectors as well. Manufacturing will be affected as global supply chains are disrupted, and the services sector, in particular retail trade, will take the toll as the country enters a period of lockdown.

*** Air access has already been curtailed, hotel bookings will drop considerably, consumption of a wide range of products is likely to drop, and layoffs are already in the pipeline... Can we imagine what the worst-case scenario would be like for the Mauritian economy if things were to get worse?**

Mauritius is an extremely open economy, so we will feel the economic impacts of the pandemic even more. It is hard to imagine the worse-case scenario because we cannot tell how long the situation will last. We tend to think of a two-week self-confinement period, but this could well last longer. And even after the virus is gone, the global economy will take time to recover.

I understand that the virus cannot survive temperatures above 270C. Thus, as we enter winter in the coming weeks, and as the northern hemisphere warms up, the virus will likely travel down south, which means the risk will increase. We can only hope for the best, but we must be prepared for the worst.

As of now, I don't think the country is ready to face a full-blown pandemic. We don't have adequate health facilities, and those that exist are not properly equipped. I've learned that patients in quarantine centres are not receiving proper care, and that the medical staff is stretched and demotivated. It is alleged that some patients have run away, putting others potentially at risk. It is clear that the government has not invested enough to protect the people. Quarantine centres must be secured; we need more of them; and we must see to it that patients are attended to, not stigmatized.

*** Economists have been saying that the Mauritian economy was already in a bad shape even before the onset of the Covid-19 pandemic, and it will get much worse in the weeks ahead. Given the set of uncertainties that we are now**

facing, does it mean that the task of restarting the growth engine can only be addressed at a later stage?

Indeed, the economy wasn't in too good shape before the pandemic hit. Let's recall that we ended 2019 with a GDP growth rate of 3.6%, downgraded from earlier forecasts of 3.8%, and the lowest since 2015. The budget deficit was estimated at 3.2% of GDP for the financial year 2019-2020, but as some critics have observed, it is likely to be in the region of 6% if we add the recent increase in pensions and other off-budget expenditures.

Public debt has increased by over 50% in the last 5 years and is dangerously approaching the Rs 400 billion mark. The debt-to-GDP ratio which, according to official data, currently stands at 65% is actually closer to 70% if we include external borrowing by the government and its entities that are kept off the books through clever accounting. The trade deficit, which has grown continuously in recent years, has reached a record deficit of Rs120 billion, equivalent to about 24% of GDP...

The economic situation will get worse before it starts improving. For now, the government should focus on two things. First, it is imperative to secure human lives and prevent the virus from spreading. For that, it needs to invest more in health care and health facilities. Second, we need to prepare for the economic recovery when it happens. For this, it is crucial to keep workers on the job... even if this requires subsidizing employment and bailing out businesses that would shut down without government support.

*** What do these new economic circumstances call for in terms of immediate and medium term measures?**

Immediate measures should focus on saving human lives. We should not allow the pandemic to turn into a human tragedy. As I said earlier, the government needs to invest more in quarantine centres, equip them adequately, and ensure that there are sufficient and proper food and medical supplies to cater for the patients. Anyone can become infected, so we should avoid treating patients as unwanted cases! Every life matters.

The economy is secondary for now, but it doesn't mean we should neglect it. Nor does it mean that the economy should take precedence over human life! Unfortunately, this is how it looks for now. The government has announced a panoply of economic measures to support businesses, but it hasn't done as much to cater for future casualties. We know of a stimulus plan to the cost of Rs 9 billion, but are we aware how much has been invested in health-related facilities?

*** The measures proposed by the government in its 'Plan de Soutien' in favour of economic operators do not appear to convince everybody; it's said such measures have been tried in the past to no effect. What do you think?**

I see the 'Plan de Soutien' as comprising both monetary and fiscal elements. The decision to slash



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"I understand that the virus cannot survive temperatures above 270C. Thus, as we enter winter in the coming weeks, and as the northern hemisphere warms up, the virus will likely travel down south, which means the risk will increase. We can only hope for the best, but we must be prepared for the worst. As of now, I don't think the country is ready to face a full-blown pandemic..."

50 basis points off the repo rate was an early monetary measure aimed at stemming the brewing economic crisis. In my view, it may help alleviate the financial burden of businesses, but it will do little to stimulate the economy since the real sector of the economy (that is, the sector where goods and services are produced) is sick and down.

Then came the 'Plan de Soutien' as we know it. The government will be injecting Rs 9 billion: Rs1 billion will come directly from the Consolidated Fund; Rs 2.7 billion will be in the form of equity participation by SIC, the government's investment arm; and the remaining Rs 5 billion be provided by the Bank of Mauritius to support short-term loans to small and medium enterprises at the below-market interest rate of 2.5%.

Except for the Rs 1 billion from the Consolidated Fund, which represents a fiscal measure, the government's *démarche* cannot be described as a fiscal stimulus package. The proposed measures will do little to protect the economy from the unfolding crisis. The equity participation by SIC will only shift business failure from the private sector to the government - since we all know the dismal record of SIC in managing public sector investments! The Credit Support Scheme of the Bank of Mauritius will be funded by a Rs 5 billion savings bonds, which will reduce liquidity in the economy and dampen spending - this at a time when consumption is seen as the lever that could sustain the economy.

All of this illustrates the limited fiscal space that the government is currently facing. I've warned repeatedly about the government squandering resources on populist measures instead of consolidating the economy and building up its arsenal to face rainy days. Government's recurrent spending has increased continuously to over Rs 130 billion for the financial year 2019-20. With public debt reaching 70%, government's ability to borrow is severely constrained. And we can now appreciate better why digging out Rs 18 billion from the central bank's reserves last year to pay off debt was such an ill-inspired step.

The government has acted utterly irresponsibly in managing public finances. *Gouverner, c'est prévoir!* They are learning that lesson at their expense - and, sadly, at the people's expense - now!

*** It has also been argued that such measures are mostly meant to compensate the corporate sector for their losses or lower profits and little has been provided for the workers. In fact, despite the 'Plan de Soutien' it would appear that layoffs in the tourism industry have begun. Are these inevitable?**

Let us recall the fate of the fiscal stimulus package put forth by the Labour government to deal with the financial crisis in 2008-2009. There are horror stories of big businesses guzzling up government funds and shutting down the very next day, laying off thousands of employees, who needed additional government funding to be supported through their ordeal.

One wonders how the funds now proposed through the 'Plan de Soutien' to help struggling businesses will be used. Who will benefit from them? Will they be the usual suspects, the very same companies that have benefited from government contracts and other favours under the present regime? Time will tell. We can only hope that history doesn't repeat itself!

As I said before, I believe government funding should be used primarily to protect employment. This can be through support to businesses that cannot pay their wage bill. This measure is in the spirit of the support advocated by *The Economist*, which calls for direct support to the people in the wake of the pandemic. Existing SMEs already have other schemes at their disposal to finance working capital. We don't need another Credit Support Scheme - unless that is a device to give away loans to cronies, only to be written off later!

Some layoffs will be inevitable, especially by companies that were already in bad shape even before the coronavirus pandemic struck. However, I believe that the bulk of jobs - in the tourism industry, in retail and in the manufacturing sector - can be safeguarded. This should be the government's utmost responsibility, and it will be judged on this score.

*** If the "Plan de Soutien" does not convince, what else can the Government do, or should do?**

Times of crisis put the political wit of a nation to test. I believe the government has responded rather timidly to the crisis so far - whether in terms of protecting lives or protecting livelihoods. Human life should take center-stage, and the government should invest massively in health care so as to treat every Mauritian in fairness and dignity.

The 'Plan de Soutien' is not robust enough. It should have provided dedicated resources to help companies pay their wage bills and keep every employee on the payroll. Unfortunately, the government's fiscal space is limited by past over-spending and reckless borrowing. However, it can raise bridging finance by imposing a solidarity levy on the most profitable sector - the banks.

The oil shock of 2020 appears to be here - and the pain could be wide and deep

Has the world entered an era of ultra-low prices? An energy scholar argues that a long period of low oil prices will set the U.S. - and globe - back on the economy and the environment

The world is again undergoing an oil shock.

Prices, already on a downward trend, have collapsed 30% in less than a week, bringing the total fall to nearly 50% since highs in early January. Consumers, of course, can expect gasoline prices to go down, but the story is far more complicated than that.

Having researched energy for decades, I see this as a big deal, not only for the global economy, but for geopolitics, the future of transport and efforts to mitigate climate change, particularly if the world enters into a sustained period of cheap oil.

What happened?

Oil prices have been forced downward due to major influences from both the demand and supply sides.

Demand for crude oil and petroleum fuels has fallen worldwide because of the coronavirus pandemic, nowhere more so than in China. Locking down millions of people closed factories, cut supply chains and reduced transport at home and abroad via trade. This is key, because China is the globe's largest oil importer and a major driver of global demand. A global downturn in demand from transportation, not least in air travel, has eroded demand further.

On the supply side, an uneasy partnership between OPEC and Russia has turned into a bitter breakup. The resulting war for market share has flooded the world with oil.

OPEC and Russia first got together in 2016 to cut production and raise prices against a river of new oil from shale drilling in the U.S. To a degree, it worked - prices did rise, though in volatile fashion.

But at a meeting on March 6, the Saudis proposed yet another cut to counter muted demand from the coronavirus' effect on the economy. Russia said it would elevate production instead, and the Saudis

responded by saying they would, too. A few days later, the United Arab Emirates said it would also boost output to record levels and accelerate plans to increase capacity.

Russia's motives seem evident. Suffering under sanctions for its seizure of Crimea, Russia had kept its production relatively muted for years at the bidding of Saudi Arabia, which allowed U.S. shale producers to gain market share at the expense of Russian companies.

There is little doubt, too, that U.S. oil companies are especially vulnerable right now. Many have operated along the edges of profitability and remain deep in debt. With demand falling, an added downward push on prices should bring real pain to the plains of Texas, North Dakota and Ohio. Still, I expect U.S. producers to survive as they have before - by consolidating, finding ways to lower costs, becoming more efficient and innovating.

Floods of oil

Russia's calculus that it could gain market share against shale companies by boosting output was likely accurate, but it probably didn't include the Saudi-UAE response. Russian officials have said companies can probably raise production by around 200,000 to 300,000 barrels per day in the short term, with the Kremlin claiming 500,000 barrels a day later in 2020. My own estimates suggest that, together, the Saudis and Emiratis can boost flows by as much as 3.5 million barrels per day - possibly 10 times the Russian volume - over the rest of this year, with about 2 million barrels in the short term.

Even without any of these increases, there was already a glut of oil globally. According to the International Energy Agency's Oil Market Report for March 2020, the fall in demand and rise in shale production would have left the global market oversupplied by more than 3 million barrels per day unless

OPEC made big cuts. This surplus now looks modest compared to what the year seems likely to bring.

Broad and deep global impacts

History may not repeat itself, but it does provide analogies. In 1986, the Saudis opened the spigots against rising production from the North Sea and, more importantly, the Soviet Union. The result was a generation of cheap oil that lasted until Chinese demand forced prices higher starting in 2004. During this era of low oil prices, the U.S. had little development of alternative energy sources; increased consumption; a decline in fuel economy; saw the surge of the SUV; and growth in oil imports to the U.S. That period also saw U.S. military intervention in the Middle East.

Can all this happen again? No. And the direction of prices could, of course, change course. But an era of very low prices, say less than \$40 per barrel as exists right now, would bring new negatives, perhaps even more worrisome.

Like what? This is, of course, speculation, but I could imagine the following trends emerging:

- Significant economic damage in oil-producing countries beyond OPEC and Russia, including Argentina, Brazil, Guyana, Ivory Coast, Malaysia, Indonesia, Azerbaijan, Kazakhstan.

- Major economic and possibly social disruption in nations with fragile democracies, like Iraq, Algeria, Nigeria, Gabon. Iraq is a particular worry, given its partial emergence from war and insurgency.

- Bankruptcies, unemployment, rural decay, elevated drug use, "deaths of despair" likely in U.S. states where the oil boom is active, such as Texas, New Mexico, Utah, Colorado, North Dakota, Alaska, Ohio, among others.

- Ultra-cheap carbon fuels might turn public interest and vehicle manufacturer incentives away from higher fuel economy and efficiency, including

nontransport uses.

- Cheap fuel could become a possible hurdle to all-electric transport, which is now at a critical period, as major car and truck manufacturers bring out full lines of electric vehicles through 2025.

- Major decline in the value of recyclable plastics as manufacturing new plastic becomes cheaper than the cost of recycling.

- Even more importance on government policy to advance action on lowering emissions, therefore on politics, which has not yet proven reliable in this sphere.

- Low-price oil could become especially attractive to less developed nations (transport, power generation, heating) now undergoing energy modernization and lacking in income.

Cheap gas isn't everything

The current shock is not yet over at this writing, and more big changes may lie ahead. What can be said with some assurance is that the effects of mega-cheap oil are bound to be diverse and, in some ways, nuanced. But they are not likely to be beneficial. Yes, there will be some perks for consumers if fuel prices are at basement levels for longer than a few months. Food and heating oil, for example, will be variably cheaper.

But ultra-cheap oil is not the world's friend. There are too many reasons to move away from dependence on petroleum in the domain of fuel. I've suggested only some in the list above. Such a move will be a massive undertaking, to say the least. It will not be aided by another era in which oil is more affordable than bottled water.

Scott L. Montgomery

Lecturer, Jackson School of International Studies, University of Washington

Contrôle des dépenses publiques

Les gaspillages de fonds publics sont-ils inévitables?

• Suite de la page 1

Cette année-ci, la pandémie du coronavirus a chassé très vite les révélations du Bureau national de l'Audit de la une de l'actualité, et ce, à la satisfaction cachée de tous ceux qui craignaient des questions indiscrètes sur leur responsabilité directe dans cette situation déplorable.

Tout le monde est sans doute plus préoccupé par les ravages économiques de la pandémie du coronavirus que par les gaspillages de fonds publics. Après tout, s'est-on dit, le gaspillage ce n'est pas du jamais vu. Au fil du temps, on s'est habitué à cet exercice annuel qui dénonce à juste titre les gabegies financières dans le secteur public mais n'est suivi d'aucune action concrète de la part du gouvernement en vue d'éviter une répétition de l'histoire.

Déficits annuels

Il a fallu l'avènement de la pandémie du coronavirus, avec son impact potentiel sur la croissance économique, pour que le Gouvernement exige que tous les ministères réduisent leurs dépenses budgétisées de 10% dans l'exercice financier courant, ce qui laisse comprendre qu'il y a beaucoup de gras dans la machinerie gouvernementale.

Or, les gaspillages des fonds publics montrent l'ampleur d'un problème qui paraît insurmontable, soit l'incapacité du Gouvernement d'instaurer une discipline financière rigoureuse dans l'administration des programmes de dépenses.

La discipline financière est pourtant la moindre des choses à implémenter dans un pays qui accumule un déficit budgétaire d'année en année, lequel est financé par l'endettement de l'Etat

Dans son rapport pour l'exercice financier 2018-2019, le directeur de l'Audit souligne le recours croissant du gouvernement aux emprunts remboursables pour financer ses dépenses. Dans les démocraties parlementaires, la comptabilité nationale définit le déficit comme l'excédent des dépenses totales sur les revenus totaux. Le budget de l'Etat mauricien a ceci de particulier qu'il inclut des emprunts dans les revenus totaux, ce qui minimise le déficit réel.

Comme le tableau ci-dessous (tiré de la page 28 du rapport) le montre, le déficit budgétaire pour 2018-2019 était de Rs 11,1 milliards. Or, les revenus totaux du gouvernement incluent des emprunts remboursables de Rs 27,7 milliards.

Si l'on exclut ces emprunts des revenus totaux, le déficit réel s'élève à Rs 38,8 milliards (27,7 plus 11,1). Même si le déficit de Rs 11,1 milliards est

“Le Bureau national de l'Audit est un organisme indépendant qui remplit son rôle efficacement, mais malheureusement la nature de sa fonction lui impose le devoir d'examiner les comptes du gouvernement après que les dépenses aient été effectuées dans une année précédente. Le rapport ex post du directeur de l'Audit ne fait que constater les dégâts. Au mieux, il ne peut que recommander des mesures pour prévenir la répétition des actes irréguliers ou frauduleux dans l'avenir...”



“Aux antipodes de la discipline financière nécessaire, il y a une tendance au laisser-aller dans le secteur public qui a normalisé le gaspillage et autres malversations financières au défi de toutes les normes de bonne gouvernance. Au lieu de responsabiliser les parties concernées, il existe une perception que nos institutions et nos lois désuètes les dispensent de tout besoin de conformité stricte avec les règles, de toute rigueur budgétaire et de tout devoir de rendre compte de leurs actes...”

financé entièrement par la dette interne (les bons du Trésor achetés localement), il n'en demeure pas moins que l'endettement total contracté pour financer les dépenses totales était de Rs 38,8 milliards.

Le service de la dette (remboursement du montant principal et intérêts) a coûté Rs 28,1 milliards en 2018-2019, soit 20% des dépenses totales. On estime que sans les gaspillages de fonds dans les différents secteurs où l'argent a été mal dépensé, au moins Rs 5 milliards auraient pu être économisées dans le budget en 2018-2019.

Revenus et dépenses en 2018-2019		
	Rs Milliards	%
Taxes	98.3	72.3%
Dons	1.6	1.2%
Contributions sociales	1.3	1.0%
Autres revenus	7.0	5.1%
Sous-total des revenus	108.3	
Emprunts	27.7	20.4%
Revenus totaux	136.0	100.0%
Dépenses totales	147.1	
Déficit	-11.1	

Structures de responsabilité

Aux antipodes de la discipline financière nécessaire, il y a une tendance au laisser-aller dans le secteur public qui a normalisé le gaspillage et autres malversations financières au défi de toutes les normes de bonne gouvernance.

Au lieu de responsabiliser les parties concernées, il existe une perception que nos institutions et nos lois désuètes les dispensent de tout besoin de conformité stricte avec les règles, de toute rigueur budgétaire et de tout devoir de rendre compte de leurs actes.

Les structures qui sont en place pour gérer, sur-

veiller et contrôler les programmes de dépenses ne fonctionnent pas efficacement pour s'assurer que l'argent public soit dépensé à bon escient. Ces structures de gestion, de surveillance et de contrôle sont censées assurer un niveau optimal d'efficacité, d'efficience et d'économie dans les programmes de dépenses. Voyons ce qu'elles font.

(1) La structure de gestion

Chaque ministère ou corps parapublic est doté de comptables (*accounting officers*) qui ont la responsabilité de veiller à ce que les dépenses soient effectuées selon les procédures et selon les objectifs pour lesquels les dotations budgétaires ont été votées. Si l'argent public est sous-utilisé, sur-utilisé ou gaspillé tout simplement par manque de soin ou d'attention, des garde-fous automatiques dans le système devraient intervenir (comme des clignotants rouges sur un tableau de bord) pour aviser les responsables qu'ils sont sur la mauvaise voie.

Si les choses ne se passent pas comme prévu, le comptable devrait en être tenu responsable. En principe, le chef du ministère a la responsabilité ultime de rendre compte de l'utilisation des fonds publics. La réglementation moderne du secteur public requiert que chaque ministère ait un contrôleur financier qui est en charge de tous les aspects financiers du programme de dépenses avec l'autorité de répondre du bien-fondé de tout montant dépensé.

(2) La structure de surveillance (audit interne)

L'Audit interne a pour rôle d'examiner et d'évaluer le contrôle interne sur les dépenses afin de déceler les failles dans le système et proposer des solutions pour y remédier.

Le Gouvernement a une armée d'auditeurs internes qui sont postés dans les différents ministères sur une base de rotation. Ces auditeurs sont censés mettre en place un cadre conceptuel des risques d'erreurs et d'irrégularités inhérents à

chaque programme de dépenses (*risk assessment framework*) en vue d'avertir les comptables des risques de défaillance et des mesures à prendre pour les mitiger.

Vu la fréquence des irrégularités financières dans certains ministères, il est clair que les contrôles internes sur les dépenses sont dysfonctionnels. L'Audit interne devrait revoir sa copie et assurer que sa fonction de conseil soit à la hauteur de la tâche. L'Audit interne est censé prévenir les irrégularités avant que le Bureau national de l'Audit n'intervienne pour examiner la situation et établir ses constats.

(3) La structure de contrôle parlementaire

Le *Public Accounts Committee* (PAC) est un comité de l'Assemblée nationale, composé de membres du gouvernement et de l'opposition, avec pour rôle de passer en revue les dépenses du gouvernement. Il est un chien de garde au même titre que le directeur de l'Audit. Depuis quelque temps, on n'entend plus parler des travaux du PAC ni de ses recommandations au gouvernement. Le Gouvernement devrait donner au PAC les ressources nécessaires afin qu'il puisse faire son travail en toute liberté.

Le PAC devrait sommer les fonctionnaires concernés à comparaître devant lui pour s'expliquer sur les manquements aux devoirs et aux procédures qui sont révélés dans le rapport du directeur de l'Audit. Le PAC devrait aller plus loin en demandant un débat élargi au Parlement sur le rapport du directeur de l'Audit. Ce débat donnerait l'occasion aux ministres responsables de s'expliquer sur les affaires relevant de leur ministère.

Suivi des recommandations de l'Audit

Le Bureau national de l'Audit est un organisme indépendant qui remplit son rôle efficacement, mais malheureusement la nature de sa fonction lui impose le devoir d'examiner les comptes du gouvernement après que les dépenses aient été effectuées dans une année précédente.

Le rapport *ex post* du directeur de l'Audit ne fait que constater les dégâts. Au mieux, il ne peut que recommander des mesures pour prévenir la répétition des actes irréguliers ou frauduleux dans l'avenir.

C'est là que le PAC devrait intervenir pour exiger que le Gouvernement :

- fasse un suivi des recommandations du directeur de l'Audit pour remédier aux failles systémiques mises au jour et punir les manquements à la loi ;
- établis des mécanismes de contrôle interne fiables pour prévenir les irrégularités et autres malversations financières ;
- permettre une évaluation indépendante de l'efficacité des contrôles internes ;
- amende la loi afin d'introduire des sanctions pénales contre les fonctionnaires coupables de manquements à leurs devoirs et à leurs obligations.

En mars 2019, le gouvernement avait mis sur pied un comité en consultation avec les ministères/départements en vue de remédier aux faiblesses et lacunes identifiées par le bureau de l'Audit dans son rapport pour l'exercice financier 2017-2018. A ce jour, on n'a rien entendu des travaux de ce comité. Celui-ci a eu, semble-t-il, le même sort que la *"task force"* établie en vue de faire un suivi des recommandations de la commission d'enquête sur la drogue. On ne voit rien venir de ces comités.

En tirant la sonnette d'alarme sur les affaires louches tous les ans, le rapport du directeur de l'Audit scandalise l'opinion publique pendant un certain temps et puis tombe dans les oubliettes. Et vogue la galère !

Aditya Narayan

Welfare works: redistribution is the way to create less violent, less unequal societies

Economic inequality is growing across the world, but few are talking about the ways to tackle it

In his presidential address to the Royal Economic Society in 1996, the late Professor Anthony Atkinson famously called for discussion of inequality and income distribution to be brought "in from the cold". Since then there have been many examples of inequality worldwide: the pan-banging *cacerolazos* demonstrators of Argentina's financial crisis in 2001-2002, the Arab Spring, the Occupy Wall Street movement, Spain's "los indignados", the "gilets jaunes" protests and strikes in France, and many others besides.

It was almost 20 years before the subject became a matter of mainstream debate, perhaps signified by the publication and success of Thomas Piketty's *Capital* in 2014. Yet the statistics that show rising inequality are well-known and have been staring us in the face for decades. In the US, the top 1% of the population accounts for 20% of total national income and more than 30% of wealth. Worldwide, around 9% of the population receives 50% of global income, while the bottom half the world's population receive a mere 7%.

This inequality has been

increasing since the 1980s when a series of social, economic, and political factors – including a shift of employment from factories and manufacturing into services and more differentiated jobs, the weakening of trade unions, more wage competition facilitated by globalisation, and fiscal pressures on welfare systems – combined to sustain rises in inequality not seen since the 1920s.

It is now known that inequality lowers economic growth by reducing middle-class demand and increasing the costs of redistribution. It causes poverty traps by reducing social mobility, and creates social tensions.

The "trickle-down economics" ideology that dominated the 1980s and 1990s (and which has now reappeared in US president Donald Trump's tax plan) has been well and truly debunked: economic growth does not automatically produce better lives for everyone.

There is widespread agreement among experts that high inequality destabilises societies. Increasing inequality can undermine democracy, trust between social groups and institutions, and even result in substantial changes

to the political order. Today, increases in inequality have been accompanied by unprecedented growth of far-right politics, growing protest movements, and the election of governments with nationalistic overtones.

There are steps that could be taken to curtail rising inequality, but not a great deal is being done.

What works

In research drawn from 18 countries across Latin America between 2010 and 2014, we found that those taking part in protests were more likely to be strongly in favour of redistribution, and were motivated by the perceived failure of public services, institutions, corruption and lower standards of living. But some countries – the US, for example – are tolerant of inequality, as can be seen for example in how the US has a less progressive tax system, less public spending to benefit the poorer off, and limited employment rights in comparison to European countries.

When inequality reaches certain thresholds, it may lead to social conflict and sometimes violence. Whether or not it gets to this



A pot-banging 'cacerolazo' makes himself heard during economic protests in Bogota, Colombia. Mauricio Dueñas/EFE-EPA

stage depends on whether action is taken to reduce inequality. One solution to avoid potential instability is to redistribute wealth through welfare programmes.

About half the reduction in violent conflict experienced in Latin America since the 1990s can be attributed to increases in government welfare spending, largely in the form of cash transfer programmes. Welfare transfers are also an effective (and cheaper) means to mitigating riots than the police – as can be seen looking at

data from India between 1960-2011 where states with higher levels of welfare spending experienced less rioting.

The relationship between welfare programmes and socio-political tensions has deep historical roots. Otto von Bismarck initiated the world's first social insurance programme when he was chancellor of Germany in the late 19th century as a response to the threat of social instability by dissatisfied workers' unions. The idea of using welfare transfers to curtail potential

instability spread rapidly across Europe during the early 20th century, becoming a central part of a social contract between states and citizens.

But welfare spending has been drastically reduced across the world since the 1980s, and it may not be surprising that inequality and social tensions have risen at the same time.

Welfare policies, such as cash transfers to the poor, unemployment benefits, child subsidies and universal health care – funded by progressive taxation – can break cycles of poverty and social discontent by addressing economic vulnerabilities and reinforcing resilience among those least well-off. More fundamentally, today, as in Europe at the turn of the 20th century, welfare programmes can sustain peace and stability because they remain a central part of the social contract between states and citizens.

When the social contract is seen to be broken, those that lose out feel disenfranchised and at the margin of societies while a few continue to amass great fortunes at the cost of the many. But unchecked rises in inequality come at a high societal cost, from protests and strikes, to the rise of nationalism and autocracy. It may well be high time to bring redistribution in from the cold.

Patricia Justino
United Nations University



"Tourism, Air Mauritius and the hospitality business will be seriously affected by the ban on travel in the context of potent measures taken across the world to contain the spread of Covid-19. Beyond the quarantine facilities which already have a rising occupancy rate, we need to above all make sure that the quality and capacity of the healthcare services and equipment available such as ventilators are well tuned and geared to treat and save the lives of all cases of Covid-19 in the country..."

• Cont. from page 1

Despite initial shortcomings in the management of the coronavirus epidemic, China took robust steps to contain Covid-19 within the Hubei province and its capital Wuhan, the epicenter of the epidemic. A total lockdown was imposed on the province as from 23 January 2020 in order to prevent the spread of the disease. There was also mass testing of people and a rigorous tracing of people in contact with infected persons. Temporary hospitals and quarantine centres were set up to deal with the scale of the epidemic. A clampdown was imposed on travel within China. Tens of millions of people living in the Hubei province and in Wuhan were basically confined to their homes for almost 50 days to prevent any contact among people, mass gatherings and crowds.

The human costs of the strict restrictions imposed by the authorities were enormous. However, the priority of the government was to contain the spread of the epidemic at all costs even at the expense of a massive reduction of industrial output, a disruption of supply chains, a significant slowdown of the economy and a drastic cut in export flows. The upshot of these measures was a sharp decline in the number of new cases detected. The small number of cases that were seen outside Hubei attests to the success of the strict confinement measures imposed by the authorities. Are there risks that an easing of containment measures would lead to a surge in new cases of infection?

Flatten the curve

Thus, in the space of two weeks, the epicenter of Covid-19 has shifted from China to Europe. According to the WHO, China's experience in containing the spread of the new coronavirus could serve as a model for other countries facing the Covid-19 pandemic. The key focus and priority of government actions to contain the spread of Covid-19 should be to save lives especially the elderly who, statistics reveal, are particularly vulnerable to the

disease. At this critical juncture in the battle against Covid-19, the economy must be subordinated to the more important objective of saving thousands of human lives. Cogent steps must therefore be taken to limit person to person contact, implement 'social distancing' guidelines and ban mass gatherings and movement of people so as to slow the spread of the virus. This would flatten the curve of infected persons seeking treatment at any given time.

The key objective of flattening the curve of infected persons is to ensure that the existing healthcare services are not overwhelmed by the level of infected cases and unable to properly treat the more vulnerable elderly patients. In countries where there is universal healthcare such as the United Kingdom, the National Health Service can adequately cope with a higher peak of infected cases. This is far from being the case in the United States where the private healthcare system is accessible only to those who can pay for the treatment or are covered by a medical insurance.

28 million Americans without medical insurance cover and 11 million illegal immigrants together with those without paid sick leave will most probably avoid being screened, tested and quarantined, thus heightening the risks of the spread of Covid-19. The virus has already infected all the 50 US states. Will the US government adopt an Executive Order to underwrite the costs of testing and treatment of the millions who do not have medical cover and access to medical care?

Nous sommes en guerre

The measures announced this week by various governments to contain the spread of Covid-19 range from the draconian to the sensible. French President Emmanuel Macron announced with dramatic intent that 'nous sommes en guerre' and ordered people to stay at home unless they need to buy groceries, travel to work, exercise or seek medical care. The object of these unprecedented mea-

War on Covid-19

asures is to severely restrict movements of people for the next 15 days at least and limit social contacts as much as possible.

Indications are that this curfew on the movement of people could last for at least a month. The police have been deployed to enforce the lockdown and anyone found outside without a valid reason will be sanctioned. He also announced the suspension of the contested government proposed reforms to the pension system in France. The EU's external borders will be shut for 30 days, but French nationals will be allowed home whereas travel across the Schengen internal space and within its borders will be severely restricted. The EU has also imposed a 30-day ban on travellers from outside the EU

The British government also announced a series of measures this week to prevent contact among people and mass gatherings of people. People were thus asked to avoid gatherings and crowded places, such as pubs, bars, clubs and theatres as well as shopping trips and social visits. They should, if possible, work from home. In order to avoid the risk of infection of the vulnerable, people should cease all 'unnecessary' visits to friends and relatives in care homes. Those with the most serious health conditions must be shielded from social contact for around 12 weeks. People over the age of 70 and other vulnerable groups of persons should minimize their social contact. If one person in any household has a persistent cough or fever, everyone living there must stay in home quarantine for 14 days. Schools will be closed as from Friday 20 March until further notice.

US President Trump unveiled a 15-day plan similar to the British measures to try to slow the spread of Covid-19 and flatten the curve of new infections to prevent the risk of a surge of sick patients that could overwhelm the health system. Colleges and universities from California to New York have closed campus classrooms due to Covid-19. The US and Canada have also temporarily closed their border to non-essential travel between the two countries. Gatherings of more than 10 persons have been banned in the US. In Ireland gatherings of more than 100 persons were banned.

Most major sporting events such football league matches, tennis, cricket, golf, the Euro 2020, etc., as well as racing events and musical festivals have been suspended, cancelled or postponed to contain the spread of Covid-19. All these cogent measures not only aim at limiting the spread of the disease but also buy time to enable researchers to find a potent vaccine against Covid-19.

The hunt for a vaccine

Researchers across the world are on a hunt and a race against time to find an efficient vaccine against Covid-19. Early this week, US researchers tested an experimental coronavirus vaccine. Dozens of research groups around the world are racing to find a vaccine against Covid-19.

The world hopes for the swift discovery of an effective vaccine. However, this could take as long as a year or more. This means that the world would be under a prolonged siege until an efficient vaccine is discovered. Such a situation will exacerbate the dire economic fallouts of Covid-19.

We must remember that unlike 2008, the world is not facing a financial crisis. Once an effective vaccine against Covid-19 is found, market sentiment and stock markets will bounce back and economic activity and flows will normalize.

The support measures must therefore target the difficulties faced by economic actors during the lockdown aimed at containing the spread of Covid-19. Firms and economic actors forced into inactivity during the lockdown will want the support measures to *inter alia* alleviate their recurrent costs, provide a waiver of their rates and interests on loans and where necessary a cash support, etc., to enable them to tide over the lockdown.

In a bid to support jobs, incomes and businesses, the UK Chancellor announced a £350 billion lifeline this week to shore up the economy against the adverse fallouts of Covid-19. The package of measures includes soft loans, various aids, waivers of rates, cash grants to retailers, pubs and support to the hospitality sector and airline industry. The businesses and sectors which contribute to the economy must be kept afloat and rendered more competitive and efficient to be up and running once the situation is normalized.

New opportunities

The coronavirus crisis has exposed the world to the threat of major disruptions to its supply chains in the wake of the steps taken by China to significantly reduce manufacturing output and shut down or slow down factories supplying 90% of Chinese exports as from the end of January to help contain the spread of Covid-19. Too many manufactures and companies in countries dependent on supplies and components manufactured in China were forced into inactivity. This unsatisfactory situation provides opportunities to countries to gear themselves to become efficient and reliable alternative suppliers to such manufactures and companies. This situation therefore carries interesting opportunities for Mauritius.

Together as a nation

Covid-19 represents a major challenge, the more so as three infected cases have just been detected in the country. Tourism which is a major sector of the economy, Air Mauritius and the hospitality business will be seriously affected by the ban on travel in the context of potent measures taken across the world to contain the spread of Covid-19. Beyond the quarantine facilities which already have a rising occupancy rate, we need to above all make sure that the quality and capacity of the healthcare services and equipment available such as ventilators are well tuned and geared to treat and save the lives of all cases of Covid-19 in the country. The private clinics and accredited private medical laboratories should also be co-opted to contribute to the national effort to combat Covid-19.

More than ever before, the country needs to be together as a nation and harness all our resources and men and women of goodwill to define the most apt crisis management strategies required to above all safeguard the health and lives of people and in particular the more vulnerable in the face of the potent Covid-19 threat.

Mrinal Roy

Free thought: can you ever be a truly independent thinker?

The captain of a ship, or a soul, doesn't sail while ignoring the wind – sometimes they go with it, sometimes against it, but they always account for it

'It's important to me that I make my own decisions, but I often wonder how much they are actually influenced by cultural and societal norms, by advertising, the media and those around me. We all feel the need to fit in, but does this prevent us from making decisions for ourselves? In short, can I ever be a truly free thinker?' -- Richard, Yorkshire

There's good news and bad news on this one. In his poem *Invictus*, William Ernest Henley wrote: "It matters not how strait the gate, How charged with punishments the scroll, I am the master of my fate, I am the captain of my soul."

While being the lone "captain of your soul" is a reassuring idea, the truth is rather more nuanced. The reality is that we are social beings driven by a profound need to fit in – and as a consequence, we are all hugely influenced by cultural norms.

But to get to the specifics of your question, advertising, at least, may not influence you as much as you imagine. Both advertisers and the critics of advertising like us to think that ads can make us dance any way they want, especially now everything is digital and personalised ad targeting is possible in a way it never was before.

In reality, there is no precise science of advertising. Most new products fail, despite the advertising they receive. And even when sales go up, nobody is exactly sure of the role advertising played. As the marketing pioneer John Wanamaker said:

Half the money I spend on advertising is wasted; the trouble is I don't know which half.

You'd expect advertisers to exaggerate the effectiveness of advertising, and scholars of advertising have typically made more modest claims. Even these, though, may be overestimates. Recent studies have claimed that both online and offline, the methods commonly used to study advertising effectiveness vastly exaggerate the power of advertising to change our beliefs and behaviour.

This has led some to claim that not just

half, but perhaps nearly all advertising money is wasted, at least online.

There are similar results outside of commerce. One review of field experiments in political campaigning argued "the best estimate of the effects of campaign contact and advertising on Americans' candidates choices in general elections is zero". Zero!

In other words, although we like to blame the media for how people vote, it is surprisingly hard to find solid evidence of when and how people are swayed by the media. One professor of political science, Kenneth Newton, went so far as to claim "It's Not the Media, Stupid".

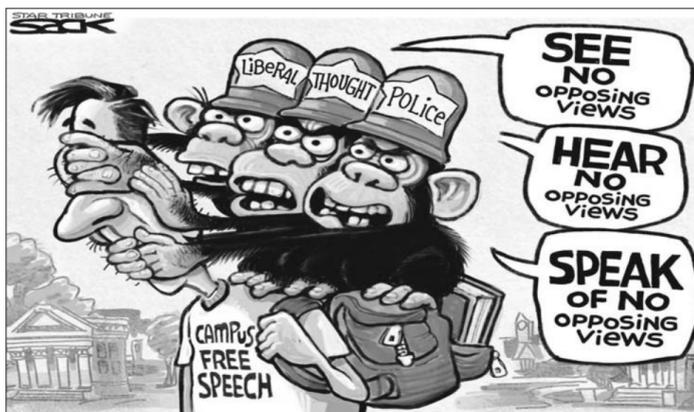
But although advertising is a weak force, and although hard evidence on how the media influences specific choices is elusive, every one of us is undoubtedly influenced by the culture in which we live.

Followers of fashion

Fashions exist both for superficial things, such as buying clothes and opting for a particular hairstyle, but also for more profound behaviour like murder and even suicide. Indeed, we all borrow so much from those we grow up around, and those around us now, that it seems impossible to put a clear line between our individual selves and the selves society forges for us.

Two examples: I don't have any facial tattoos, and I don't want any. If I wanted a facial tattoo my family would think I'd gone mad. But if I was born in some cultures, where these tattoos were common and conveyed high status, such as traditional Maori culture, people would think I was unusual if I didn't want facial tattoos.

Similarly, if I had been born a Viking, I



can assume that my highest ambition would have been to die in battle, axe or sword in hand. In their belief system, after all, that was surest way to Valhalla and a glorious afterlife. Instead, I am a liberal academic whose highest ambition is to die peacefully in bed, a long way away from any bloodshed. Promises of Valhalla have no influence over me.

Ultimately, I'd argue that all of our desires are patterned by the culture we happen to be born in.

But it gets worse. Even if we could somehow free ourselves from cultural expectations, other forces impinge on our thoughts. Your genes can affect your personality and so they must also, indirectly, have a knock-on effect on your beliefs.

Sigmund Freud, the founder of psychoanalysis, famously talked about the influence of parents and upbringing on behaviour, and he probably wasn't 100% wrong. Even just psychologically, how can you ever think freely, separate from the twin influences of prior experience and other people?

From this perspective, all of our behaviours and our desires are profoundly influenced by outside forces. But does this mean they aren't also our own?

The answer to this dilemma, I think, is not to free yourself from outside influences. This is impossible. Instead, you should see yourself and your ideas as the intersection of all the forces that come to play on you.

Some of these are shared – like our culture – and some are unique to you – your

unique experience, your unique history and biology. Being a free thinker, from this perspective, means working out exactly what makes sense to you, from where you are now.

You can't – and shouldn't – ignore outside influences, but the good news is that these influences are not some kind of overwhelming force. All the evidence is compatible with the view that each of us, choice by choice, belief by belief, can make reasonable decisions for ourselves, not unshackled from the influences of others and the past, but free to chart our own unique paths forward into the future.

After all, the captain of a ship doesn't sail while ignoring the wind – sometimes they go with it, sometimes against it, but they always account for it. Similarly, we think and make our choices in the context of all our circumstances, not by ignoring them.

Tom Stafford
University of Sheffield

Hindu Prabhat Sangh - Grand Baie

Members are kindly requested to attend the Annual General Meeting on Saturday 4 April 2020 at 10.00 am at Prabhat Hall, Rameshwar Mandir, Grand Baie.

AGENDA:

1. Approval of minutes of the last AGM
2. Matters Arising.
3. Finance
4. President's report
5. Motions / amendments to Rules (if any)
6. Election of office-bearers (if any)
7. AOB

Hindu Prabhat Sangh
Secretary

Raashtriya Sanatan Sansthaan

Members are kindly requested to attend the Annual General Meeting on Saturday 4 April 2020 at 04.00 pm at Prabhat Hall, Rameshwar Mandir, Grand Baie.

AGENDA:

1. Approval of minutes of the last AGM
2. Matters Arising.
3. Finance
4. President's report.
5. Motions/complete amendments to Rules & change of name (if any)
6. Election of office-bearers (if any)
7. AOB

Raashtriya Sanatan Sansthaan
Secretary

Post-Corona: Back to basics and...

• Cont. from page 1

Because the influenza viruses are of different types as new ones emerge periodically, they are monitored by the WHO which advises what are the circulating types in the northern and southern hemispheres respectively, and vaccines are manufactured accordingly.

This may happen with Covid-9 too, and by then a majority of people would have developed a degree of immunity to it. If a large enough segment of the population, about 75-80%, acquires such immunity, then the rest of the population is also protected, a phenomenon known as herd immunity. This is what the British authorities had hoped to achieve by allowing people to carry on practically as normal, with the objective of delaying the onset of actual and severe disease that would then be in smaller numbers that would not burden the health system. However, this approach was criticized, and the government had to roll back.

Applying the basics

The point is that the responses of the authorities have been asymmetric when Covid-19 had just started to spill beyond China because of the uncertainties about the behaviour of the virus. Based on the limited knowledge that was then available, the measures that were announced by WHO which were sound in principle have now become the mainstay recommendations in practically all countries. However, how the situation is evolving in individual countries is conditioned by their own social, political and economic contexts and circumstances, as well as the health and medical facilities that they dispose of.

There are going to be serious and severe economic consequences, of that there is no doubt. But in a post-corona scenario we may well see in retrospect *un mal pour un bien*, as some of the measures that are being applied now could likely continue and change our ways of living and interacting in the public and social spaces. Some of these habits will be of the 'back to basics' type.

While I was preparing for my final surgical examinations, I remember one of the profs saying that if you are stuck in answering a question -- whether in the written paper or during orals -- the best thing is to go 'back to the basics'. He meant by that starting with first principles and proceeding from there.

Applying this to Covid-19, it is an infectious and contagious disease, and so we adopt the same approach to controlling it as we do for other infectious diseases, although the details vary. But when we think of the package of measures that have been recommended and are being emphasised repeatedly (Wash hands frequently, Do not shake hands, Cover your mouth/nose when coughing or sneezing, Avoid



WASH YOUR HANDS THOROUGHLY **DON'T TOUCH DOOR KNOBS** **USE A PEN TO CALL A LIFT**
AVOID TOUCHING YOUR FACE **AVOID KISSING** **SNEEZE OR COUGH INTO YOUR ELBOW**

"Medical and health authorities can issue any amount of advice, but taking up from there is the responsibility of individuals. In other words, if we do not comply and play the game we are putting ourselves and others at risk when it comes to any infectious disease, but especially when it is a new one. That is why I say that not only must we all cooperate and comply for the protection of self and others, but once the epidemic is over, it is also our duty to sustain these basic hygienic habits and inculcate them in our children too..."

touching your face, Avoid close contact with those who are already infected and stay at least one metre away from someone who is coughing or sneezing, Stay at home or 'self-quarantine', and use masks if you are affected) -- one can see that they are not rocket science.

In the olden days there was a subject known as 'hygiene' which was offered in secondary schools, and my own sister took it for SC. The book used was 'Textbook of hygiene', and contained in simple language practical advice about how to maintain cleanliness, look after one's body, etc. Many of us will recall the days of our primary schooling, when we were made to line up in the morning before classes started. Our teachers would go round inspecting out finger nails, whether our hair was combed properly, and we had to show our -- clean! -- handkerchief: in the days of no tissue paper, they came in handy after we'd washed our hands or had to blow our nose.

I was talking to a retired school teacher who had also been through this as a pupil, and as a teacher he did that for the classes that he took. The lesson is that habits learnt in childhood stay on -- and if only we can go back to some at least of these basics, we would be better prepared and not panic when a new bug comes along.

The single most effective measure to stop virus spread is deemed to be avoiding social contact or social distancing, which is the subject of an article by a professor from Boston University, Thomas Perls, writing in *The Conversation*. Some extracts from his articles are as follows: Social distancing means - that people stay far enough away from each other so that the coronavirus cannot spread from one person to another; not touching other people, and that includes handshakes; by following these simple rules, individuals can play a critical role in slowing the spread of the coronavirus; quarantine yourself (N.B. if there has been exposure); everyone must practice social distancing; much of how the coronavirus pandemic unfolds in the US will come down to individuals' choices.

Have you noticed the underlying thread in these observations and the WHO package of measures?

It is all about what *individuals* do -- it is they, people singly or collectively, adopting what is recommended to first protect themselves and then others too. Medical and health authorities can issue any amount of advice, but taking up from there is the responsibility of individuals. In other words, if we do not comply and play the game we are putting ourselves and others at risk when it comes to any infec-

tious disease, but especially when it is a new one. That is why I say that not only must we all cooperate and comply for the protection of self and others, but once the epidemic is over, it is also our duty to sustain these basic hygienic habits and inculcate them in our children too -- because with globalization unstoppable, new emerging infectious diseases, as Covid-19 is, can surface anytime, anywhere. If simple hygiene practices on a daily basis -- to be reinforced during an onslaught -- can protect us, shouldn't we all implement them for both short term and long term universal benefit? I think the answer is pretty obvious.

Post the pandemic

So that's one respect in which the post epidemic scenario can, and to my mind should, unfold. The other trade-off that I can see could have a multiplier effect in several spheres. We have been talking about flexitime for long years now, but it has never really taken off. On the other hand, given the technological facilities, working online has been happening, but on a limited scale. The pandemic has forced employers to make people work at home -- so why should this trend not become more entrenched once the pandemic is over? One can imagine millions of hours spared in commutes to and from work with the consequential environmental and economic impacts as fuel is saved, traffic congestion is reduced, and the probable better output as employees will be functioning in a more relaxed atmosphere. And besides, both for working mothers and fathers with small children to care for, this will certainly be good for the family, a much required social goal in these times.

Obviously such working from home is not applicable to all sectors, but I am sure that it could be extended to many more people than is presently the case. Videoconferencing is already current, but again limited, and this too could lend itself to greater application and save both costs and time.

The point is to think seriously about turning the current adversity into innovative opportunities for our common future. Perhaps economists and entrepreneurs could start to bounce ideas that could eventually become actionable schemes for employment generation and business activity.

A last note about *un mal pour un bien*: unwittingly and fortuitously, nature stepped in to give us a good reason for social distancing, even though we have not registered any case of Covid-19 locally. I refer to the heavy rainfall warnings of last week and cyclone Herold which have kept our educational institutions closed, and therefore our children protected, for almost a week. It may still be that we may have to adopt the stricter social distancing measures in future depending on how long the epidemic lasts, but we can say with a glimmer of optimism that so far so good -- and let us sincerely hope it stays that way! And as Indian Prime Minister Narendra Modi advised in the SAARC videoconference that he convened a few days ago: **Do not panic, but prepare**. Shouldn't we do that too?

RN Gopee

There's hope, if we wake up to today's evolutionary potential

How two massive opposing forces - the shift towards a sustainable world and the force that thrives on inequality - are unfolding at a global level

The world is in the grip of two massive opposing forces. While many different forces will shape our future, these two in particular loom large. One is the overwhelming and relentless shift towards the sustainable world envisaged by the Sustainable Development Goals. In particular, the goal to eradicate poverty without blowing the fuses of the planet.

The other is the force that thrives on inequality, boasts about toxic masculinity, mocks democratic freedoms, and champions big and shiny mega-projects. It rejects the significance of climate change and imminent threats to life.

Our futures depend on how this titanic battle plays itself out. Remarkably, though, what will make all the difference in our hyper-connected world are the choices that individuals and communities make now.

Marked by the adoption of the Sustainable Development Goals adopted by the UN in 2015 and the Paris Agreement on the Climate in the same year, the shift towards sustainability brings together a range of disparate but energetic forces. These include the youth protest against climate extinction and the scientific consensus about the global threats to life as we know it.

It also brings together the movement against the rising tide of gender-based violence and the increasingly strident rejection of a world so unequal that 1% of the world's population can amass more wealth than the poorest 6.9 billion put together.

The shift towards sustainability gains expression in images of mass protests, massive UN summits, solemn scientific panels and the faces of the new child heroes from all continents. The force that thrives on inequality and rejects the significance of climate change is expressed in the noxious images of arrogant male leaders

like Donald Trump (US), Jair Bolsonaro (President of Brazil), Rodrigo Duterte (President of Philippines), Boris Johnson (PM of UK), Recep Tayyip Erdogan (President of Turkey), Viktor Orban (PM of Hungary) and Jacob Zuma (former President of South Africa).

I discuss these opposing forces in my book, *Age of Sustainability: Just Transitions in a Complex World*. And how they are unfolding at a global level.

I offer a theory of change that goes beyond relying on the belief that at some point there will be a rupture resulting in the seizure of state power by a revolutionary elite that ushers in a new society. Nor do I accept the musings of the doom and gloom brigade who assume that a cataclysmic environmental collapse is pretty much inevitable.

Instead I argue that everyone needs to be fired up with a sense of deep rage: but a rage aligned with the feminine principle of care rather than the masculine principle of control. In my view this is what's needed to animate the struggle against the forces bent on subverting the transition to a more sustainable world.

The global commons as a force for good

The Brazilian Harvard-based social theorist Roberto Unger writes about what he calls "structure fetishism" -- an obsession with the power of social structures. I argue that this fetishism tends to block us off from the significance of the immense transformative, creative and effervescent impulses that bubble up from below. These impulses arise as people and communities respond to the crisis by figuring out solutions for themselves.

This is what radical incrementalism is all about. Radical incrementalism isn't about reforms that greenwash the status quo. Nor is it about waiting for the revolution. It's about exploiting the evolu-

tionary potential of the present.

But this doesn't obliterate a role for the state. Indeed, I devote a whole chapter to rethinking the developmental state in light of the need to connect a commitment to development -- to eradicate poverty and reduce inequalities -- with a commitment to a just transition to a more sustainable world.

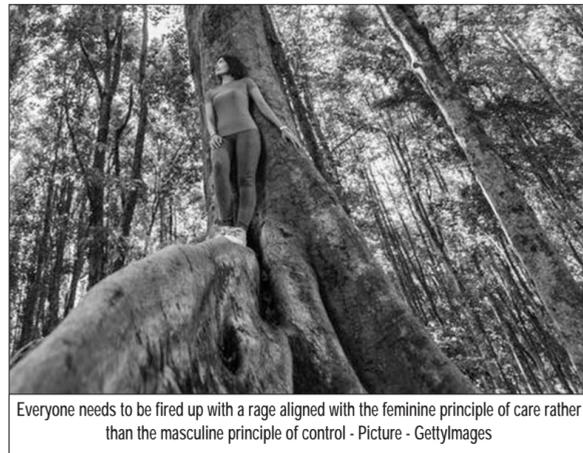
A just transition means fundamental changes in the way economies are structured and governed -- an outcome that conventional economists cannot conceive.

To understand radical incrementalism as a force for global change, we must pay much closer attention to the rise of the commons that's been made possible by new information and communication technologies. The commons is the increasingly significant peer-to-peer exchange economy. It's sometimes referred to as the 'platform economy'. The for-profit extractive versions of this mode of 'platform capitalism' include the likes of Uber, AirBnB and Facebook.

But there are examples of non-profit collaborative peer-to-peer systems. These include Mozilla Firefox (free online web browser), Wikipedia (free online encyclopaedia), Linux (an open source operating system) and Apache Servers (free open source webserver software).

The global commons movement celebrates the extraordinary human potential that information and communication technologies could unleash if peer-to-peer platform cooperation became more all-pervasive. The primary threat to this is the corporate-led enclosure movement of the information commons. Tech giants like Google, Facebook and a vast array of others mine and extract big data flows in ways that subvert the creative spirit of open source collaboration.

Peer-to-peer cooperation -- often just known as "wiki systems"



Everyone needs to be fired up with a rage aligned with the feminine principle of care rather than the masculine principle of control - Picture - Gettyimages

-- depend on voluntary workers. They collectively build a knowledge commons that becomes an open source resource that everyone can access to build their own for-gain enterprises.

The expanding commons is not an alternative to the market and state. Rather it's a new mode of peer-to-peer production that will require a regulatory environment to flourish, and market dynamics to spread.

Rediscovering what it means to be human

Change in our complex world will require that we recognise the end of the classic conception of what it means to be human. Represented most clearly by da Vinci's Vitruvian Man, this classic conception portrayed the white, perfectly proportioned male who is alone, disconnected from people (especially those with darker skins) and nature as the ideal way to be human. All else was 'othered'.

Feminism challenged the othering of women, post-colonial studies the othering that racism aimed to justify, and political ecology the othering of nature.

What we have now is the relational self. Or what sub-Saharan African writers refer to this as

Ukama -- the relatedness to all people, all things (animate and inanimate) and the ancestors. The Ukamian relational self is the appropriate way of being human in the sustainability age.

The chapters in the book explore this relational way of being across many different contexts with special reference to what sustainability means in the global South.

But what about the counter force?

I explore the rise of extractive authoritarianism around the world, and the way toxic masculinity is being harnessed as a powerful narrative to simulate certainty in a world conditioned to fear uncertainty.

State capture in South Africa is used as a case study. Bringing together for the first time the burgeoning literature on toxic masculinity and the political economy literature on state capture, I argue that what emerged during the years under former President Jacob Zuma is best described as "electro-masculinity". By this I mean a deadly cocktail of climate denialism, the celebration of big and shiny mega-projects, systemic looting and a toxic masculinity.

To activate wave upon wave of radical incrementalist transformative action, it will be necessary to wake people from their slumber and provoke the numbed into awareness. Science on its own cannot do this. Rage helps. Nor will doom and gloom do the trick -- that just leads to paralysis.

Mark Swilling
Stellenbosch University

BON-AIR COOPERATIVE CREDIT SOCIETY AND OTHER EMPLOYEES UNION

Members are kindly requested to attend the Annual General Meeting on Saturday 4 April 2020 at 10.00 am at its seat at Cooperative Society Office, Royal Road, Morcellement St André.

1. Approval of minutes of the last AGM
2. Matters Arising.
3. Finance
4. President's report.
5. Motions/amendments to Rules (if any)
6. Election of office-bearers (if any)
7. AOB

Dr M. P. Odit
Secretary

MOKA DISTRICT COUNCIL EMPLOYEES UNION

Compliant members of the Moka District Council Employees Union are invited to attend the Annual General Meeting on Saturday 4 April 2020 at 10.00 am at MTUC Office, E. Anquetil Labour Centre, James Smith St, GRNW, Port Louis.

1. Approval of minutes of the last AGM
2. Matters Arising.
3. Finance
4. President's report.
5. Motions/amendments to Rules (if any)
6. Election of office-bearers (if any)
7. AOB

MDCEU
Secretary

• Cont. from page 1

it reached North Africa in May, China and India in June. Global deaths were estimated to be between 50 to 100 million.

Before the epidemic reached our island, the people as well as the authorities were well aware of the threat, through information in local newspapers and articles they carried about how to combat the disease, although there was then no remedy. For example, there was an article by Dr A. Chauffard, Professor of Clinical Medicine at the University of Paris in the *Journal de Maurice* on 7 January 1919 about the history of the epidemic and measures to contain it. Another article in the same newspaper by Dr Pratt Johnson, Director of Clinical Research Laboratories gave favourable views about preventive inoculation. With the authorities and the public well informed of the evolution of the epidemic, the colonial government must have thought that it could contain the disease reasonably well.

Mauritius at the end of World War I

Moreover, the country had gone through unprecedented prosperity as a result of high sugar prices during the First World War, and there was no shortage of resources to face the epidemic. But war conditions, despite increased wealth, had considerably affected the health of the population. There was a general food shortage during the War: there was not enough rice in the country and prices of foodstuffs and other goods had increased considerably. The poor deprived of adequate food were suffering from malnutrition and other diseases. On the other hand, sanitary conditions in Port Louis had deteriorated considerably; malaria was rife in the island and particularly so in the capital. Even before the epidemic reached the island, the people had been debilitated by wartime conditions and were suffering from malaria, ankylostomiasis and beriberi. District and other hospitals were overcrowded.

In January 1919, although there was officially no case of Spanish influenza in the colony, cases of fever were on the rise and the municipal doctor had to do up to 60 consultations per day. Dr Edgar Laurent devoted two days of consultation in the dispensary in the Eastern Suburb, Port Louis, his constituency. There was 'an epidemic of diarrhoea developing into dysentery which affected thousands of adults and children'. The Municipal Council had to provide food for the poor in their respective wards and Rs 5 were recommended for the deserving poor.

Appointment of Committee

Before the government officially notified the outbreak of the epidemic in May, a committee was appointed in December 1918 and carefully considered a scheme for providing treatment to the sick, distribution of food, registration of deaths and burial. It secured the cooperation of the elected members of the Council, Municipal Corporations and the Boards of Commissioners of the different towns. According to J. Middleton, the officer responsible for the administration of the colony, a committee to prepare for the epidemic had been set up and he had given the green light to his advisers to set up hospitals, to spend liberally on food for the poor and to provide them with

Colonial politics and the Spanish Influenza of 1919: Lessons to Learn



Malaria team spraying DDT - Photo: Raj Boodhoo Collection

medical help.

The committee anticipated that the epidemic would strike with the greatest severity the town of Port Louis. Temporary hospitals were set up to accommodate 1000 patients with provision for soups, milk and medicines. In Plaines Wilhems, temporary accommodation was provided for 300 patients at Rose Hill and Beau Bassin, 200 in Quatre Bornes, 100 in Phoenix and 400 in Curepipe. A private hospital of 75 beds was equipped and opened in Curepipe. The Royal College provided accommodation for 500 patients. It voted liberally to spend money to deal with the epidemic and Rs 50,000 were disbursed initially; Rs 22,000 worth of vaccines were imported from Durban.

Measures taken

Though the colonial government took a number of measures, these were not made public. Arrangements were made to get all doctors to put their services at the disposal of the government for the treatment of the sick. Mass vaccination was advocated by the authorities; 70,000 doses of vaccine with two inoculations per person were made available, but not everybody was willing to get vaccinated. Vaccinations also took place in villages and were carried out in Chinese shops.

Private doctors were assigned to public dispensaries: H. Sakir at Taher Bagh, Dr Piarroux at Rue la Paix and the two dispensaries in Ward IV, Dr Louis at Triple Esperance, Dr Laurent at Grand River North West. Dr Acham was put in charge of a Chinese hospital demanded by the Chinese community. It was opened 15 days after the outbreak. Dr Laurent provided free consultations; other doctors came to Port Louis in the morning and left at night. At Bois Savon, a Chinese hospital, no cases of death were reported amongst those who had been vaccinated. Dr Acham vaccinated himself to inspire confidence. There were some deaths among those vaccinated but they were fewer compared with the unvaccinated. At the beginning of the campaign, there was no provision for immediate relief in many of the temporary hospitals, and a great number of people

died on the first day of admission without proper care.

The epidemic broke out in May 1919 and that might have been due to the negligence of the authorities in waiving off quarantine for a ship from France. Two cases of the disease were identified on Flat Island and in the Eastern Suburb, Port Louis. Earlier a few cases of influenza were noted in Port Louis and Curepipe, but there were doubts whether they were really Spanish influenza; in Curepipe, they were attributed to vaccination and were considered benign.

“In the end, despite financial and medical assistance and the mobilizing efforts of the government and the public, epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island. The British colonial administration was considered to have failed in its public health policy not so much for the lack of organization and assistance during the epidemic but for long-term neglect of sanitation in the island...”

Once cases of influenza were identified in May 1919, the colonial government swung into action. A government proclamation, issued on 5 May 1919, declared that the port of Seychelles was an infected port. On the same day the government issued another proclamation notifying the public that influenza was a contagious disease and the period of observation for quarantine was fixed for 8 days. On 14 May, another proclamation informed the public that the island was threatened by the Spanish influenza and all schools, colleges and places of public entertainment were closed. On the following day, Port Louis looked like a desolate place on that cold winter morning. Anxiety could be read on all the faces, the coaches were empty, and a few people attending to their businesses were wearing masks.

There were posters informing the public that those who spit in certain places would be fined. The sanitary authorities were invested with powers 'to remove to hospital any person affected by the Spanish influenza which cannot be treated at his home to the satisfaction of the sanitary authority and shall be

detained until complete recovery and discharged by the medical officer of the hospital'. Posters were erected along the roads about measures that the public should take. Food was a major concern of the authorities but they resisted pressure to fix food prices and to compel landowners to grow food crops. Chocolate, condensed milk and blankets were requisitioned for hospitals and lazarettos. The price of sugar was deregulated and the use of eggs in cakes and the manufacture of butter were prohibited by order of the Food Controller.

The epidemic spreads

In spite of all these measures, once the epidemic spread in the island in May 1919, there were 906 deaths including 55 prisoners over a period of 5 days in Port Louis. Out of 7197 deaths that occurred in that same month, 5367 were attributed to influenza. Between 1 May and 13 July, 3662 deaths were registered in Port Louis alone, and in the whole island registered deaths from influenza numbered 12,860. The number of indigents at the asylum and convents was on the increase. About one tonne of medicine was used in May and by 6 June, Rs 131,000 had been spent and another Rs 500,000 were released to combat the epidemic.

The response of the public to the epidemic was marked by growing solidarity. Many individuals, companies and organi-

Many of the rich 'in near view of death' and the more charitable people subscribed large sums of money to help the poor to buy medicine. Others visited and nursed dying inmates and many poor were saved in this way. The Poor Law administrator provided food for 10 days to the poor, and those unable to work food for 6 weeks depending on their health. After the epidemic, those seriously affected received 3 months' assistance. Blyth Brothers reduced the price of Siam rice from Rs 60 to Rs 48.

There were some protests too. There was again riot at Rivière du Rempart at 'La Boutique Martin'; a crowd comprising Creoles, Indians, women and children entered the shop to ask for rice. The police had to be called and there was a skirmish as the crowd moved to the shops of Ay You and Fok Sam. At Nouvelle France, Indians asked for more retailers to sell Burmese rice. Some profiteering also took place. Milkmen sold milk of which 60% was water at 30-40 cents a bottle. A Chinese shopkeeper sold camphor at 10 cents apiece. Indian rice which cost 22 cents was sold at 40 cents, Siam rice at 36 cents and peanut oil at 5 cents, manioc at 18-20 cents and sweet potatoes at 20 cents. Workers, butchers and bakers asked for higher wages and food vouchers were exchanged for rum. Rice shortage continued during the epidemic and shopkeepers forced people to shift from rice to maize. Coach drivers asked for 3 to 4 rupees for a trip from Rue Brabant to GRNW that was 3 to 4 times the usual price.

Balfour Report

In the end, despite financial and medical assistance and the mobilizing efforts of the government and the public, epidemic mortality was very high suggesting that short-term measures needed to be supplemented by a more fundamental and long-term approach to public health policy in the island. The British colonial administration was considered to have failed in its public health policy not so much for the lack of organization and assistance during the epidemic but for long-term neglect of sanitation in the island, particularly in the town of Port Louis and the lack of purified water.

Le Petit Journal of 10 November 1919 wrote there would have fewer victims if the population could have better resisted the epidemic had they not suffered from food shortage particularly rice. In the 1920s, the Balfour Report would advocate a more comprehensive approach to public health. It brought about a reorganization of the Medical Department. Sanitary matters were transferred from the Municipality to the Medical Department. There was greater support for sanitary reforms and Governor Bell's sanitary reforms including better housing received wide support for 'better housing would reduce the incidence of disease, enable people to work better and reduce pauperism'.

Sada Reddi

Trying Times

• Cont. from page 1

For that to happen, the element of trust in those in authority and of public institutions has to prevail. In a world where infodemics seem to be having an upper hand over pandemics themselves, the best antidote to the harm wrought by rumours or disinformation that weaken effective public governance are transparency and honesty in the conduct of public affairs. This is one of the factors that have contributed to single out Singapore as an example for its effective policy response to the Covid-19 pandemic.

Singapore was one of the first countries to suffer from Covid-19, at one point reporting the second-highest number of infected cases after China. Even as many neighbouring countries reported outbreaks, Singapore's rate of transmission stabilized. In addition, Singapore's public health system has provided necessary care, and despite having 243 cases as of March 16, the death toll is zero. Schools remain open, as do restaurants and other establishments.

Albright Stonebridge Group informs us that 'the legacy of effective governance of the ruling People's Action Party through several decades has solidified public trust in the government's actions on public health, which was tested in 2003 with the outbreak of SARS, another coronavirus which caused severe respiratory illness. Singapore has also been praised for its transparency in carrying out its COVID-19 response. 'The Ministry of Health issues a daily statement that includes the list of cases, and considerable detail on each case, including the possible location of infection so that others who may have been exposed can self-report.

Ministers in charge of the Covid-19 response, namely Health Minister Gan Kim Yong and National Development Minister Lawrence Wong, provide thorough updates during regular press conferences, and communicate also through notifications via WhatsApp. Prime Minister Lee

Hsien Loong also sets the tone through regular televised addresses that summarize the government's efforts and repeatedly urges citizens to remain calm and provide their support and cooperation. Official statements are complemented by a series of public service announcements (PSAs) on good hygiene, medical testing, and related matters.'

Communication and transparency are the key to effective governance. But there is more. Singapore's success has been attributed to a multi-pronged strategy:

- early border controls and monitoring of travellers, including barring entry of travellers from China one week after the first reported case in Singapore and consistent checking of temperatures of all travellers coming in by air, land, and sea;
- establishment of strict standards for quarantine and self-isolation, and enforcement of the rules; and engagement with the private sector and a strong public health infrastructure.

This is what has allowed Singapore (as well as China) 'to arrest the growth of infections and is thus being hailed as an example to follow for the rest of the world especially the Western countries which have followed the trajectory of China despite knowing well in advance the importance of flattening the curve' - a strategy which is resorted to prevent sudden spikes in the number of cases with interventions like strict controls at borders, contact tracing, social distancing, etc.

We clearly do not have the wherewithal of Singapore to deal with the crisis, but at least we must follow the WHO recommendations spelt out by the DG himself, Dr Tedros. This is what he said in a recent press briefing: 'every suspected case should be tested and if they test positive, isolate them and find out who they have been in close contact with up to 2 days before they developed symptoms, and test those people too'. [NOTE: WHO recommends testing contacts of confirmed cases only if

they show symptoms of COVID-19]. Further WHO advises that all confirmed cases, even mild cases, should be isolated in health facilities, to prevent transmission and provide adequate care.

However, there was an important caveat: But we recognize that many countries have already exceeded their capacity to care for mild cases in dedicated health facilities'. In that situation, he said, countries should prioritize older patients and those with underlying conditions. And according to Dr Tedros, another option is for patients with mild disease to be isolated and cared for at home. What is clear is that we must rapidly scale up our capacity for testing, and seek WHO's help if required, as it has access to networks that we may not have.

On the other hand, everyone must cooperate and follow the recommendations made because the fight against this mortal enemy cannot be left to the government alone: primarily our health is our responsibility and we must start by doing everything that is being recommended so as to protect ourselves as well as the rest of society. However, the government must be absolutely transparent, communicate daily and frequently, and treat all categories of people at risk, whether they are citizens or tourists, using the same criteria. There is a perception that this is not the case, and that does more to lessen trust in the government than anything else.

If we want to come out of this crisis with the least damage to our health and to the economy, a national gesture of solidarity is the need of the moment. Doing panic buying, for example, does not go in this direction, we must display a greater spirit of charity. These are trying times for every single one of us, every institution - and the government: this is its first major test since being brought to power, a most severe one. It has the potential to make or break - and the choice in front of the government couldn't be clearer.

M.K.

Migration and Sustainable Development Alliance

Members are kindly requested to attend the Annual General Meeting on Saturday 4 April 2020 at 2.00 pm at Prabhat Hall, Rameshwar Mandir, Grand Baie.

AGENDA:

1. Approval of minutes of the last AGM
2. Matters Arising.
3. Finance
4. President's report
5. Motions / amendments to Rules (if any)
6. Election of office-bearers (if any)
7. AOB

*MSDA
Secretary*

Raashtriya Hindu Sena

Members are kindly requested to attend the Annual General Meeting on Saturday 4 April 2020 at noon at Prabhat Hall, Rameshwar Mandir, Grand Baie.

AGENDA:

1. Approval of minutes of the last AGM
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7. AOB

*Raashtriya Hindu Sena
Secretary*

How Chinese people came together when separated by quarantine, creating hope, humor and art

The human spirit is tested during difficult times, but a scholar already has found examples of how people found ways to support one another in China. Other countries have shown similar resilience

Fear and blame appear to be fast becoming Americans' defining emotions around COVID-19. Headlines seem to offer either worst-case estimates or government leaders' mutual accusations.

Amid the bewildering figures and contradictory political narratives, it is important to recall that numbers and governments are abstractions - whereas people actually live with and through disease. By fixating on the former, we risk losing sight of the human dimensions of epidemic life.

As a scholar researching the cultural aspects of the 2003 SARS epidemic, I too initially focused on geopolitics and biosecurity. But what I discovered in addition - rarely discussed but vitally humanizing - were the vibrant forms of everyday communal life generated by SARS at its very epicenters.

Under conditions of obligatory isolation and social distancing, common people invented new kinds of sociality and new genres of epidemic expressions. With COVID-19 now even more than SARS, the Chinese internet and social media offer a cornucopia of examples of epidemic communities brought together by heart, humor and creativity.

Pandemic solidarity

One early set of viral videos surfaced in Wuhan just five days into the city's lockdown. On the night of Jan. 27, residents shouted "jiayou" - literally "add oil," meaning "hang in there" or "don't give up" - out their apartment windows, in a spontaneous burst of solidarity. It was a demonstration of collective strength and defiance, of people's refusal to be quelled by the virus and the quarantine, and their desire to cheer each other on.

One of these clips, uploaded onto YouTube by the South China Morning Post, has received over a million hits, with netizens from numerous Asian countries echoing "Wuhan jiayou!" in encouragement. Indeed, the refrain has flourished into a rallying cry among an international public on social media, despite the Chinese government's attempts to co-opt it as a slogan for ethnonational patriotism.

Pandemic care

This spirit of reciprocal support extends to the care of animals. The Wuhan lockdown has stranded tens of thousands of residents outside the city, leaving an estimated 50,000 pets trapped in unattended homes. Through social media, some pet owners connected with Lao Mao ("Old Cat"), who heads a team of volunteer animal rescuers in Wuhan. These rescuers now roam the city and sometimes break into deserted homes to feed abandoned cats and dogs.

Outside Hubei, other animal lovers likewise help those stuck inside the province look after their pets at home. These tales of animal caretaking, even in times of human crisis, can usefully offset perceptions of Chinese culture as



simply one of cruel and unbridled animal consumption.

Another unexpected focal point for communal care is the face mask. Across China, masks have become a powerful vehicle for enacting goodwill, generosity and fellowship during the epidemic. In one viral video from Anhui, an anonymous Good Samaritan was captured on surveillance camera dropping off 500 masks at a local police station. As he hurried away, two officers ran outside to salute him.

This video in turn inspired the Hong Kong-based singer G.E.M. (Gloria Tang/Deng Ziqi) to compose "Angels," a song that garnered nearly 600,000 hits within the first day of its upload. A tribute to ordinary people's small acts of fortitude and kindness during the outbreak, the music video opens with the Anhui clip and then splices together other moving scenes, including a train employee gifting a mask to an elderly woman passenger and a man distributing free masks to travelers in an airport abroad.

Pandemic humour

This creative energy has also spurred China's folk humor culture. In locked-down sites across the country, social media is spawning a new genre of quarantine humor. On Weibo, WeChat and Douyin, memes of quarantine boredom and stir-craziness proliferate. Netizens record themselves singing the lockdown blues by rescripting classic tunes, fishing from home aquariums, playing mahjong with plastic bags over their heads, playing solo mahjong, playing living-room badminton and choreographing wacky dance moves.

People also showcase their creative flare in donning protective gear and venturing out to

neighborhood convenience stores and parks in inflatable costumes of T-Rex dinosaurs, green aliens and Christmas trees. When they run out of face masks, some half-jokingly substitute with bras, sanitary pads, and orange rinds.

As Manya Koetse reports from Beijing, these social media trends allow people to "mock neighbors, their friends or family, or even themselves in the extreme and sometimes silly measures they are taking to avoid the coronavirus." But more than mockery, the very sharing of these memes is a constructive and healing social act. In times of high stress and distress, to sustain these virtual communities is to deliver shared recognition, concern and laughter.

This is not to say that China's epidemic experience is solely lighthearted or affirming. Yet neither does life at epicenters have to be apocalyptic, defined by epic heroes and villains or horror scenarios of collapse and conflict.

Indeed, in other countries that have since become COVID-19 epicenters, social media offer similarly inspiring examples. Frontline health workers in Iran dance in hospital hallways to buoy their patients as well as themselves, and Italians in lockdown sing from their balconies to boost each other's morale - in turn prompting a string of "Italy jiayou" videos from Chinese netizens.

Collectively, these chronicles attest to the idea of pandemic resilience - the possibility that disease outbreaks can be lived through with empathy, ingenuity and sheer human ordinariness.

Belinda Kong - Professor of Asian Studies, Bowdoin College

Is sparkling water bad for you?

If one of your goals is to drink more water this year, then make sure you read this.

For many people, the start of a year is a time for new health resolutions - be it eat more vegetables, consume less sugar or drink more water.

Keeping hydrated is essential for body functions such as temperature regulation, transporting nutrients and removing waste. Water even acts as a lubricant and shock absorber for joints.

But while most people know they should drink more water, it can be a bit boring. So what about sparkling water as an option to liven things up a bit? After all, sparkling water is just as good as normal water, right? Not quite.

Fizzy fluids

Sparkling water is made by infusing water with carbon dioxide. This produces carbonic acid with a weak acidic pH of between three and four. That "feel good" mouth sensation you get after sipping a carbonated drink is in fact the chemical activation of pain receptors on your tongue responding to this acid, giving a moreish taste. And here's part of the problem, as acid in drinks can harm our teeth.

The outer layer of our teeth, dental enamel, is the hardest tissue in the body. It is made of a mineral called hydroxyapatite that contains calcium and phosphate. Saliva is mainly water but also contains calcium and phosphate.

There is normally a balance between tooth minerals and the minerals in saliva. The mouth and saliva normally have (a pH of six to seven), but when this drops below five and a half, calcium and phosphate molecules move out of the teeth and into saliva. This can happen because of the carbonic acid in fizzy drinks.

Bad for teeth?

This demineralisation creates tiny pores in the tooth mineral and the enamel starts to dissolve. Initially, the pores are microscopic and can still be plugged by putting calcium or phosphate back in, or by replacing calcium with fluoride - this is how fluoride in toothpaste works to protect teeth. But once the amount of lost tooth mineral reaches a certain level, the pores can no longer be plugged and the tooth tissue is lost for good.

If teeth are bathed in acid from carbonated drinks frequently, more minerals can be dissolved out than get put back in, and there is more risk of tooth wear or erosion.

So although plain sparkling water is better for your teeth than flavoured sodas (diet or regular) which have a lower pH, still water is best - it has a pH of around seven. Incidentally, club soda is not



only carbonated but has some "minerals" added for flavour. These may include sodium, so if you are watching your salt intake you also need to be mindful of this.

Pure water

It's also worth pointing out that sparkling water is not an appetite suppressant. Despite what you might read online, there is no strong scientific evidence to suggest that drinking sparkling water will make you feel fuller or curb your appetite. Yes, drinking carbonated water will fill up your stomach (probably making you belch too) but it won't stay in your stomach any longer than still water.

Even when sparkling water is drunk alongside food or meals, there is no difference in how quickly the stomach will empty compared to still water. Scientifically, it is difficult to measure hunger and fullness, which means that studies investigating these are based on, or influenced by, people's personal feelings - and naturally us humans are all very different. In fact, the European Food Safety Authority, which provides independent scientific advice on food safety, doesn't endorse any health claims related to foods or drinks said to increase satiety.

The NHS advises drinking between six to eight

glasses of fluid per day. As well as water, this can also include lower fat milk and sugar-free drinks, along with tea and coffee. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories, is free and contains no sugars that can damage teeth - unlike the myriad of sports, energy and carbonated drinks that flood supermarket shelves.

Of course, if you are swapping sugary soft drinks with sparkling water then this is a step in the right direction. Indeed, soft drinks are estimated to contribute to approximately 25% of sugar intake in adults and increase oral acidity. Most sparkling waters do not have added sugars, though some do, so always read the label.

So when it comes to trying to increase your fluid intake, still water is still the preferred option. But if a glass of water is not really your thing, sparkling water can help you stay hydrated and can be a tasty alternative to plain water - but just be mindful of how frequently you drink it for your dental health.

Nicola Innes & Suzanne Zaremba
University of Dundee

Work Smarter

Harvard Business Review's Favourite Tips from 2019



Are you and your team ready to work from home?

A crisis, like Covid-19, can impact how, when, and where you and your employees work. That's why it's important to be sure everyone on your team is prepared to work from home - perhaps on a moment's notice.

Map out which jobs and tasks can and can't be done, even partially, without a physical presence in the office. Then do a thorough audit of the technology that your company uses for remote work. Make sure your employees are comfortable using the various hardware and software. Quickly train people and give them opportunities to practice.

You'll also need a clear communications protocol that should include: everyone's contact information; which communication channels you'll use - email, IM, Slack, etc.; how employees are expected to respond to customers; and how and when teams will coordinate and meet. While putting these steps in place, it's also smart to identify ways to measure how effective remote work is for your team.

Once the crisis is over, this data will allow you to reflect on what worked, what didn't, and why.

This tip is adapted from "What's Your Company's Emergency Remote-Work Plan?," by Cali Williams Yost

Communicate with your team during a rapidly evolving crisis

Keeping your employees informed during a crisis should be one of your top priorities as a leader. It's your responsibility to stay on top of events as they unfold - especially if they're evolving as fast as they are right now. At the same time, beware of hype. News outlets often focus on what's new, rather than the big picture, and they sometimes don't distinguish between hard facts, soft facts, and speculation. Think critically about the source of the information before acting on it.

Of course, employees have direct access to many sources of information too - but don't assume they're fully informed. It's far better to create and widely share a regularly updated summary of facts and implications so you're all on the same page. And constantly reframe your understanding of what's happening. Don't hold off on disseminating plans just because they might change. Create a living document, with a time-stamped "best current view," and update it regularly, highlighting critical changes.

This tip is adapted from "Lead Your Business Through the Coronavirus Crisis," by Martin Reeves, Nikolaus Lang, and Philipp Carlsson-Szlezak

Reassure Your Team During Uncertainty

When the news is scary and the future is uncertain, many employees will look to managers for reassurance - even though you might not have the answers yourself.

You can help by first finding your own sense of focus. Before you start communicating, take a minute to pause and breathe. Then put yourself in your audience's shoes. What are their concerns, questions, or interests? What do they need an immediate answer to? You might use language such as, "I know many of you may be thinking..."

The quicker you can address what's on their minds, the more likely you'll be able to calm them down. Seek out credible sources of information, and read fully before distilling it into clear, concise language. You can confidently express doubt or uncertainty, while still maintaining authority. You might say, "Reports are still coming in, but what we understand so far is..."

Communicate frequently, even if you don't have news to report, so that people know you are actively following the issue. And provide tangible action items. Use language such as, "Here are the steps we are taking," or "Here's what you can do," to demonstrate action.

This tip is adapted from "How to Reassure Your Team When the News Is Scary," by Allison Shapira

Don't just have a to-do list -- Timebox it

The only thing worse than having a long to-do list is not knowing how you're going to get everything done. Timeboxing can help: It's a way of converting your to-do list into blocks of time on your calendar, so you have a plan for what to do and when. Start by looking at your to-do list and figuring out each task's deadlines.

For example, if a promotional video has to go live on a Tuesday, and the production team needs 72 hours to incorporate your edits, then put a hold on your calendar at least 72 hours before Tuesday. Repeat for each item on your to-do list.

If you work on a team where people can see one another's calendars, timeboxing has the added benefit of showing people that the work will get done on time. But the biggest advantage of timeboxing might be that it gives you a feeling of control over your calendar -- which can help you feel happier at work.

Adapted from "How Timeboxing Works and Why It Will Make You More Productive," by Marc Zao-Sanders

Science, Technology & Society

Coronavirus spreads quickly and sometimes before people have symptoms, study finds

Infectious disease researchers at The University of Texas at Austin studying the novel coronavirus were able to identify how quickly the virus can spread, a factor that may help public health officials in their efforts at containment. They found that time between cases in a chain of transmission is less than a week and that more than 10% of patients are infected by somebody who has the virus but does not yet have symptoms.

In the paper in press with the journal Emerging Infectious Diseases, a team of scientists from the United States, France, China and Hong Kong were able to calculate what's called the serial interval of the virus. To measure serial interval, scientists look at the time it takes for symptoms to appear in two people with the virus: the person who infects another, and the infected second person.

Researchers found that the average serial interval for the novel coronavirus in China was approximately four days. This also is among the first studies to estimate the rate of asymptomatic transmission.

The speed of an epidemic depends on two things - how many people each case infects and how long it takes for infection between people to spread. The first quantity is called the reproduction number; the second is the serial interval. The short serial interval of COVID-19 means emerging outbreaks will grow quickly and could be difficult to stop, the researchers said.

"Ebola, with a serial interval of several weeks, is much easier to contain than influenza, with a serial interval of only a few days. Public health responders to Ebola outbreaks have much more time to identify and



isolate cases before they infect others," said Lauren Ancel Meyers, a professor of integrative biology at UT Austin. "The data suggest that this coronavirus may spread like the flu. That means we need to move quickly and aggressively to curb the emerging threat."

Meyers and her team examined more than 450 infection case reports from 93 cities in China and found the strongest evidence yet that people without symptoms must be transmitting the virus, known as pre-symptomatic transmission. According to the paper, more than 1 in 10 infections were from people who had the virus but did not yet feel sick.

Previously, researchers had some uncertainty about asymptomatic transmission with the coronavirus. This new evidence could provide guidance to public health officials on how to contain the spread of the disease.

"This provides evidence that extensive control measures including isolation, quarantine, school closures, travel restrictions and cancellation of mass gatherings may be warranted," Meyers said. "Asymptomatic transmission definitely makes containment more difficult."

Meyers pointed out that with hundreds of new cases emerging around the world every day, the data may offer a different picture over time. Infection case reports are based on people's memories of where they went and whom they had contact with. If health officials move quickly to isolate patients, that may also skew the data.

"Our findings are corroborated by instances of silent transmission and rising case counts in hundreds of cities worldwide," Meyers said. "This tells us that COVID-19 outbreaks can be elusive and require extreme measures."

Quarantine on cruise ship resulted in more Covid-19 patients, study finds

The cruise ship Diamond Princess was quarantined for over two weeks resulting in more coronavirus infected passengers than if they would have disembarked immediately. Rather the opposite to what was intended. This according to a study conducted at Umea University in Sweden.

"The infection rate onboard the vessel was about four times higher than what can be seen on land in the worst infected areas of China. A probable cause is how close people stay to one another onboard a vessel," says Joacim Rocklöv, Professor of epidemiology at Umea University and principal author of the article.

After a person travelling with the cruise ship Diamond Princess disembarked in Hong Kong and was tested positive for the coronavirus, Japanese authorities decided to disallow the 3700 passengers onboard to leave the ship when it reached Yokohama. The ship was hence put in quarantine until 19 February. Passengers who showed signs of illness were, as far as possible, separated from other passengers onboard. When the quarantine in Yokohama

in the end was removed and passengers could finally disembark, a total of 619 passengers had been infected by the coronavirus.

"If the ship had been immediately evacuated upon arrival in Yokohama, and the passengers who tested positive for the coronavirus and potential others in the risk zone had been taken care of, the scenario would have looked quite different. Our calculations show that only around 70 passengers would have been infected. A number that greatly falls short of the over 600 passengers the quarantine resulted in. The precautionary measure of putting the entire ship under quarantine was understandable, but due to the high risk of transmission on the ship, the decision is now questionable," says Joacim Rocklöv.

At the same time, the study also shows that if the



precautionary measures of isolating potential carriers had not been carried out onboard, another 2,300 people would have been infected.

The Conversation

Viruses live on doorknobs and phones and can get you sick - smart cleaning and good habits can help protect you

The coronavirus, like many infectious diseases, can live and spread on inanimate objects in the world around us. An epidemiologist explains how and gives some advice on how to minimize the risk

One vomiting episode from someone infected with norovirus emits billions and billions of individual viruses. That's enough to fuel an outbreak - and is exactly what happened in an elementary school in Seattle, Washington a few months ago. Over 100 children got sick with the stomach-churning bug, and the school doors remained closed until workers could decontaminate the lockers, desks and hallways.

You might think of germs mostly passing directly from one person to another, but the outbreak in Seattle illustrates how they can survive on and be transmitted by inanimate objects in the world around us. Epidemiologists like me call these everyday objects - like doorknobs, elevator buttons and cell-phones - fomites, and when contaminated, these fomites can make you sick.

Fomites can be an important pathway of disease transmission. They were the main culprits in that norovirus outbreak in Seattle last year and have been the cause of many other outbreaks. In 1908, smallpox outbreaks were traced to contaminated imported cotton. More recently, outbreak studies in day care centers have identified viruses on toys, phones, toilet handles, sinks and water fountains.

The novel coronavirus

The coronavirus is spreading quickly. As concern has increased, I've seen more people washing their hands and using hand sanitizer than ever before. While there is still a lot we don't know about the new coronavirus, SARS-CoV-2, history would suggest that there is probably some transmission from fomites. Everyone should be washing their hands and using hand sanitizer, but taking efforts to clean the things around you is also important to fight the spread of the virus.

For instance, in the last major coronavirus pandemic, SARS in 2002, contaminated surfaces were a major contributor to over 300 cases in a Hong Kong apartment building.

When thinking about how risky transmission via fomites is in an outbreak, the important question is how long can a particular bug survive on surfaces. And there is a lot of variation. Some pathogens can last outside the body for only minutes, while others are harder and can hold on for days or even months. A new study suggests that the novel coronavirus can survive on some surfaces up to three days, but it varies depending on the material. The study found that the virus could survive for 24 hours on cardboard



and up to three days on plastic and stainless steel.

This variation is caused in part by the properties of the surface a virus lands on. Porous material like clothing may allow pathogens to survive longer but it can be harder for a virus to move from your shirt to someone else's fingers. The matrix fibers in non-porous materials can trap germs making it hard for them to transfer. On the other hand, viruses can more readily transfer from nonporous materials like the glass screen on your phone to fingers, but the virus won't always survive as long on a glass surface compared to a sweater.

Environmental conditions such as temperature and humidity also influence the viability of a pathogen in the environment.

Persistent bugs and how to get rid of them

It's nearly impossible to keep anything in the real world virus-free, but during outbreaks like this one it's a good idea to try to minimize the number of viruses on fomites around you. Some people are practically bathing in hand sanitizer and wiping down everything they touch with disinfectant. But whether this works depends on what virus you are hoping to kill.

Norovirus, for example, is notoriously hardy. After an outbreak on a cruise ship in 2002, the next group of passengers got sick more than a week later after a thorough cleaning of the ship. Many standard cleaners like alcohol or Lysol do not kill norovirus. It takes something as strong as chlorine bleach to get the job done.

In contrast to norovirus, influenza is much less persistent in the environment. While influenza is often

lurking in daycare centers during flu season, it typically lasts on surfaces only for hours or a few days. And if you wanted to clean off your phone or countertop, simply wiping it down with an alcohol-based product or ammonia is effective.

While virologists don't know much about how tough the current coronavirus is, past coronaviruses have fallen somewhere between norovirus and the flu. Like influenza, Lysol will likely kill the coronavirus.

But you don't necessarily need to kill the virus to make yourself safer. Removing the virus can be just as effective and simply washing often-used objects or your hands with soap can do that.

If you have been in crowded areas or want to be extra careful, washing your hands with soap for 20 seconds will effectively remove germs, and disinfecting tabletops and gym equipment with ammonia will effectively kill most germs.

What can you do in a world with viruses everywhere?

During the coronavirus pandemic, it is important to clean the objects you touch frequently, like keyboards, tabletops and gym equipment.

But while fomites are known to be the culprits in many outbreaks, an individual's risk depends on a lot of factors. Someone who touches contaminated surfaces frequently, like a health care worker, is more likely to get sick than someone who doesn't. Risk also depends on personal habits, such as how often one touches their eyes, nose and mouth. And for most infectious diseases, whether someone gets sick and the severity of the illness depends on age and underlying health conditions.

Cleaning objects frequently with a disinfectant is the best way to mitigate the risk of transmission from everyday objects. Hand-washing is also important, especially if done reliably right after coming home from a public place.

Given that germs are ubiquitous, it's easy to become germ-phobic and strive for a sterile environment. But keep in mind that while basic precautions are important, germs will always find a way to exploit our human environment. You can and should minimize risk, but germs are here to stay.

Joseph Eisenberg
Professor and Chair of Epidemiology,
University of Michigan



Why does my older sister not want to play LEGO with me anymore and stays in her room?



Change is tough for everyone. www.shutterstock.com, CC BY-ND

I am sorry to hear your 13-year-old sister does not want to play LEGO with you anymore and stays in her room all day. This must make you feel sad and maybe a bit rejected.

It is not your fault. There are many reasons why this could be happening and I can't say for sure what it is. In this article, I am going to talk mostly about one of the possible reasons that could be involved (but it may not explain everything).

Like many 13-year-old girls, your sister is going through a change in her mind and body called puberty. It may be making her behave differently. Puberty is when your body changes from being a child to becoming an adult.

What is puberty?

During puberty, a person's brain and body suddenly starts to produce a lot more hormones. Hormones are chemical messengers that send signals from the brain to body glands.

The main hormones that cause puberty changes are found in two parts of the brain - the hypothalamus and the pituitary. These brain parts make hormones called luteinising hormone and follicle stimulating hormone. The main puberty gland in girls are the ovaries, and in boys it is the testes.

In girls, eggs are stored in the ovaries, which are in the lower belly. The ovaries make other hormones called estrogen and progesterone.

Estrogen and progesterone in girls cause lots of body changes like growing breasts and having periods (bleeding from the vagina) once a month.

Hormones can affect how we feel

The increase in all of the hormones in the brain also affects other parts of the brain to cause some people (girls and boys) to become sad and angry. They might be upset at times or really happy at other times.

As hormone levels go up and down, that can trigger changes in brain chemicals called "serotonin" and "dopamine". Serotonin and dopamine can change a person's mood and behaviour. Some people get very moody and feel really irritated by small things that did not bother them before.

Puberty changes in the brain can also make kids start to feel more grown up. Your sister might also look more like an adult woman in her body and feel that she is too grown up to play LEGO anymore. She might want more of her own space to chill out.

But it is important for your parents to find out why she is staying in her room so much - in case she is feeling too sad or actually depressed (which is severe sadness) and wanting help.

What do you do now?

I suggest that you keep being nice to your sister and let her know that you care about her. Try waiting for her to chat to you. Change is tough for everyone. Your sister is trying to cope with the changes of puberty, and you are trying to deal with the changes in your sister.

Most brothers and sisters end up being good friends again - but it can take a bit of time.

Hang in there!

Jayashri Kulkarni
Professor of Psychiatry, Monash University

Prayag Raj Mandir

Reg. No.1083

Member are kindly requested to attend the Annual General Meeting on Sunday 05 April 2020 at 10.00 am at Prayag Raj Mandir, SSR Road, Morc St Andre.

AGENDA:

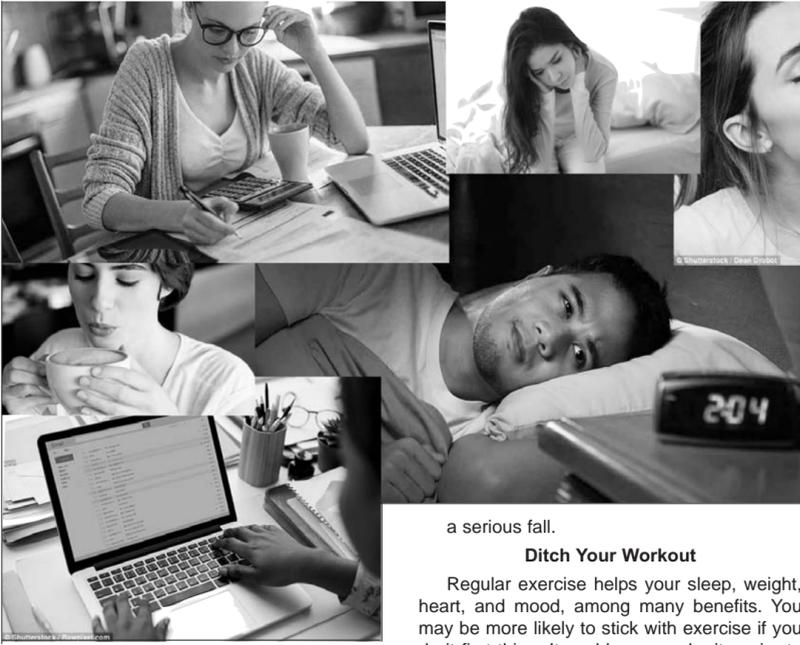
1. Approval of minutes of last AGM
2. Matters Arising
3. Finance
4. President's Report
5. Motions and partial/complete amendments to Rules (if any)
6. Election of office-bearers (if any)
7. AOB

Dr. M.P. Odit
Secretary - Prayag Raj Mandir

Find Your Balance

Don't Make These Morning Mistakes

Your morning routine can set the tone for the rest of your day, says WebMD. So don't do these things when you get up!



Hit the Snooze Button

That extra 15 minutes will help energize your day, right? Wrong. You'll get better rest if you get up and go to bed at the same time every day. Groggy in the a.m.? Try using a sleep tracker. This wearable device can tell when you're in a light stage of sleep and wake you when it's easiest to get up.

Stay in the Dark

It's tempting to stay in the quiet dark of your room with the shades drawn in the morning. Don't do it. Daylight helps your body set its clock. That helps you sleep better and helps your body fight infection and inflammation. Getting outdoors into the sunlight helps you make vitamin D, think more clearly, and exercise more. It can even make you happier. So open those shades and greet the new day.

Sleep Late

Sometimes it just feels so good, especially when you have the time and you've been short on sleep. But the best way to improve your sleep over the long term is to keep a regular bedtime schedule. That means you get up at the same time every day, even if you had a late night -- and yes, that includes the weekend.

Shoot Out of Bed Too Quickly

When you go from lying down to standing, gravity sends blood rushing to your legs, which can drop your blood pressure suddenly and make you feel a bit woozy. It can even make you pass out. Sit up slowly and pause at the edge of the bed to give your body a few seconds to get used to the idea, especially if you noticed some lightheadedness in the past. It's an easy precaution that could save you from

a serious fall.

Ditch Your Workout

Regular exercise helps your sleep, weight, heart, and mood, among many benefits. You may be more likely to stick with exercise if you do it first thing. It could even make it easier to control what you eat throughout the day and maintain your weight. Plan ahead and put your workout clothes out the night before.

Skip Your Coffee

If you usually have a couple of cups of joe in the morning, skipping it can leave you groggy. You may not concentrate as well, and you might even become very tired with a severe headache, nausea, and flu-like symptoms. If you're trying to cut back on your caffeine, do it slowly to avoid these responses.

Forget Your Teeth

A sticky film called plaque forms on your teeth each night. If you don't brush it off in the morning, it can start to harden into stuff called tartar that you can only get rid of at your dentist's office. If plaque and tartar are around too long, they can lead to swollen or bleeding gums, cavities, bad breath, gum disease, and other health problems.

Brush Right After Coffee

It's the acid in coffee. So you really shouldn't brush right after any acidic food or drink. For example, some people like to drink water with lemon in the morning. The acid weakens tooth enamel, and brushing too soon can remove it. Simply brush your teeth beforehand, or wait 30 to 60 minutes for the acid to fade from your teeth.

Check Your Email

If you constantly check digital devices, email, and social media, it can cause stress and anxiety. For example, you may feel more pressure to start work earlier if you check your email first thing. Take some time in the morning to stay disconnected from digital media like

email. It may take some effort at first, but it can make you happier and may even help you get more work done in the long run.

Start Your Day Without a Plan

If you start your day without a thought to why you do what you do, you may lose sight of what you're trying to achieve and what gives your life meaning. Whether it's work, family, or lifestyle, it's important to figure out what's most important to you and make sure the things you do each day help you get there. Set priorities, make a list, and check your progress at the end of the day.

Dwell on the Day's Problems

Once you've got a plan to tackle the day's problems, let them go and take a moment to be grateful for the good things in your life. People who do this are often happier, healthier, and more satisfied in their relationships, especially compared to those who focus on their problems. Write it in a journal or just list them in your head -- what matters most is that you do it.

Forget Quiet Time

If your day is filled with work and noise, the morning is a perfect chance to clear your mind with even a few minutes of meditation. You can simply focus on your breath and try to let go of thoughts that come up. The practice can lower levels of the stress hormone cortisol and may help ease conditions including anxiety, pain, high blood pressure, insomnia, and migraine headaches.

Bail Out of Breakfast

People who eat breakfast regularly tend to have sharper thinking and less body fat, and they are less likely to have type 2 diabetes and heart disease. They also exercise more regularly and eat a healthier diet. So enjoy a healthy breakfast -- it's an easy and enjoyable way to get a good start on the day.

Eat Too Sweet

Sugary pastries made from white flour have little nutrition and get into (and out of) your blood too quickly. That can leave you tired, irritable, and hungry for more. Protein from eggs or cottage cheese and "complex carbs" with more fiber and nutrition -- oatmeal or other whole grains, fruits, and vegetables -- take longer to digest, satisfy your hunger, and provide a slow steady stream of energy.

Skip the Sunscreen

It can help protect your skin against cancer and wrinkles caused by UV rays that you're exposed to whenever you're out in the sun, even if it's cloudy. It's best to put it on about 15 minutes before you go outside. That's how long it takes your skin to absorb it. You need to put it on again after just 2 hours if you're still in the sun, or sooner if you sweat a lot or go swimming.

Becoming a better you

Operate From Your Own Level, Not Anyone Else's

How to be so good that other people start copying you

Most people are imitators rather than creators.

Their goal is to emulate and copy, rather than to set their own path. They want to follow other people rather than have other people follow them.

However, you cannot be authentic if you're following in other people's footsteps.

Moreover, you can't be the best at what you and nor can be an inspiration to others since you'll always be living a lie.

Here's the solution:

Create your own level, don't reach for anyone else's

"Interestingly, most people are looking at their competition. Don't do that. Look to the people who inspire you. Learn from them, but don't overly emulate them." - Benjamin P. Hardy

There's an idea that if you find someone who's already achieved the result you want and then copy exactly what they did, then you'll soon find yourself achieving those same results.

However, where do you think that path will take you? To your destination or theirs?

And even if you'd like to be at their destination, how do you think it will make you feel in the long run? Like an imitator or an original? Happy and fulfilled? Or would your "success" lack meaning?

Indeed, in order to have a vision that truly drives and inspires you, you need to look inside of yourself, not outside.

Wrote Carl Jung, "Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes."

Until you're awake to who you really are, you'll never be who you want to be. You'll never get to experience who you could become. Instead, you'll always be following in the footsteps of someone else.

And as long as your following in the footsteps of someone else, your future will always be limited by someone else's imagination.

Said Benjamin P. Hardy, "When you begin to set your own path, then you are no longer limited by other people's imagination."



Bring other people to your level, don't drop to theirs

"It's better to be an example of someone living a powerful life than to live small in order to make other people feel comfortable around you." - Dan Sullivan

Indeed, if you're seeking to live a remarkable and extraordinary life, your behaviors may be considered unreasonable by the world.

Many people may question your beliefs, ideologies, and behaviors. They may call you foolish, naive and unrealistic. Although remember, you are not the issue; the issue is the world we're living in.

Most people simply aren't used to an environment where growth is expected since the norm is to be distracted and evolve unconsciously.

Thus, you need not lower your standards, but bring others to yours. You need to be a yardstick of quality and heighten the consciousness of all those around you.

Said Steve Jobs, "Be a yardstick of quality. Some people aren't used to an environment where excellence is expected."

This doesn't mean that you go round telling other people how to live, but rather show them, for actions speak louder than words.

When you stop hiding your gifts and instead be an inspiration, the world will bend to you. *Wrote James Altucher, "The greater your own internal fire is, the more people will want it. They will ignite their own fires. They will try to light up their own dark caves. The universe will bend to you."*

In Conclusion

You need not operate from anyone else's level but your own.

This doesn't mean that your content with where you are, and nor does it mean that you don't look to people who inspire you.

In fact, if you what you're seeking is true growth and development, the lone ranger approach simply won't work. You need to learn from other people, although never be limited by other people's imagination or path.

If you stop lowering yourself to fit with other people and instead raise the standards of those around you, you'll be surprised how much growth can occur for the collective.

By Reece Robertson

Laughter is the best medicine Life's Lesson

Wife and Girlfriend

A college going grandson, noticed his grandpa looking rather tense so to break the ice, he asks his grandpa a question: Grandpa! What is the difference between wife and girlfriend?

Grandpa smiled and explained: Wife is like a TV and Girlfriend is like a mobile.

The grandson insisted on a further explanation.

Grandpa expands thus:

At home you watch TV, but when you go out you take your mobile.

Sometimes you enjoy tv, but most of the time you play with your mobile.

TV is (as good as) free for life, but for the mobile, if you don't pay, the services get terminated.

TV is big, bulky and most of the time old, but the mobile is cute, slim, curvy, replaceable and portable.

Operational costs for TV is often acceptable, but for the mobile, it is often high and demanding.

TV has a remote, but mobile doesn't.

Most importantly, mobile is a two-way communication (you talk and listen), but with the TV, you must only listen (whether you want to or not)!

Last but not least!

Yet TVs are superior because TVs don't have viruses, but mobiles often do.

And mobiles can be easily hacked or stolen.

Therefore, Grandpa advises: "Stick to TV only!"

I hung him to dry

The director of a mental hospital, after hearing that one of the patients had saved another mate from drowning in the bathtub, reviews the rescuer's file and called him in his office.

"Mr Smith, your records and your heroic behaviour indicate that you are ready to go home, I'm only sorry that the man you saved later killed himself with a rope around the neck," says the official.

"Oh, he didn't kill himself," Mr Smith replied, "I hung him up to dry."

Flies never lie

While driving a truckload of manure, and old farmer is stopped by a policeman. "You were speeding," says the cop. "I'm going to give you a ticket."

"If you must," the farmer says, watching the cop pushing several flies.

"These flies sure are terri-

ble," the cop complains moving irritably.

"Yep, they are circle flies; they are so called because they circle a horse's tail," the farmer comments.

The cop looks at him angrily. "You wouldn't be calling me a horse's ass now, would you?" he shouts.

"Nope I'm not, but you just can't fool the flies," replies the farmer.

The flight companions

A businessman finds a parrot in the next seat on a flight. As the stewardess comes round, the guy requests for a coffee. As he does the parrot orders a double whisky and describes stewardess as an ugly crow.

The stewardess walks off to get the drinks, but on her return she has forgotten the man's coffee. She apologizes and as she is about to leave, the parrot squawks: "Yah, and get me another whisky, you lazy bum!"

By now the stewardess is rattled and she returns with the whisky but no coffee. The man having observed the rough approach of the parrot, decides to try a rude approach and shouts: "I have asked for coffee twice, now get me a cup of coffee, you lazy butt."

Moments later he and the parrot are dragged from their seats and thrown out of the emergency exit by two stewards. They find themselves downwards for a few minutes, and then the parrot looks at the guy and squawks: "For someone who can't fly, you sure are a bally idiot."

A bodybuilder is admiring his body in the mirror one morning and complimenting himself for his Herculean frame.

Even his suntan is almost perfect, he notes. However he realises to his horror that his lower part is pale white. Annoyed, he decides to go to the beach and correct the situation. Arriving on an apparently deserted part of the shore, he undresses completely and buries himself in the sand.

Before long, two old spinsters come strolling along and notice the athlete on the ground. After prodding him with her cane, one of the women utters: "There is just no justice in the world."

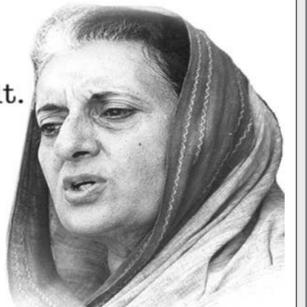
The other old lady looks at her and says, "What do you mean by that?"

The first spinster frowns. "I'm 80 years old and I've been chasing such guys all my life, now they are easily found and I'm too old to squat," she replies.

"My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit.

He told me to try to be in the first group; there was much less competition."

- Indira Gandhi



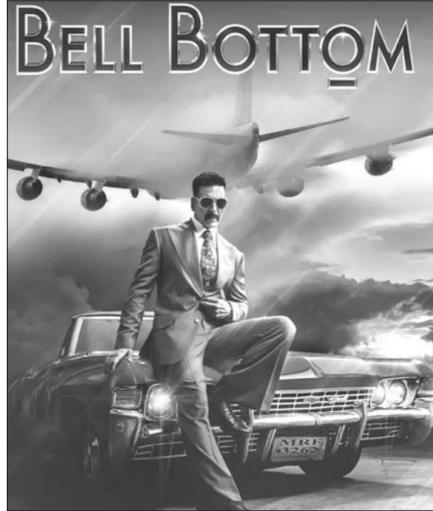
Jouer avec les mots

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Bell Bottom: THIS War actress to romance Akshay Kumar in the high-end espionage thriller

The story of *Bell Bottom* is inspired by true events and is written by Aseem Arora and Pervez Shaikhand. It is touted to be a very high-end espionage thriller. Akshay Kumar will be portraying a never seen before avatar and the makers are riding high on the content



She plays Akshay's wife and is integral to the narrative." The source further added, "Look tests will take place closer to the shoot." *Bell Bottom* is expected to go on floors soon as the source said, "Recce will start once the travel restrictions following the coronavirus outbreak are relaxed. The team is presently working towards recreating the 80's decade with set designers and a visual effects team."

The story of *Bell Bottom* is inspired by true events and is written by Aseem Arora and Pervez Shaikhand. It is touted to be a very high-end espionage thriller. Akshay Kumar will be portraying a never seen before avatar and the makers are riding high on the content. Akshay Kumar earlier cleared the air that the movie is an original and not a remake of a Kannada movie. As one of the fans asked him on Twitter, 'Remake of Kannada film?' Akshay Kumar replied, '#BellBottom is not a remake of any film, it is an original screenplay inspired by true events.'

The film is directed by Ranjit Tewari and produced by Vashu Bhagnani, Jacky Bhagnani, Deepshikha Deshmukh of Pooja Entertainment, in association with Monisha Advani, Madhu Bhojwani and Nikhil Advani of Emmay Entertainment. It is set to hit the screens on April 2nd, 2021.

And the makers of Akshay Kumar's *Bell Bottom* have finalised the leading lady of the star and it's none other than the War actress Vaani Kapoor. A source closed to the film revealed this news to Mumbai Mirror and said, "The script demanded a fresh pairing, Vaani was signed on a week ago and is excited for the shoot with Akshay. It's not the usual female lead, a few romantic scenes and some songs.

Guilty: Akansha Ranjan Kapoor has no qualms taking the web route instead of Bollywood (Exclusive)

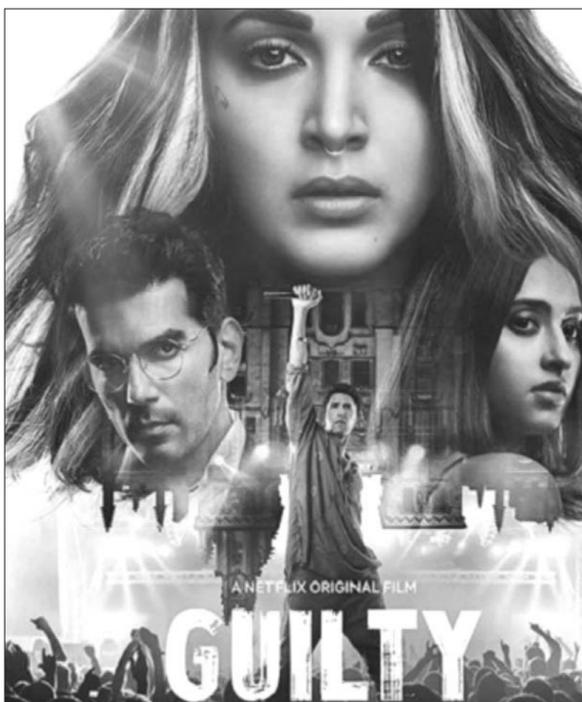
Apart from Akansha Ranjan Kapoor, the web series *Guilty* also stars Kiara Advani, Gurfateh Singh Pirzada, Taher Shabbir, Dalip Tahil, Kunal Vijaykar, Manu Rishi and Fahad Ali to name a few

Akansha Ranjan Kapoor is making her acting debut with a web series titled *Guilty*. The actress has no regrets of not taking a Bollywood route to make her acting debut like her best friends, Alia Bhatt, Athiya Shetty or her sister, Anushka Ranjan for that matter. While talking to BollywoodLife, the actress opened up that she had everything that she was looking for her acting debut project - a good story, a strong character, a good production backing (Dharma Productions) and a great platform, Netflix.

"There's no thought behind it, aisa yaar. Like, how everyone says, script dekhte hai, backing dekhte hai, role dekhte hai, I saw all three. What better than Netflix, what better than Dharma, what better than the story of *Guilty*? I wanted to be a part of it. What better than Tanu's character! A girl who has shaken everyone's way of thinking, you know. I don't see any downside to it," the actress went on to say when asked about whether it was a conscientious decision on her part to be a part of *Guilty*.

Coming back to *Guilty*, it also stars Kiara Advani, Gurfateh Singh Pirzada, Taher Shabbir, Dalip Tahil, Kunal Vijaykar, Manu Rishi, Fahad Ali to name a few. The web film is directed by Ruchi Narain, who is known to have penned scripts for *Harraazon Khwaishein Aisi*, *Calcutta Mail*, *Kal: Yesterday and Tomorrow* to name a few.

Guilty narrates the story of Nanki Dutta (played by Kiara Advani), who finds herself in a dilemma when



her boyfriend, VJ (Gurfateh Pirzada) who happens to be the cool dude of the college, is accused of rape by Tanu (Akansha Ranjan Kapoor). How she investigates what really happened on that fateful night and how she finds the real victim, forms the crux of the story.

Guilty is streaming on Netflix since March 9.



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'Choose films carefully,' Saif Ali Khan drops a HINT about son Ibrahim Ali Khan's Bollywood debut

Saif Ali Khan's son, Ibrahim Ali Khan, recently posted a picture with his and addressed him as an old man in the caption.

Saif Ali Khan's son, Ibrahim Ali Khan, recently posted a picture with his and addressed him as an old man in the caption. Days after he shared the post, Saif has now reacted it and as always, he has taken it sportingly. In an interview with Mumbai Mirror, Saif reacted to Ibrahim's old man comment and said, "Yeah, it was quite funny. Being older doesn't bother me and the fact is that I am Ibrahim's old man. But I'm keen to be fit and look my best. I'm not going to be looking like an old man for a while, but I understand the irony of it."

On being asked if he is going to launch his son in Bollywood, Saif quipped, "I don't know if I will launch him. It's an option and films are certainly a viable career choice for him. He's sporty and likes the idea of being in the movies rather than pursuing an academic job. No one in the family, with the exception of his sister (Sara Ali Khan), have been interested in the latter anyway."

As an actor, Saif also gave advice to his son. "It's a different universe now, with different benchmarks. I would tell him to be well prepared and choose his films carefully," he said. On the other hand, the actor also reacted to the debacle of his daughter's film *Love Aaj Kal* with Kartik Aaryan. Being cool about it, Saif mentioned, "I am very proud of Sara. Hits and misses are a part of the game."

When asked about his thoughts on Sara Ali Khan's next, *Coolie No. 1*, the actor added, "Remaking *Coolie No 1* seems like a good idea... And working with Varun Dhawan seems like a brilliant idea to me."

Meanwhile, as far as Saif is concerned, he will be next seen in *Bunty Aur Babli 2*.



Rashmi Rocket: THIS Bhavesh Joshi Superhero to play Taapsee Pannu's husband

After Bhavesh Joshi Superhero, he is ready to star opposite Taapsee Pannu in *Rashmi Rocket*, where the latter plays a Kutchi athlete

The ones who have watched Bhavesh Joshi Superhero know that Anil Kapoor's son, Harshvardhan Kapoor, did not play the titular role. Instead of him, it was Priyanshu Panigrahi, who played the masked man in the film. After Bhavesh Joshi Superhero, he is ready to star opposite Taapsee Pannu in *Rashmi Rocket*, where the latter plays a Kutchi athlete. The actor bagged a role in *Rashmi Rocket* after Vishal Bharadwaj's adaption of *Midnight's Children* was called off. Confirming the development of his role in the film, Priyanshu told Mumbai Mirror, "I had blocked my dates for the film, but it didn't materialise. Luckily, Akarsh reached out to me with this role and I grabbed it."

In *Rashmi Rocket*, Priyanshu will be seen playing an army officer. "My dad is a retired colonel and there was a time when I wanted to join the army before I got involved in dramatics and acting," he added. The actor revealed that his character supports his athlete-wife in her journey and is an important part of the narrative which builds around a real event.

Earlier, it was being said that Aparshakti Khurana has landed a role in *Rashmi Rocket*. Clarifying the rumours at an event, Aparshakti had said, "I haven't signed the film yet but talks are on. It's a beautiful script and I am a big fan of Taapsee. I think the kind of journey she has had, it's absolutely amazing. People often ask me, 'who inspires you in the film industry?', I would like to take Vidya (Balan), Taapsee (Pannu) and Nushrat's (Bharucha) names. I think all these women have had a great journey and I totally love the kind of films they have done and the kind of journey they had in real life."

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In Search of Friendship

London-based professional, handsome Hindu Mauritian gent, 58, widower, teetotaler, jovial and sweet-natured seeks similar natured slim, strictly genuine independent, educated and attractive Indian lady (35-42) for platonic friendship initially.

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Cinema Sirsa - Castel New Movie: Angrezi Medium

Friday	20 Mars 20 - 10:15 - 13:15 - 20:15
Saturday	21 Mars 20 - 10:15 - 13:15 - 16:15 - 20:15
Sunday	22 Mars 20 - 10:15 - 13:15 - 16:15 - 20:15
Monday	23 Mars 20 - 10:15 - 13:15 - 20:15
Tuesday	24 Mars 20 - 10:15 - 13:15 - 20:15
Wednesday	25 Mars 20 - 10:15 - 13:15 - 16:15 - 20:15
Thursday	26 Mars 20 - 10:15 - 13:15 - 20:15

'Chhanchhan': Another saas-bahu saga on TV as from today

SaaS bahu still sells on TV, and there is no doubt about it!! Creatives keep churning interesting saas-bahu sagas which speak of the tyrannical behaviour of the saas and their demure bahus. Sony TV's *Chhanchhan* speaks about the to-be-modern bride *Chhanchhan* (Sanaya Irani) who will boldly oppose her irate and orthodox saas Uma Ben Borasagar (Supriya Pathak) whenever she does something wrong, reports desirulez.net.

The first episode will give a glimpse of *Chhanchhan*'s bold nature when she protests against Uma Ben's attitude of paying bribe to the temple priest, thus rightfully ignoring the irrational and traditional decorum that a younger person can't speak up when an older person does something wrong. In an attempt not to displease the mainstream Hindi GEC viewers, *Chhanchhan* isn't too modern for their sensibilities. In fact she is the 'correct' blend of modernity and traditionalism which is acceptable to the target viewers - you will see her listening to rock music, at the same time the girl can chant the Gayatri mantra as well.

Chhanchhan is a refreshing break from the tear jerker soaps. It's lively and blended with a good dose of humour. The first episode will have some predictable moments. When *Chhanchhan* heaves a sigh whispering that nobody should have a saas like Uma Ben with whom she had an altercation at the temple, we can very well predict that she will turn out to be her future saas. Indeed, she accosts this difficult lady again at her friend's wedding. Well, the concept of the hero and heroine getting into cat and mouse fights before falling in love is a cliché technique now! The serial also attempts to explore the generation gap between the youth of today to the generation of their parents and grandparents. This has however been done on shows before.

The dialogue writer has done a good job especially while penning the words that emanate from the outspoken heroine *Chhanchhan*. The girl talk of the heroine and her friends is quite realistic. Most importantly, the melodrama element has not been added to dialogues. Let us hope that the screenplay isn't too pre-



dictable though and doesn't concentrate too much on the saas bahu tiffs.

The stylist has done quite a good job while doing the costume design for Sanaya who looks lovely in both jeans and the 'readymade sarees' (sarees which can be draped around oneself in a jiffy). The other characters also look good in their respective attires. The makeup artist once again has done a nice job in enhancing the beauty of the gorgeous Sanaya. The hairdresser makes her look very attractive especially when her hair is left open.

The cinematography we would say is good!! The early morning indoor scene did really seem as if the morning sunlight was filtering into the living room. The

open-air park scene with the dogs looked exactly like it had been shot soon after sunrise.

Sanaya Irani gets to show a new side of herself to the viewers in *Chhanchhan*. She essays the role of a vivacious young girl quite well. Supriya Pathak acts just like the troublesome mothers-in-law you see on TV. In the forthcoming episodes we will find out how Farhan Khan, the male lead goes about donning his role.

Though the serial decided to experiment with Farhan who is a new face on TV, the producers are heavily banking on the immensely popular Sanaya Irani of *Iss Pyaar Ko Kya Naam Doon?* fame to make the show a mega-hit. Indeed, Sanaya's ardent fan following may give the serial many additional numbers.

Learnt what not to do after 'Chhanchhan': Sanaya Irani

After enjoying a humongous fan following courtesy *Iss Pyaar Ko Kya Naam Doon?*, one of the most loved actors of small screen, Sanaya Irani is back on TV with Nautanki Film's *Rangrasiya*. The actress, who plays a village girl Paro on the show talks to Vijaya Tiwari of Times of India about her character, the debacle of her last show *Chhanchhan* and boyfriend Mohit Sehgal.

How much do you relate with the character?

Not at all and that is why I was very much stressed out to play the character because you really have to do some kind of homework in your head and try and create it. But the homework that I went on with on the sets of *Rangrasiya* in front of my director Siddharth Sen Gupta proved completely wrong. He helped me a lot to understand my character and I am very thankful to him

How was it working with Ashish Sharma as this is the first time you are working with him?

He is a very talented actor. I remember when I did the first look test with him, I prayed to God that please keep him on the show. Because I think when you have a good actor opposite you, it changes the whole dynamics of what you are doing. I've a lot to learn from him. I think after, Supriya Pathakji, he is one actor from whom I will get to learn a lot. I am blessed to have Ashish Sharma in our show.

Is this because you had a bad experience working with Farhan Khan on 'Chhanchhan'?

No. I am saying this because I've actually been very lucky in most of my shows I've got good actors to work with. In *Chhanchhan* that guy (Farhan Khan) was relatively new and it's just a different feeling when you are working with a good actor. You improve as an actor when you are working with a good actor.

Were you disappointed with the debacle of 'Chhanchhan'?

No. I am happy because if *Chhanchhan* didn't end,



I wouldn't have done *Rangrasiya*. I believe everything happens in life for a reason. Something bigger and better had to come my way.

When will we get to see Mohit Sehgal and you together in a show?

I don't know. I didn't do *Nach Baliye* as I wanted to do *Rangrasiya*. I am an actor and fiction will always be my priority; non-fiction will never become my priority because I love acting. I just don't do it for fame or money; I do it because I love acting.

Convince you about something, the whole dynamic changes.

Any plans to switch to Bollywood?

No, not at all! I have never had any fantasies or fascinations for Bollywood. But if a good project comes my way, why not?

Do you regret doing 'Chhanchhan'?

I don't regret doing anything I do in life. I learnt what not to do during *Chhanchhan*. I think everything happens for a reason. Because I have been so lucky in the industry with everything, when things suddenly fall out of place, you realize you should take better care the next time.

How do you and Mohit Sehgal find time for each other with such busy schedules?

Bechara Mohit makes all the efforts. Sometimes he comes on the sets. I am the laziest person. I barely even speak to him on the phone. My mom keeps telling me to speak to him on the phone at least. So, we don't get time for each other. We try to take out time for each other. But again, whenever we get time, we mostly end up meeting friends.

'Radha Krishn' star Sumedh Mudgalkar all set to announce something exciting

Star Bharat's *Radha Krishn* is one of the most popular shows these days. The serial has gained lots of popularity among the viewers. Sumedh Vasudev Mudgalkar plays the titular role of Krishna and has won several hearts with his stellar performance. The actor is paired opposite Mallika Singh, who plays the role of Radha. Sumedh and Mallika's pairing has been adored by the viewers and they simply love this on-screen jodi.

Sumedh's popularity is increasing with every passing day, all thanks to his wonderful performance in the show and posts on social media. The actor surely knows how to stay connected with his fans by posting all the latest and interesting updates.

And now, Sumedh's latest Instagram post has left everyone excited. The actor has shared a small video and made an announcement that something exciting is coming soon, reports H. Chauhan of Tellychakkar.

In another Instagram post, Sumedh revealed about the poetry penned down by him which is named 'Ye Raftaar' and it will be out on his YouTube channel this week.

Well, it seems Sumedh is one hell of a talented personality and we are sure diehard fans of the actor will definitely love it.



Anita Hassanandani shares her new look as Mundika from 'Naagin 4'

Anita Hassanandani, who is currently playing the role of Vishakha in *Naagin - Bhagya Ka Zehreela Khel*, will be donning a new character.

Anita will now be seen as Mundika. She shared a few pics on social media revealing the look of her new character, reports TOI. Sporting curled hair, smokey eyes and an all-black look, Anita wrote, "Vishakha meets Mundika and is now even eviler!!! It happens only in #Naagin."

While she is already playing the two-faced, shape-shifting snake woman, her character Mundika is going to be more evil than Vishakha. We wonder what new twist will Mundika bring in Brinda (Nia Sharma) and Dev's (Vijayendra Kumeria) life.

In the last few episodes of *Naagin 4*, Vishakha disguised herself as Dev and brutally killed Brinda's mom Maanyata. This eventually bumped off Sayantani Ghosh's role as Maanyata from the show.

Now, Brinda thinks Dev has killed her mother. On the other hand, Vishakha also disguised herself as Brinda and poisoned Dev's mind against her. Vishakha is creating havoc in Brinda and Dev's life to get hold of the Naagmani.

Apart from this, *Bigg Boss 13*'s Rashami Dasai will also be entering the show. She will be replacing Jasmin Bhasin, who played Nia Sharma's sister, Nayantara.



YOUR STARS

SAGITTARIUS: NOV 22 - DEC 21

You'll have a very pessimistic view of life: this one will seem to you particularly harsh and unjust. Nevertheless try to take it with humour if you want to recover your serenity of soul. Don't let yourself be drawn into a fabulous financial adventure by a cony.

Lucky Numbers: 20, 21, 23, 26, 27, 30

CAPRICORN: DEC 22 - JAN 19

If your heart is still free, you'll surely experience great joy and unrivalled felicity by meeting the person whom you've been always looking for. If you want to be sure of success, make the necessary studies so that you'll leave no important element of the situation in shadow.

Lucky Numbers: 9, 10, 15, 17, 20, 27

AQUARIUS: JAN 20 - FEB 18

In the family domain, you'll live pleasurable moments in serene intimacy. You'll forget your society activities so as to devote yourself wholly to your job; but things won't all be easy. The energy which you possess now will incite you to try to dominate everyone, sometimes even unduly.

Lucky Numbers: 1, 2, 4, 9, 13, 17

PISCES: FEB 19 - MAR 20

You must beware of exaggerations which you might be led to commit in all domains. However, on the whole, the perspectives of your future will remain good. Your finances will be good; you should be able to get money in and also to know how to make good returns on it.

Lucky Numbers: 18, 14, 15, 20, 27, 30

ARIES: MAR 21 - APR 19

The ideas which you'll have concerning others might turn out later on to be quite right. You're going to benefit by the support of the stars; this can consist of solid encouragements in your career or an improvement of your social and material situation.

Lucky Numbers: 1, 14, 18, 20, 29, 30

TAURUS: APR 20 - MAY 20

Your social life will prove disappointing this time; you'll realize that true friends are rare; think to be a true friend yourself. Numerous projects will take form in your mind, and you'll only have difficulty choosing the best of them.

Lucky Numbers: 15, 20, 24, 26, 30, 40

GEMINI: MAY 21 - JUNE 20

Easy love affairs won't interest you very much; but don't systematically look for the impossible! You'll make use of phenomenal energy; what you want, you'll get it, and your entourage will be full of admiration for you.

Lucky Numbers: 3, 17, 20, 30, 31, 36

CANCER: JUNE 21 - JULY 22

If you work in association or in a team, you'll try to impose your will, but the resistances will be strong and therefore there may be risks of disputes. You must be particularly cautious in all your financial investments and real estate transactions. Do some savings.

Lucky Numbers: 5, 11, 14, 18, 33, 36

LEO: JULY 23 - AUG 22

You'll show iron willpower despite your smile and rather urbane manners. Whatever your objectives, you'll reach them because you'll throw all your live forces into the fight. Your nervous balance will be threatened by contradictory influences; you'd better carefully control all that you'll do.

Lucky Numbers: 7, 13, 19, 20, 21, 23

VIRGO: AUG 23 - SEPT 22

You'll have the desire to work in a team, to hatch out important projects with your near ones or, quite simply, to have constructive exchanges of ideas with your entourage. Everything will suddenly seem easy to you; immediately put your dearest plans into execution.

Lucky Numbers: 2, 7, 9, 12, 14, 30

LIBRA: SEPT 23 - OCT 22

With tact but also with authority and firmness, you'll show tremendous ardour in your work, and this will allow you to exploit the positive opportunities that will present themselves. Ignore provocations and attach no importance to ill-intentioned criticisms.

Lucky Numbers: 7, 14, 25, 30, 36, 39

SCORPION: 23 OCT - 21 NOV

You won't know how to react if you find yourself faced with important choices. But don't worry: you can recover all your capacities if you exercise more control over your emotions. Don't let anyone mingle with your private life, and discard nuisances, whoever they may be.

Lucky Numbers: 14, 15, 19, 21, 26, 28

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Mauritius Times

TV SERIAL

Kulfi Kumar Bajewala

Friday 20 Mars: Digging deeper into the past, Miya allows Kulfi and gang to participate. Later, she has a plan to make Sikander confess the truth.

Monday 23 Mars: While Amyra and Kulfi team up to defend Sikander, Miya leaves no stone unturned to get the truth out in the open, severely hurting Kulfi.

Tuesday 24 Mars: Kulfi gains consciousness while Miya plans to reveal that she is Sikander's daughter. Later, Sikander promises Amyra that he won't bring Kulfi back home.

Wednesday 25 Mars: Sikander is taken aback as Kulfi is unable to sing, which also worries Miya as the viewers are eager to watch her performance.

Thursday 26 Mars: Sikander sings a song for Kulfi while Miya has an idea to get her voice back. Unable to communicate, Kulfi writes a message for Sikander.

Yeh Un Dinon Ki Baat Hai

Friday 20 Mars: Naina and Sameer go for a toy-train ride through the beautiful hills of Ooty. Finally, Sameer arranges a special dance for Naina, but she makes a mess with her shoes and the miss the beautiful chance to dance.

Monday 23 Mars: After all the mishap which has happened, Sameer is upset with Naina and scolds her for the stupidity she has done. Naina is really embarrassed after being scolded upon. To make up for the rude behaviour of his, Sameer organises a very romantic breakfast for Naina.

Tuesday 24 Mars: Sameer and Naina are out to have some fun in the city but as Naina has got cold and fever she keeps sneezing and her sneezing has annoyed Sameer to the core and then they have an argument.

Wednesday 25 Mars: Sameer calls up Tajji and expresses his displeasure for the situation she put Naina under. The next day, Sameer and Naina go sightseeing. Naina's dress is torn while walking in the coffee plantations. Sameer is annoyed with Naina and the two quarrel about their not so happening trip.

Thursday 26 Mars: Sameer sees a stranger lurking around the room and calls the security. Naina appreciates Sameer and the two resolve their differences. Sameer and Naina finally return home and find that Naina switched off the fridge, which has resulted in a stench in the house.

Ek Deewana Tha

Friday 20 Mars: Sharanya follows the car ignoring her mother's request, to confirm her suspicion. After a long chase, she finally overtakes the car and the sight of the people inside shocks her to the core.

Monday 23 Mars: Vyom's truth comes in front of Sharanya and she is devastated. She runs away from home into the woods where Vyom follows her. Sharanya finds a Kul Devi's idol which his father was carrying before his death and a ring that Shiv gave her.

Tuesday 24 Mars: Rajan threatens Sharanya to back off and give him the ring or he'll shoot Suvarna. This stops Shiv from killing Vyom as he puts him down. Sharanya is about to give Rajan the ring back, just then Suvarna pushes Sharanya and she dies after falling on the road.

Wednesday 25 Mars: The show takes a leap of twenty-five years. Vyom's sister Shivani returns home after living abroad all his life and having no clue about Shiv, Vyom and Sharanya's story. She brings home her boyfriend whom she wants to marry and makes Rajan and Madhvi meet him. Rajan and Madhvi see him and are shocked.

Thursday 26 Mars: Rajan and Madhvi remember their dark past about Vyom, Shiv, and Sharanya. Madhvi believes that Sharanya has come back as Shivani to take her revenge. Shivani and Akash are going to be engaged in the same house as Vyom and Sharanya. But then Akash invites someone to the party which shocks Madhvi and Rajan.



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
vendredi 20 mars	07.00 Local: Itinerer Moris 10.00 Doc: Ghana 11.30 Local: Rodrig Prog 12.00 Le Journal 12.35 Local: Eye On SADC 13.15 Local: Gwar Dantan 14.35 Mag: Origami 14.43 D.Anime: Teenie Weenies 15.09 D.Anime: Petit Creux 15.11 D.Anime: Mademoiselle Zazie 15.16 D.Anime: Little People 15.28 D.Anime: Teenie Weenies 15.31 D.Anime: Yakari 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 20.00 Journal & La Meteo 20.15 Fashion FX & Lifestyle 20.45 Local Production 21.45 Serial: Mike Hammer 23.00 Le Journal 23.35 Mag: Eye On SADC	04.30 Aastha TV 07.00 DDI Live 10.00 Serial: Tumhaari Natasha 11.19 Serial: MOL 12.04 Film: Rannbhoomi 15.00 Live: Samachar 15.20 Honaar Soon Mee Hya... 15.43 Mooga Manasulu 16.03 Apoorva Raagangal 16.30 Serial: Ki Jaana Mein Kaun 16.53 Serial: Gangaa 18.00 Serial: Dear Prince 18.30 Tele: Mariana Et Scarlett 19.00 Journal Kreol 19.30 DDI Magazine 19.50 Local: Yaadein 20.20 Serial: Mah-E-Tamaam 21.25 Local: Anjuman 21.26 Local: Urdu Programme 22.37 DDI Live	06.00 Mag: Eco India 06.44 Mag: Shift 07.34 Doc: Tomorrow Today 07.58 Doc: Comme Un Poisson... 08.53 Doc: Women Who Changed 09.51 Mag: Strictly Street 10.14 Doc: Lisbon City Of Fade... 11.00 Mag: Eco India 11.26 Mag: Urban Gardens 11.44 Mag: Shift 12.33 Mag: Tomorrow Today 12.57 Doc: Comme Un Poisson... 13.56 Mag: Women Who Changed 14.51 Mag: Strictly Street 16.00 Mag: Eco India 16.26 Mag: Made To Measure 16.40 Mag: Shift - Living In The... 17.00 Mag: Border Crossing 17.25 Doc: A Question Of Science 17.31 Mag: Tomorrow Today 18.00 Doc: ID Theft	00.20 Tele: Peau Sauvage 01.34 Film: 193 Coups De Folie 02.59 Serial: Mike Hammer 05.36 Tele: Amanda 06.17 Serial: When Calls The Heart 06.59 Serial: The Quest 09.00 Serial: Scorpion 09.45 Tele: Au Nom De L'amour 10.35 Serial: Mike Hammer 11.25 Tele: Dulce Amor 11.51 Film: Away From Her 13.41 Tele: Amanda 14.48 Serial: The Quest 16.40 Serial: Scorpion 17.22 Serial: When Calls The Heart 18.08 Tele: Au Nom De L'amour 18.31 Tele: Mariana et Scarlett 19.00 Tele: Dulce Amor 20.05 Tele: Totalment Diva 20.30 Serial: The Magicians 21.19 Film: American Gangster	08.00 Film: Ahista Ahista 12.00 / 20.10 - Ek Deewana Tha 12.27 / 20.31 - Kulfi Kumarr Bajewala 12.46 / 20.47 Radha Krishna 13.06 / 20.50 - Kaleerein 13.28 / 21.15 - Zindagi Ki Mehek 13.38 / 21.36 - Bade Acche Lagte Hai 14.03 / 21.59 - Chhanchhan 14.35 / 22.25 - Ishqbaaz 14.55 / 22.46 - Yeh Hai Mohabbatein 15.30 Film: Deewane Starring: Ajay Devgn, Urmila Matondkar, Mahima Chaudhry 18.00 Live: Samachar 18.30 Kumkum Bhagya 18.50 Piya Albelha 19.12 Mere Angne Mein 19.33 Yeh Un Dinon Ki Baat Hai
samedi 21 mars	06.00 Dessin Anime 09.40 Serial: Grandpa In My Pocket 10.45 Serial: Waffle The Wonder Dog 12.00 Le Journal 12.25 Local: Lakwizinn Gramama 12.50 Doc: Big Story - Coronavirus 14.43 D.Anime: Teenie Weenies 14.46 D.Anime: Strawberry 15.07 D.Anime: Petit Creux 15.10 D.Anime: Mademoiselle Zazie 15.17 D.Anime: Little People 15.28 D.Anime: Yakari 16.12 D.Anime: Raju The Rickshaw 16.21 D.Anime: Petit Creux 17.30 Serial: Hank Zipzer 18.00 Live: Samachar 18.30 Entertainment: Dance 19.30 Journal / La Meteo 20.10 Local: Lottotech 20.15 Local: Groov'in 21.10 Serial: Chicago Med 23.05 Le Journal Teveise	04.30 Aastha TV 07.00 Film: Suvarna Sundari 11.40 Good Morning Shanghai 12.00 Nanda Saukhya Bhare 12.30 Serial: Mooga Manasulu 12.54 Serial: Brundavanam 13.14 Serial: Annakodiyum Ainthu 13.35 Serial: Anu Pallavi 14.05 Entertainment: Dil Hai Hindu 15.00 Live: Samachar 15.20 Film: Check In 18.30 Mag: Eco@Africa 19.00 Journal Kreol 19.30 DDI Magazine 20.05 Serial: Vikram Betaal Ki Rahasya Gatha 21.00 Film: Force 2 Starring: John Abraham, Sonakshi Sinha, Tahir Raj Bhasin 22.58 DDI Live	06.00 Doc: ID Theft 06.47 Mag: Arts And Culture 07.00 Mag: Global 3000 08.57 Mag: Car Wars 09.48 Doc: For Art's Sake 10.31 Doc: Luxury: Behind The... 11.17 Doc: ID Theft 11.48 Mag: Urban Gardens 12.17 Mag: Global 3000 15.40 Doc: Luxury 18.00 Doc: Horizon 19.03 Doc: Olivia's Garden 19.33 Mag: Mixeur, Les Gouts... 21.00 Live: News 21.25 Doc: Tea War: The Adventures... 22.17 Doc: Ocean Grabbing 23.54 Doc: Olivia's Garden 00.20 Mixeur, Les Gouts Et Les... 01.43 Doc: World Stamps 02.38 Doc: Horizon 03.28 Doc: Olivia's Garden 03.54 Mag: Mixeur, Les Gouts...	01.13 Tele: Peau Sauvage 02.01 Film: American Gangster 04.31 Film: The Man Without A Face 06.26 Tele: Destiny 07.10 Film: Vampire Sisters 08.44 Serial: Seal Team 09.27 Film: Sherlock 10.56 Film: Hailey Dean Mysteries 12.17 Serial: The Bletchley Circle 13.04 Tele: L'esclave Blanche 13.47 Tele: La Premiere Dame 15.05 Film: The Man Without A Face 17.00 Serial: The Magicians 17.45 Film: Beethoven 19.20 Hollywood On Set 20.05 Tele: Totalment Diva 20.30 Serial: The Magicians 21.15 Film: Knock Off Starring: Steven E. de Souza Jean-Claude Van Damme, Rob Schneider, Lela Rochon	04.05 Ek Deewana Tha 04.26 Kullfi Kumarr Bajewala 05.10 Zindagi Ki Mehek 05.32 Bade Acche Lagte Hai 05.51 Chhanchhan 06.19 Ishqbaaz 06.37 Kumkum Bhagya 07.03 Piya Albelha 07.25 Mere Angne Mein 08.00 Zindagi Ki Mehek 09.52 Motu Patlu 10.00 Yeh Un Dinon Ki Baat Hai 10.00 Yeh Hai Mohabbatein 14.00 Kaleerein 16.00 Pavitra Rishtha 18.00 Samachar 18.30 Film: Missing Tabu, Manoj Bajpayee, Annu Kapoor 20.50 Serial: Siya Ke Ram 21.12 Naagin 21.57 Zindagi Ki Mehek
dimanche 22 mars	06.00 Dessin Anime 10.00 Au Pays Des Merveilles 10.30 Local: Avant Scene 12.30 Local: Sekirite Lor Sime 12.45 Local: Nou Later Nou Lamer 13.00 Info En Langue Des Signes 13.05 Local: Elle - No 104 14.43 D.Anime: Teenie Weenies 15.09 D.Anime: Petit Creux 15.17 D.Anime: Little People 15.31 D.Anime: Yakari 15.41 D.Anime: Gadget And The... 16.09 D.Anime: Raju The Rickshaw 17.20 Mag: Origami 17.30 Serial: Hank Zipzer 18.00 Live: Samachar 18.30 Local Prod: Baar Baar Dekho 19.30 Journal / La Meteo 20.35 Local: Faya Vibes 21.20 Film: Extinction 23.00 Local: Le Journal	04.30 Aastha TV 07.00 Film: Chalti Ka Naam Gaadi 10.00 Local Production 11.00 Serial: Oru Kai Osai 12.00 Film: Veerey Ki Wedding Starring: Pulkit Samrat, Jimmy Shergill, Kriti Kharbada 15.00 Samachar 15.20 Serial: Mooga Manasulu 15.40 Serial: Eka Lagnakhi Teesri 16.06 Apoorva Raagangal 16.28 Local: Yaadein 16.54 Serial: Mahakali 18.00 Lettre Pastorale Careme 18.30 Local: Tipa Tipa Nu Avance 19.00 Journal Kreol 19.30 DDI Magazine 20.00 Serial: Maharakshak 20.42 Serial: Naagin 21.28 Serial: CID 22.15 Serial: Piya Rangrezz	07.00 Doc: Olivia's Garden 07.54 Doc: L'evolution En Marche 09.44 Doc: Ocean Grabbing 12.00 Doc: Set One 13.03 Doc: L'Evolution En Marche 13.52 Doc: World Stamps 18.25 Doc: Japon 2019 18.30 Doc: Garden Party 19.00 Doc: Builders Of The Future 19.31 Mixeur, Les Gouts Et Les... 20.56 Doc: World Stamps 21.00 Live: News 21.25 Doc: Cary Grant, De L'autre... 22.17 Doc: Where People Read 22.59 Doc: Zenith 23.25 Doc: Garden Party 23.54 Doc: Builders Of The Future 01.07 Mag: Mixeur, Les Gouts... 01.33 Doc: Set One 01.36 Doc: World Stamps 01.39 Doc: Where People Read	00.22 Tele: Peau Sauvage 01.36 Film: Knock Off 03.03 Serial: Hawaii 5-0 03.45 Film: Beethoven 05.08 Tele: Destiny 06.00 Serial: The Magicians 06.42 Film: The 5th Wave 08.20 Serial: Seal Team 09.12 Film: Dad's Army 10.46 Film: Beethoven 12.15 Serial: Hawaii 5-0 13.00 Tele: L'esclave Blanche 13.44 Tele: La Premiere Dame 14.54 Film: The Mummy Returns 16.39 Serial: The Magicians 17.42 Serial: Hawaii 5-0 18.24 Film: Dad's Army 20.05 Tele: Totalment Diva 20.30 Serial: Counterpart 21.20 Film: Money Monster 22.55 Film: The 5th Wave	04.06 Pavitra Rishtha 05.33 Film: Missing 08.12 Jaana Na Dil Se Door 10.00 Itna Karo Na Mujhe Pyaar 11.50 Ishqbaaz 13.30 Ek Deewana Tha 15.10 Kullfi Kumarr Bajewala 17.00 Punar Vivaah 18.30 Film: Mann Aamir Khan, Manisha Koirala, Sharmila Tagore 22.02 Bade Acche Lagte Hai 00.15 Ishqbaaz
lundi 23 mars	07.00 Local: Coin Jardin 10.00 Doc: The Dresden Legend 11.00 Mag: In Good Shape 12.00 Le Journal 12.30 Mag: Eye On SADC 13.00 Local: Nu Rasinn 13.55 Au Pays Des Merveilles 14.21 Prod: Ekir Kreol Morisenn 14.35 D.Anime: Teenie Weenies 15.10 D.Anime: Mademoiselle Zazie 15.14 D.Anime: Little People 15.25 D.Anime: Teenies Weenies 15.28 D.Anime: Yakari 15.40 D.Anime: Croque Nuage 16.09 D.Anime: Teenie Weenies 16.51 D.Anime: Johnny Test 17.20 Serial: Hank Zipzer 18.00 Live: Samachar 18.30 Serial: Devon Ke Dev Maha... 20.00 Journal & La Meteo 20.30 Magazine 21.30 Serial: Chicago Fire	04.30 Aastha TV 07.00 Live: DDI Live 10.00 Serial: Kumkum Bhagya 12.03 Film: Sunehra Sansar 15.00 Live: Samachar 15.20 Serial: Honaar Soon Mee... 15.42 Mooga Manasulu 16.03 Apoorva Raagangal 16.31 Serial: Ki Jaana Mein Kaun 16.47 Serial: Gangaa 17.32 Serial: Chinna Pappa Periya 18.00 Serial: Dear Prince 18.30 Tele: Mariana Et Scarlett 19.00 Journal Kreol 19.30 DDI Magazine 20.04 Programme en Telugu 20.30 Film: Sahasam Swasaga Sagipo Starring: Naga Chaitanya, Manjima Mohan, Baba Sehgal 22.45 DDI Live	06.00 Doc: Zenith 06.26 Doc: Garden Party 07.27 Mag: Mixeur, Les Gouts Et... 08.49 Doc: Cary Grant, De L'autre... 10.30 Doc: City Without Water 11.06 Doc: Zenith 11.45 Doc: Garden Party 12.37 Mag: Mixeur, Les Gouts Et... 14.01 Doc: World Stamps 14.56 Doc: Where People Read 15.45 Doc: City Without Water 16.58 Doc: Garden Party 17.28 Doc: Builders Of The Future 18.26 Magazine: Urban Gardens 20.05 Local: Encounter - No 101 21.00 Live: News 21.25 Doc: 360 Geo 22.19 Mag: Global 3000 22.45 Mag: In Germany 23.09 Doc: The Future Of Europe 23.53 Mag: Eco@Africa	00.43 Tele: Peau Sauvage 01.30 Film: Hailey Dean Mysteries 02.58 Serial: Mike Hammer 03.46 Bienvenue Dans La Jungle 05.26 Tele: Amanda 06.11 Serial: Counterpart 07.01 The Man Without A Face 09.00 Serial: Scorpion 09.45 Tele: Au Nom De L'amour 10.35 Serial: Mike Hammer 11.25 Tele: Dulce Amor 11.52 Bienvenue Dans La Jungle 13.34 Tele: Amanda 14.45 Film: The Man Without A Face 16.41 Serial: Scorpion 17.19 Serial: Counterpart 18.07 Tele: Au Nom De L'amour 18.30 Tele: Mariana Et Scarlett 19.00 Tele: Dulce Amor 20.03 Tele: Totalment Diva 20.31 Serial: The Good Doctor 21.15 Tele: Esmeraldas	08.00 Film: Mann 12.00 / 20.10 - Ek Deewana Tha 12.27 / 20.31 - Kulfi Kumarr Bajewala 12.47 / 20.45 Radha Krishna 13.10 / 20.50 - Kaleerein 13.31 / 21.15 - Zindagi Ki Mehek 13.54 / 21.36 - Bade Acche Lagte Hai 14.13 / 21.59 - Chhanchhan 14.31 / 22.25 - Ishqbaaz 14.52 / 22.46 - Yeh Hai Mohabbatein 14.53 / 23.07 Yeh Un Dinon Ki Baat Hai 15.30 Film: Pyar Kiya To Darna Kya Starring: Salman Khan, Kajol, Arbaz Khan 18.00 Live: Samachar
mardi 24 mars	06.30 Magazine 10.45 Mag: Arts And Culture 11.30 Rodrigues: Nu Lakwizin 12.00 Le Journal 12.55 Local: Groov'in: Lacaz De L'7 14.20 Local: Sur Prise 14.35 D.Anime: Teenie Weenies 14.59 D.Anime: Petit Creux 15.00 D.Anime: Mademoiselle Zazie 15.16 D.Anime: Little People 15.25 D.Anime: Teenies Weenies 15.31 D.Anime: Yakari 15.49 D.Anime: Gadget And The... 16.10 D.Anime: Teenie Weenies 16.44 D.Anime: The Garfield Show 18.00 Samachar 19.30 Le Journal/La Meteo 20.15 Local: Priorite Sante 21.30 Serial: Unforgotten 22.15 Serial: Mike Hammer 23.00 Le Journal Teveise	04.30 Aastha TV 07.00 Live: DDI Live 10.02 Serial: CID 10.44 Serial: Ye Vaada Raha 12.00 Film: Ujhan Starring: Ashok Kumar, Sanjeev Kumar, Sulakshana Pandit, Ranjeet 15.00 Live: Samachar 15.20 Honaar Soon Mee Hya... 15.43 Serial: Mooga Manasulu 16.01 Apoorva Raagangal 16.31 Serial: Ki Jaana Mein Kaun 16.48 Serial: Gangaa 17.32 Serial: Telugu Serial 18.00 Serial: Dear Prince 18.30 Tele: Mariana Et Scarlett 19.00 Journal Kreol 19.30 DDI Magazine 20.04 Local: Tamil Programme 20.30 Film: Rakhi	06.00 Doc: Eco@Africa 06.44 Mag: World Stories 07.32 Mag: In Good Shape 07.58 Doc: Enjoy! Cruise Japan 08.31 Doc: 360 GEO 11.00 Mag: Eco@Africa 11.44 Mag: World Stories 12.27 Doc: A Question Of Science 12.36 Mag: In Good Shape 12.57 Doc: Enjoy! Cruise Japan 14.49 Mag: Made In Germany 16.07 Mag: Eco@Africa 16.33 Mag: Made To Measure 18.26 Mag: Urban Gardens 19.00 Student Support Prog... 20.04 Doc: Horizon 21.00 Live: News 21.25 Sos Animaux En Danger 22.18 Mag: Close Up 22.44 Local: Klip Selektion 23.29 Doc: World War Two	03.04 Serial: Mike Hammer 03.52 Film: My Mother's Murder 05.15 Tele: Amanda 06.02 Serial: The Good Doctor 06.45 Tele: Sherlock 08.40 Hollywood News Feed 09.00 Serial: Scorpion 09.45 Tele: Au Nom De L'amour 10.36 Serial: Mike Hammer 11.25 Tele: Dulce Amor 12.00 Film: My Mother's Murder 13.30 Tele: Amanda 14.45 Serial: Sherlock 16.40 Serial: Scorpion 17.26 Serial: The Good Doctor 18.02 Tele: Au Nom De L'amour 18.31 Tele: Mariana Et Scarlett 19.00 Tele: Dulce Amor 20.05 Tele: Totalment Diva 20.31 Serial: The Good Doctor 21.15 Film: All The King's Men	08.00 Film: Pyar Kiya To Darna... 12.05 / 20.10 - Ek Deewana Tha 12.28 / 20.31 - Kulfi Kumarr Bajewala 12.50 - 20.45 Radha Krishna 13.13 / 21.15 - Kaleerein 13.35 / 20.50 - Zindagi Ki Mehek 13.31 / 21.36 - Bade Acche Lagte Hai 14.19 / 21.59 - Chhanchhan 15.03 / 22.46 - Yeh Hai Mohabbatein 15.29 Film: Moh Time Pass Yaar 18.00 Samachar 18.30 / 23.55 Kumkum Bhagya 18.49 / 00.15 Piya Albelha 19.13 / 00.36 Mere Angne Mein 19.34 / 23.03 Yeh Un Dinon Ki Baat Hai
mercredi 25 mars	06.30 Mag: Eye On SADC 2019 07.08 D.Anime: Teenie Weenie 10.52 Magazine: Origami 11.00 Magazine 12.00 Le Journal 12.30 Mag: Eye On SADC 12.55 Local: Priorite Sante 14.20 Local: 13 Minut Natir Rodrig 14.35 D.Anime: Teenie Weenies 15.00 D.Anime: Mademoiselle Zazie 15.25 D.Anime: Teenie Weenies 15.28 D.Anime: Yakari 15.40 D.Anime: Croque Nuage 16.10 D.Anime: Teenie Weenies 17.20 Mag: Zoboofafo 18.00 Live: Samachar 18.30 Serial: Jamal Raja 19.30 Le Journal/Meteo 20.10 Prod Indep: Lottotech 20.15 Prod: Tam Tam 21.30 Serial: Brooklyn Nine Nine 22.15 Serial: Mike Hammer 23.00 Le Journal Teveise 23.40 Mag: Eye On SADC	00.00 Live: DDI Live 04.30 Mag: Aastha TV 07.00 DDI Live 10.05 Pyar Ka Dard Meetha... 11.51 Serial: Suhani Si Ek Ladki 12.00 Film: Kanoon Apna Apna Starring: Dilip Kumar, Sanjay Dutt, Madhuri Dixit 15.00 Samachar 15.20 Honaar Soon Mee Hya... 15.43 Serial: Mooga Manasulu 16.05 Apoorva Raagangal 16.27 Serial: Ki Jaana Mein Kaun 16.46 Serial: Gangaa 17.33 Serial: Kulvadh 18.00 Serial: Dear Prince 18.30 Serial: Mariana Et Scarlett 19.00 Journal Kreol 19.35 DDI Magazine 20.04 Programme In Marathi 20.30 Film: Ishq Wala Love Starring: Adinath Kothare, Sulagna Panigrahi - Marathi Film 22.23 DDI Live	06.00 Mag: Rev: The Global Auto... 06.28 Mag: Urban Gardens 10.16 Local: Klip Selektion 11.46 Mag: Rev: The Global Auto... 12.38 Mag: Check In 13.07 Doc: A Question Of Science 14.35 Sos Animaux En Danger 16.38 Doc: World War Two 17.23 Mag: Rev: The Global Auto... 18.09 Mag: Motorweek 19.29 Doc: Garden Party 20.05 Doc: Trajectory 20.54 Mag: World Stamps 21.00 Live: News 21.25 Doc: Visite Guidee 22.10 Mag: Initiative Africa 22.35 Mag: Focus On Europe 23.02 Doc: When The Rain Stops... 23.45 Mag: Motorweek 00.11 Mag: Urban Gardens 00.42 Mag: Arts.21 01.08 Doc: A Question Of Science 01.14 Doc: Garden Party 01.40 Doc: Trajectory	01.29 Film: All The King's Men 03.32 Serial: Mike Hammer 04.20 Film: Beethoven 05.44 Tele: Amanda 06.27 Serial: The Good Doctor 07.08 Tele: Esmeraldas 08.34 Hollywood News Feed 09.00 Serial: Scorpion 09.45 Tele: Au Nom De L'amour 10.36 Serial: Mike Hammer 11.25 Tele: Dulce Amor 12.00 Film: My Mother's Murder 13.30 Tele: Amanda 14.45 Serial: Sherlock 16.40 Serial: Scorpion 17.21 Serial: The Good Doctor 18.06 Tele: Au Nom De L'amour 18.31 Tele: Mariana Et Scarlett 19.00 Tele: Dulce Amor 20.05 Tele: Totalment Diva 20.31 Serial: When Calls The Heart 21.15 Film: Bite The Bullet 22.55 Tele: Amanda 23.57 Serial: Scorpion	08.00 Film: Karlo Time Pass Yaar 12.05 / 20.10 - Ek Deewana Tha 12.26 / 20.31 - Kulfi Kumarr Bajewala 12.46 / 20.42 - Radha Krishna 13.10 / 20.50 - Kaleerein 13.32 / 21.15 - Zindagi Ki Mehek 13.54 / 21.36 - Bade Acche Lagte Hai 13.50 / 21.59 - Chhanchhan 14.42 / 22.25 - Ishqbaaz 15.04 / 22.46 - Yeh Hai Mohabbatein 15.25 Film: Yeh Jawaani Hai... 18.00 Live: Samachar 18.30 Serial: Kumkum Bhagya 18.51 Piya Albelha 19.11 Mere Angne Mein 19.34 Yeh Un Dinon Ki Baat Hai 20.00 Ek Deewana Tha 20.21 Kullfi Kumarr Bajewala 20.43 Radha Krishna
jeudi 26 mars	00.00 Live: TV 5 Monde 07.00 Local: Elle 08.00 Local: Portrait D'Artiste 11.00 Mag: Check In 12.00 Le Journal - Mi Journee 13.00 Local Prod: Faya Vibes 14.00 Nou Later Nou La Mer... 14.35 Mag: Origami 14.43 D.Anime: Teenie Weenies 15.08 D.Anime: Petit Creux 15.09 D.Anime: Mademoiselle Zazie 15.23 D.Anime: Little People 15.36 D.Anime: Kid-E-Cats 15.42 D.Anime: Looped 15.53 D.Anime: Gadget And The... 16.14 D.Anime: Teenie Weenies 16.17 D.Anime: Raju The Rickshaw 17.30 Serial: Make It Pop 18.00 Live: Samachar 18.30 Serial: Jamal Raja 19.30 Le Journal/Meteo 20.15 Film: 22.30 Serial: Mike Hammer 23.01 Le Journal Teveise	00.00 DDI Live 04.30 Prog from Aastha TV 07.00 Live: DDI Live 10.00 Karm Phal Date Shani 12.00 Film: Sadma 15.00 Live: Samachar 15.20 Honaar Soon Mee Hye... 15.43 Serial: Mooga Manasulu 16.00 Apoorva Raagangal 16.28 Serial: Ki Jaana Mein Kanu 16.49 Serial: Gangaa 17.30 Local: Amrit Vaani 17.41 Local: Bhajan Sandhya 18.04 Serial: Dear Prince 18.30 Tele: Mariana Et Scarlett 19.00 Journal Kreol 19.39 DDI Magazine 20.10 Local: Portrait D'artiste 20.20 Local: Toutes Bobines Confondues 21.00 Film: Daughter Of The Wolf 22.24 DDI Live	06.00 Mag: Motorweek 06.55 Mag: Arts.21 07.30 Doc: Garden Party 08.56 Mag: Visite Guidee 09.47 Mag: Initiative Africa 11.19 Mag: Motorweek 11.45 Mag: Urban Gardens 13.43 Doc: Amazing Gardens 15.25 Mag: Focus On Europe 16.36 Mag: Motorweek 17.07 Doc: Olivia's Garden 18.00 Mag: Eco India 20.54 Doc: World Stamps 21.00 Live: News 21.25 Doc: 360 GEO 22.19 Mag: Strictly Street 22.40 Doc: Life Behind The Stars 23.22 Mag: Eco India 23.48 Mag: Urban Gardens 23.53 Mag: Sur Measure 00.06 Mag: Shift 00.18 Mag: Border Crossing 00.47 A Questions Of Science 00.53 Mag: Tomorrow Today	01.31 Film: Bite The Bullet 03.37 Serial: Mike Hammer 04.25 Film: Hailey Dean Mysteries 05.53 Serial: When Calls The Heart 06.35 Film: The Mummy Returns 09.00 Serial: Scorpion 09.45 Tele: Au Nom De L'amour 10.10 Tele: Mariana Et Scarlett 10.40 Serial: Mike Hammer 11.25 Tele: Dulce Amor 12.00 Film: Hailey Dean Mysteries 13.30 Tele: Amanda 14.35 Film: The Mummy Returns 16.44 Serial: Scorpion 17.22 Serial: When Calls The Heart 18.05 Tele: Au Nom De L'amour 18.30 Tele: Mariana Et Scarlett 19.00 Tele: Dulce Amor 20.05 Tele: Totalment Diva 20.30 Serial: When Calls The Heart 21.15 Film: Bad Boys II 23.36 Tele: Amanda 00.13 Serial: Scorpion	08.00 Film: Yeh Jawaani Hai... 12.05 / 20.10 - Ek Deewana Tha 12.26 / 20.31 - Kulfi Kumarr Bajewala 12.46 / 20.42 - Radha Krishna 13.10 / 20.50 - Kaleerein 13.32 / 21.15 - Zindagi Ki Mehek 13.54 / 21.36 - Bade Acche Lagte Hai 13.50 / 21.59 - Chhanchhan 14.42 / 22.25 - Ishqbaaz 15.04 / 22.46 - Yeh Hai Mohabbatein 15.25 Film: Mahaanta 18.00 Live: Samachar 18.30 Serial: Kumkum Bhagya 18.51 Piya Albelha 19.11 Mere Angne Mein 19.34 Yeh Un Dinon Ki Baat Hai 20.00 Ek Deewana Tha 20.21 Kullfi Kumarr Bajewala 20.43 Radha Krishna



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APPLICATIONS FOR THE RESIDENTIAL 18TH VEDANTA COURSE (2020-2022) IN INDIA

COURSE CONTENT: Intensive study of the Upanishads, Bhagavad Geeta and other Vedantic texts in English
COURSE ACHARYA: Swami Tejomyananda
COURSE DURATION: 2-year residential course commencing on Dussehra, 25th October 2020
LOCATION: Sandeepany Sadhanalaya, Powai, Mumbai, India
ELIGIBILITY: Unmarried men and women with a sincere interest in the study of Vedanta
AGE: 20-32 years
ACADEMIC QUALIFICATIONS: University Degree in any discipline
MODE OF APPLICATION
Application letters containing full CV and a letter of motivation explaining what you intend to do with the spiritual knowledge and training that you will acquire through the course should be sent by email to cmmu.outreach@gmail.com.
For more information call on: 58084052
Last Date for submission of applications to Chinmaya Mission Mauritius: 30th March 2020



Virus queen, the spirit of freedom & distortion of history

Nita Chicooree-Mercier

The month of March rolls on with a string of commemorations overshadowed by an uninvited guest, Virus Queen, who is making a mockery of man-made frontiers, powerful political institutions, economic and military might. Successfully. A revival of the black plague which sowed death all along the Silk Road from China to Europe in 1348. No doubt, a 'foreign virus', a dig at China made by US President D. Trump. China's gift to the world in the Year of the Rat, a foretaste of its future contribution to the world if ever it achieves its ambition of becoming sole superpower by 2050. A most sarcastic remark to be taken at a symbolic level.

China's friendly gesture of sending a plane with five specialist doctors to help Italy out of the heavy toll the virus has taken among its citizens, with more than 2200 deaths, is most appreciated. With trillions of boastful dollars in its coffers, it is no big deal. If it cares to, China may also extend a friendly hand to Iran, where propping up an economy severely hit by American sanctions, is an uphill battle and calls have been made to the IMF for financial aid to tackle the devastating effects of coronavirus. Chinese billionaire Chang Ma, founder of Alibaba, is opening his bank account to shower some millions of dollars to a few African countries. Other countries are likely to queue up for Chinese generosity.

Can these gestures make up for the soft power which China does not have to make it a lovable and attractive country? Till now, it has only projected the image of a nation which has successfully implemented its materialist philosophy. Institutes of Confucius opened in a plethora of countries aim to promote an ancient political Confucian tradition, which advises leaders to command in such a way as to make 'obedience become a second nature in their subjects'. It traces its root far back beyond the communist ideology introduced by Mao. President Xi Jinping's aim is to vanquish Western values of universal liberalism once for all in China and to weaken them everywhere else in the world.

Obedience and Submission - little wonder who China's close allies are and who are equally dreaming of dominating the world in a few decades. A meeting of totally different ideologies pursuing the same aim.

A bit indecent to air such views at this stage of a pandemic, one might say. Why, it may be food for thought while the world has come to a standstill and folks are requested to live cloistered as in a big convent.

Challenging Tradition

Women in Christian religious custom, maybe in Judaism too, accompany men all along a funeral procession to the funeral ground. Women are kept away from funeral ceremonies held on the crematory or burial ground in other traditions. So, it went largely unnoticed in world mainstream media when the icon of the 2011 Jasmine Revolution, Tunisian activist Lina Ben Mhenni died recently at the age 36. As per her wishes, her coffin was borne by women only. It is quite a revolutionary stance in countries which strictly abide by tradition, including Hindu tradition.

The reason for keeping women away from witnessing the last moments of departed close relatives and loved ones must have been to protect them since they have always been considered as too sensitive to attend funeral rites, or maybe for other reasons. So only male relatives and folks are entrusted with attendance of last rites. Recently in India, a pundita, a woman priest conducted a marriage ceremony and performed the rites. A breakthrough indeed.

Tunisia voted back highly conservative Ennahda Party to power, a party which has dropped the term 'Islamist'. Tunisian activist and blogger Lina Ben Mhenni fought against

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"The MBC dished out a grotesque show of falsification of history on television barring all the key politicians at the time of Independence - SSR, Sir Harold Walter, Sir Kher Jagatsingh, Sir Veerasamy Ringadoo, Sir Gaetan Duval, etc. A distorted historical survey which outraged the Labour Party leader. If only Sir Anerood Jugnauth was shown as a continuous link between the past and the present..."

ensorship and claimed freedom and rights. When it was voted to power in the first election following the 2011 uprisings, Ennahda Party imposed conservative policies in various sectors. One of its 'moral rules' was to invent the term 'temporary marriage', a euphemism for free sex between young adults but with an advantage for men. It resulted in female university students getting pregnant for lack of sex education and risk awareness, and being abandoned by their partners. Sociologists raised the alarm bell when young female adults with their babies were left to grapple with the predicament which deprived them of any social status.

So, it is quite understandable that since a male-dominated society is largely responsible for the wrongs and ills women have to stand up against, there is no reason to grant them the privilege of carrying a woman's coffin in her last moments on earth. It is logical and natural to prefer being accompanied by women who have shown genuine affection and support while she was alive. This is what must have prompted Lina Ben Mhenni to bar men from carrying her coffin. The 36-year old activist should be remembered for daring to have her own way till the end.

Over here, the procession to the crematory is a male prerogative. So, in the villages, it translates into a crowd of male relatives, neighbours and menfolk making it their duty to walk and carry the deceased. It largely comprises a motley gathering of honest men, regular folks, wife-beaters, drunkards, educated and conceited, insensitive and selfish males. Just as you choose the people you share good time with, you should have the choice of selecting those who accompany you in the last moments of your life.

It must be remembered that in ancient times women played a key role in the performance of ceremonies and rites, and in the transmission of spiritual values in Africa and across the world. So, it is not a matter of breaking tradition, but a revival of ancient tradition. And the trend is set to continue in decades to come.

12th March. History according to Media

First, one of the private radios known for fuming against the government invited a former minister from the old team whose members are

no more and another politician presented as a historian, a rather prominent figure in the public sphere. The latter was addressed by his first name while the ex-minister benefited from the affectionate and brotherly *bhai*, a Hindi word amply abused of by a few radio presenters during so-called hard talks on politics and current affairs. While *bhai* may be a cultural expression of respect and affection, it may also sound impolite and exclusive when members of other cultures are present. It is even worse during display of affection for the club of *bhais* at religious functions shown on television. They both took up the refrain of 37% elected government, forgetting that in a three-party fight, the one that bags more than 34% wins.

During the 'hard talk', the historian recalled the role played by Jose Poncini and Professor Lim Fat in the early beginnings of economic development. The aim was to pay homage to well-known figures from various sectors. He came to acknowledge the virtue of the Best Loser System, an electoral policy which places Mauritius in a position to lecture other countries on how to safeguard a fair representation of minorities, according to him. He might be the right envoy to countries which behave tyrannically towards minorities, where they have no say in political affairs besides being discriminated against economically and socially, let alone the opportunity of being invited in any hard talk whatever on radios. They are just non-existent.

They both had no qualms in taking on the Indian government for the supposedly terrible things happening there, and hence, emphasized on the necessity of consolidating the BLS in Mauritius. Whether the system has sent nonentities back to Parliament at the expense of taxpayers is of no great concern.

The historian's name circulated as a potential nominee for the presidency in post-electoral period after 'Paul in the government' fizzled out. Frustration? Both guests incensed the Dauphine of the MMM. Nothing surprising after all the stalwarts crossed the floor. Another member is being regularly put in the limelight in the press and on private radios. Talking and commenting is a free exercise in a democratic country.

To crown it all the MBC dished out a grotesque show of falsification of history on television barring all the key politicians at the time of Independence - SSR, Sir Harold Walter, Sir Kher Jagatsingh, Sir Veerasamy Ringadoo, Sir Gaetan Duval, etc. A distorted historical survey which outraged the Labour Party leader. If only Sir Anerood Jugnauth was shown as a continuous link between the past and the present, it is an indication of a deep frustration over the absence of his name on any significant building or monument in Mauritius. SSR at the airport, for a medical school, hospital, at Pamplémousses Garden and so on...

Whether you like him or not, SAJ galvanized dedicated politicians, instilled a deep sense of patriotism, and set the tune for a no-nonsense approach and spirit in handling the country's affairs, implementing the policy laid out by the MMM, first in the late 80s, then in the early 90s. Corruption in the police force in daily street patrols and checks, which made the country a laughing stock and foreigners look down on it, declined. Owing to his personality, lax management gave way to efficiency and modernization. The meaning of citizenship was made a reality and enhanced the dignity of men and women. And Mauritius earned the respect that it still enjoys today.

A solution to the frustration over the issue is to name a key monument after SAJ. Reasonable and fair. Is that complicated? It is worth considering if we care to spare the younger generation of a shameful distortion of history. As to the Labour leader, it is totally absurd and puerile to maintain a travel ban on him. He has a right to a private life and see whoever he wants abroad, which is none of our business. Give the country a break from the two families' rivalry. Come on!



How hope can keep you healthier and happier

Hope can be acquired. How? Here are some suggestions from an expert

Hope can erode when we perceive threats to our way of life, and these days, plenty are out there. As we age, we may struggle with a tragic loss or chronic disease. As we watch the news, we see our political system polarized, hopelessly locked in chaos. The coronavirus spreads wider daily; U.S. markets signaled a lack of hope with a Dow Jones free fall. Losing hope sometimes leads to suicide.

When there is no hope - when people cannot picture a desired end to their struggles - they lose the motivation to endure. As professor emeritus at Virginia Commonwealth University, I've studied positive psychology, forgiveness, wellness and the science of hope for more than 40 years. My website offers free resources and tools to help its readers live a more hopeful life.

What is hope?

First, hope is not Pollyannaish optimism - the assumption that a positive outcome is inevitable. Instead, hope is a motivation to persevere toward a goal or end state, even if we're skeptical that a positive outcome is likely. Psychologists tell us hope involves activity, a can-do attitude and a belief that we have a pathway to our desired outcome. Hope is the willpower to bring about that change.

With teens and with young or middle-aged adults, hope is a bit easier. But for older adults, it's a bit harder. Aging often means running up against obstacles that appear unyielding - like recurring health or financial or family issues that just don't seem to go away. Hope for older adults has to be "sticky," persevering, a "mature hope."

How to build hope

Now the good news: this study, from Harvard's "Human Flourishing Program," recently published. Researchers examined the impact of hope on nearly 13,000 people with an average age of 66. They found those with more hope throughout their lives had better physical health, better health behaviors, better social support and a longer life. Hope also led to fewer chronic health problems, less depression, less anxiety and a lower risk of cancer.

So if maintaining hope in the long run is so good for us, how do we increase it? Or build hope if it's MIA? Here are my four suggestions:

Attend a motivational speech - or watch, read or listen to one online, through YouTube, a blog or podcast. That increases hope, although usually the fix is short-lived. How can you build longer-term hope?

Engage with a religious or spiritual community. This has worked for millennia. Amidst a community of like believers, people have drawn strength, found peace and experienced the elevation of

the human spirit, just by knowing there is something or someone much larger than them.

Forgive. Participating in a forgiveness group, or completing a forgiveness do-it-yourself workbook, builds hope, say scientists. It also reduces depression and anxiety, and increases (perhaps this is obvious) your capacity to forgive. That's true even with long-held grudges. I've personally found that successfully forgiving someone provides a sense of both the willpower and way-power to change.

Choose a "hero of hope." Some have changed history: Nelson Mandela endured 27 years of imprisonment yet persevered to build a new nation. Franklin Delano Roosevelt brought hope to millions for a decade during the Great Depression. Ronald Reagan brought hope to a world that seemed forever mired in the Cold War. From his fourth State of the Union address: "Tonight, I've spoken of great plans and great dreams. They're dreams we can make come true. Two hundred years of American history should have taught us that nothing is impossible."

Hope gets you unstuck

Hope changes systems that seem stuck. Katherine Johnson, the black mathematician whose critical role in the early days of NASA and the space race was featured in the movie "Hidden Figures," recently died at age 101. The movie (and the book on which it was based) brought to light her persistence against a system that seemed forever stuck. Bryan Stevenson, who directs the Equal Justice Initiative, and the subject of the movie "Just Mercy," has successfully fought to help those wrongly convicted or incompetently defended to get off death row.

Stevenson laments that he could not help everyone who needed it; he concluded that he lived in a broken system, and that, in fact, he too was a broken man. Yet he constantly reminded himself of what he had told everyone he tried to help: "Each of us," he said, "is more than the worst thing we've ever done." Hope changes all of us. By regaining his hope, Bryan Stevenson's example inspires us.

Regardless of how hard we try, we cannot eliminate threats to hope. Bad stuff happens. But there are the end-points of persistent hope: We become healthier and our relationships are happier. We can bring about that hope by buoying our willpower, bolstering our persistence, finding pathways to our goals and dreams, and looking for heroes of hope. And just perhaps, one day, we too can be such a hero.

Everett Worthington
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University



Tree of Knowledge

Colour - Influencing the Tone of Your Life

Madisyn Taylor

Colour has the ability to trigger our emotions, affect the way we think and act, and influence our attitudes.

When we enter a room or see an object for the first time, our minds register its color before any other detail. The colours our eyes can perceive are like words that form a subtle language of mood, energy, and insight. Colour can exert a gentle effect on the mind and the body, influencing our dispositions and our physical health. Colour has the ability to trigger our emotions, affect the way we think and act, and influence our attitudes. You unconsciously respond to the colour of the walls in your home, your car, your clothing, and the food you eat based on your body's natural reactions to certain colours and the psychological associations you have formed around them. The consequences of the decision to paint a room or wear a specific article of clothing therefore goes beyond aesthetics.

The colours you encounter throughout your day can make you feel happy or sad, invigorate you or drain your vitality, and even affect your work habits. Throughout history, cultures spread over many different parts of the globe have



attributed varying meanings to different colors. In China, blue is associated with immortality, while people in the Middle East view blue as a color of protection. There is also evidence that human beings respond to color in a very visceral way. Red excites us and inflames our passions. Too much red, however, can make us feel overstimulated and irritated. Pink tends to make people feel loved and protected but also can cause

feelings of lethargy. Yellow represents joy or optimism and can energize you and help you think more clearly. Bright orange reduces depression and sadness. Blue and green are known to inspire peaceful feelings, and people are often able to concentrate better and work in rooms painted in soft blues and greens. The darker tones of both colors can make you feel serious and introspective.

There are ways to integrate colour into your life that go beyond picking the hues of your décor and your wardrobe. You can meditate with color by concentrating on the colors that make you feel peaceful or using a progression of colours to symbolize a descent into a relaxed state. Colour breathing involves visualizing certain colours as you in inhale and exhale. Choose to surround yourself with the colors that you are attracted to and make you feel good, and you can create an environment that makes you feel nurtured, peaceful, and uplifted.